Title: Cardio - Walking

Primary Muscle Groups: Calves, Hamstrings, Quadriceps

Secondary Muscle Groups: Glutes &amp; Hip Flexors

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">After following a thorough warm-up session, stand tall on a walkway, treadmill, or other walkable area. Make sure that your chest is up, core is braced, shoulders are back, and gaze is straight ahead.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Begin by placing your left foot forward then shifting your hips to move the right leg forward. Continue this back and forth motion at a pace that is ideal for you.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">You may also want to include small weights or a grip strengthener during your walks. Remember to maintain perfect form throughout the walk. Avoid slouching.</span></li>

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