**Performing a Proper Lunge**

* **Knee in Line with Heel** (make sure your knee is lined up with the heel of your foot)
* **Look up or forward with your shoulders back**(make sure your head is up/looking forward and shoulders and back are upward/straight as if you are sitting in a chair, not hunched over)
* **Push off on heel of foot, NOT toe** (when bringing the leg that lunged forward back to a regular stand, push off on the heel of your foot, do NOT push off from your toe)

