

Walking naturally engages a wide range of muscles, including those in the legs, hips and core, contributing to overall strength and stability. The core muscles, in particular, play a vital role in maintaining balance and posture while walking. While walking won't necessarily build a 6 pack, it does strengthen the core muscles, including the rectus abdominis and oblique.

Muscles involved in walking:

Leg muscles:

Quadriceps, hamstrings and calf muscles are the primary muscles propelling you forward.

Hip muscles:

Gluteal muscles (gluteus maximus and medius) help stabilise the pelvis and swing the legs forward.

Core muscles:

The abdominal muscles (including the rectus abdominis and obliques) and erector spinae (back muscles) work to stabilise the trunk and maintain balance.

How walking engages the core:

Stabilisation: The core muscles are constantly engaged to keep your torso stable and prevent swaying as you walk.

Balance: Maintaining balance while stepping requires core muscle activation.

Posture: Walking with good posture, which is supported by a strong core, helps engage these muscles effectively.

Benefits of walking for core strength :

Increased core endurance:

Consistent walking helps build endurance in core muscles, making them more resilient and better at supporting your body.

Improved Posture:

Strengthened core muscles contribute to better posture, which in turn can improve the effectiveness of your walking workout.

Potential for Calorie Burning:

Walking, especially brisk walking, can help you burn calories and potentially reduce belly fat, which can contribute to a more toned abdominal area.

Enhanced Balance and Stability:

A strong core is crucial for balance and stability, which are essential for preventing falls and improving overall mobility.