**Reverse Lunge with Chair**

**Equipment**: Chair

**Instructions:**

1. Stand to the side or behind a chair, facing away from it.
2. Hold onto the chair for support.
3. Step back with one leg, lowering your hips into a lunge position.
4. Lower your front knee towards the floor while keeping your back knee slightly above the ground. Ensure a smooth motion throughout.
5. Push through your front heel to return to the starting position.
6. Repeat with the other leg.

**Key Tips**:

* Keep your shoulders, hips, and back knee aligned throughout the movement.
* Maintain a neutral spine; avoid rounding or arching your back.
* Focus on engaging your core for stability during the lunge.