Select dumbbells. Stand upright and hold the dumbbells by your sides. Place your right foot on the center of a short box (~4 inch height). Shift forward slightly so your right knee is directly over your right ankle. Lift your toes inside of your right shoe. Draw your shoulder blades down and back to stabilize your shoulders.

Lunge down so both knees form 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.