**One Leg Bodyweight Calf Raise**

**Equipment**: None

**Instructions:**

1. Starting Position:

* Stand with your feet hip-width apart and your toes pointed forward.

1. Leg Position:

* Cross one foot behind the other ankle, ensuring balance and stability.

1. Engage Core:

* Brace your core muscles and keep your eyes looking forward to maintain proper posture.

1. Raise Heel:

* Slowly raise your heel off the floor, keeping your weight distributed between your first and second toes of the standing leg.

1. Pause:

* Hold at the top of the movement for a brief moment, feeling the contraction in your calf.

1. Lower Heel:

* Slowly lower your heel back to the ground, maintaining control throughout the movement.

1. Repeat:

* Complete the desired number of repetitions, then switch legs and repeat the process.

**Tips:**

* Keep your core engaged and taut throughout the exercise to maintain balance and stability.
* Focus on controlled movements to maximize effectiveness and reduce the risk of injury.