**Bodyweight Calf Raises**

**Equipment**: None

**Instructions:**

1. Starting Position:

* Stand with your feet shoulder-width apart, toes pointing forward, and torso upright.
* Engage your core and keep your knees straight but not locked.

1. Lift Up:

* Exhale and press through the balls of your feet to raise your heels off the ground as high as possible.
* Focus on using your calf muscles to lift.

1. Hold & Squeeze:

* Pause at the top for a second, squeezing your calves.

1. Lower Down:

* Inhale and slowly lower your heels back to the ground in a controlled motion.
* Repeat as instructed for the desired number of reps.

**Tips for Proper Form:**

* Keep your core engaged to maintain balance and avoid leaning forward or backward.
* Maintain a steady pace—don’t rush the movement.
* Ensure your knees stay extended but not locked to prevent strain.