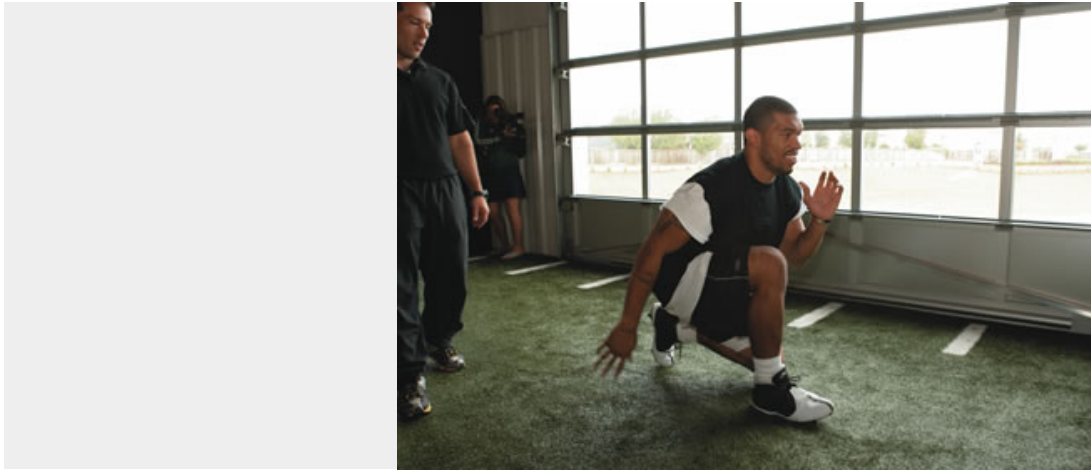


PRIMAL FITNESS : THE DUCK WALK

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This is a fun primal home workout you can do anywhere and anytime (specially in the lack of time). Most of our flats have a little passage you can use when nobody's home! This workout will make your leg muscles beg for mercy and have your heart rate at max for a great high intensity session. Here goes:

Perform this circuit 5 to 8 times depending on your fitness level. The next time you do this, try and do it slightly faster than the previous time. Rest as little as possible.

- **12 steps walking lunges**
- **6 steps duck walk** : With your hands stretched out in front of you for balance, get into a very low squat position. Now walk forward staying as low as you possibly can.

That's your workout for the day and it hardly took much time, but I'm sure it left you sweatier and more tired than a lot of other stuff that you do.

Let me know if you did it and feel free to record your time in the comments section. Thanks for reading.

