

Bodyweight Walking Lunge Video Exercise Guide

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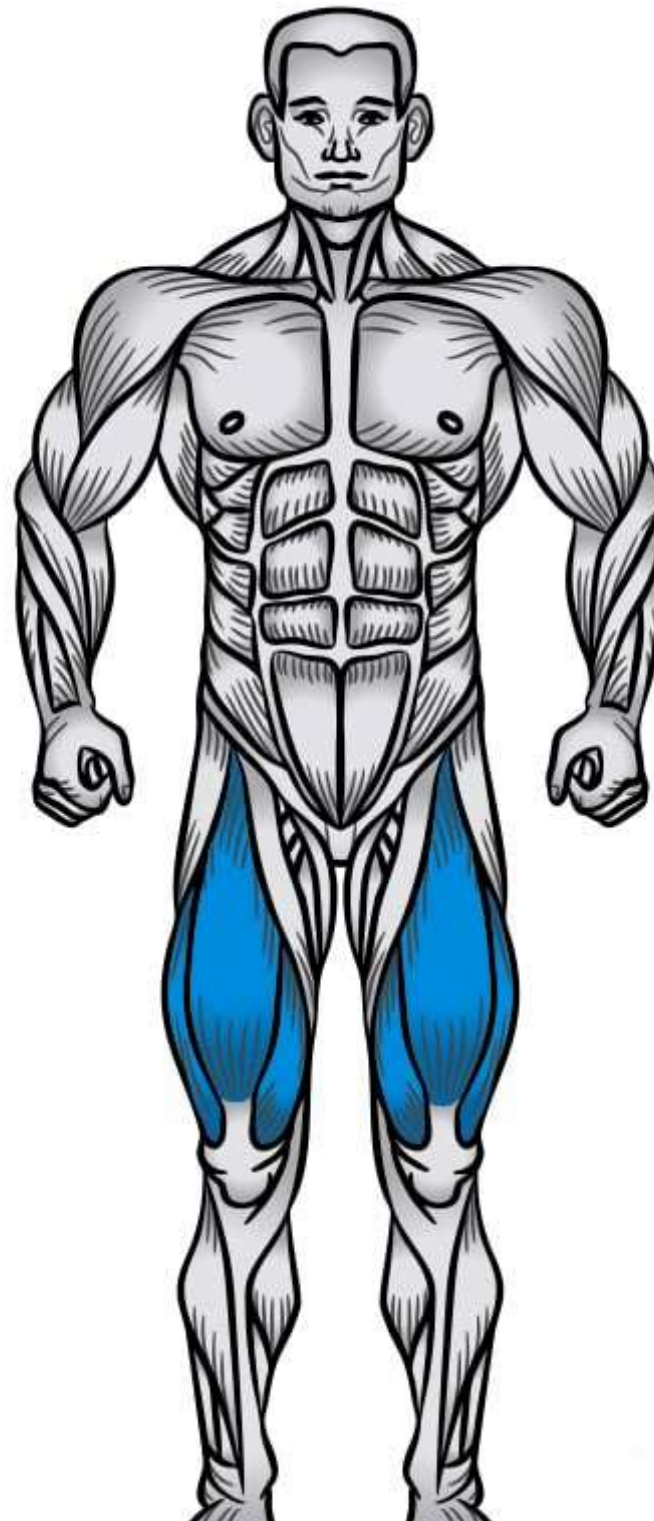


EXERCISE PROFILE

Target Muscle Group	<u>Quads</u>
Exercise Type	Strength
Equipment Required	Bodyweight
Mechanics	Compound
Force Type	Push
Experience Level	Beginner
Secondary Muscles	Calves, Glutes, Hamstrings

TARGET MUSCLE GROUP

Quads





Bodyweight Walking Lunge Instructions

1. Stand up straight with a slight bend in your knees and look forward. This is the starting position.
2. Step forward with your left leg while maintaining your balance and squat down through your hips.
3. Keep your torso straight and head up. Don't allow your knee to track out over your toes.
4. Continue the movement by driving your left heel into the floor and standing straight up - bringing your right foot forward to meet your left foot.
5. Continue moving forward in this fashion by alternating which leg you lead with.
6. Repeat for desired reps.

Exercise Tips:

1. Make sure there is plenty of room and a clear path to walk forward through during this exercise. When you have reached the end of the path, simply turn around and continue the movement back to the starting position.
2. Never allow your knees to track out over your toes during this movement. Doing so will place undue stress on the knee joints.
3. Keep your head up and back straight throughout the exercise. Never allow your back to round.