

12 Simple, Quick, and Effective Walking Exercises for Building Your Everyday

Walking is a great way to get exercise, but it can be hard to stay motivated when you're just walking in circles. These 12 exercises will help you add some variety to your walking routine and make it more effective.

1. Arm circles

Swing your arms in circles overhead, forward and back. This will help to improve your range of motion and flexibility.



Walking + for Health and Fitness: 12 simple, quick and effective Walking + exercises for building your everyday fitness by Louisa J Morgan

★★★★☆ 4.3 out of 5

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2. Leg swings

Stand with your feet shoulder-width apart and swing your legs forward and back. This will help to strengthen your legs and improve your balance.



3. Knee lifts

Stand with your feet hip-width apart and lift your right knee towards your chest. Lower your knee and then repeat with your left knee. This will help to strengthen your quads and hamstrings.



4. Butt kicks

Stand with your feet shoulder-width apart and run in place, kicking your heels up towards your butt. This will help to strengthen your glutes and hamstrings.



5. High knees

Stand with your feet hip-width apart and run in place, lifting your knees high towards your chest. This will help to strengthen your quads and hamstrings.



6. Side lunges

Stand with your feet shoulder-width apart and step to the right with your right foot. Bend your right knee and lower your body towards the ground. Push back up to the starting position and then repeat on the other side.



7. Forward lunges

Stand with your feet hip-width apart and step forward with your right foot. Bend your right knee and lower your body towards the ground until your right thigh is parallel to the ground. Push back up to the starting position and then repeat on the other side.



8.Reverse lunges

Stand with your feet hip-width apart and step backward with your right foot. Bend your right knee and lower your body towards the ground until your right thigh is parallel to the ground. Push back up to the starting position and then repeat on the other side.



9. Squats

Stand with your feet hip-width apart and lower your body by bending your knees and hips. Keep your back straight and your knees in line with your toes. Push back up to the starting position



10. Push-ups

Start in a plank position with your hands shoulder-width apart and your feet together. Lower your body by bending your elbows until your chest is almost touching the ground. Push back up to the starting position.



11. Plank

Start in a plank position with your forearms on the ground and your body in a straight line from your head to your heels. Hold this position for as long as possible.



12. Burpees

Start standing with your feet shoulder-width apart. Lower into a squat position, then place your hands on the ground in front of you. Jump your feet back into a plank position, then jump them back up to your hands. Stand up and jump, reaching your arms overhead.



These are just a few exercises that you can add to your walking routine to make it more effective. Be sure to warm up before you start exercising and cool down afterwards. And, remember to listen to your body and stop if you feel pain.



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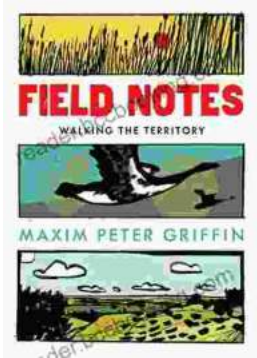
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