**Lunge OFF the Step**

Select dumbbells. Stand upright and hold the dumbbells by your sides. Place your left foot on a short box (~4 inch height) as shown. Lift your toes inside of your right shoe to shift the weight back onto your right heel. Draw your shoulder blades down and back to stabilize your shoulders.

Lunge down so both knees make 90° angles. Keep your torso upright. Do not let your right knee move forward over your toes. Do not bang your back knee on the floor. Press through your right heel to return to the starting position. Complete one set and repeat on the opposite leg.