Dumbbell Reverse Lunge

Select dumbbells. Stand upright and hold the dumbbells by your sides. Draw your shoulder blades down and back to stabilize your shoulders.

(Similar variations include walking lunges, stationary lunges, and forward stepping lunges.)

Step back with your right foot. Lunge down so both knees form 90° angles. Keep your torso upright. Do not let your left knee move forward over your toes. Do not bang your back knee on the floor. Lift your toes inside of your left shoe. Press through your left heel to stand back up. After you have completed one set, repeat on the opposite leg.