**Standing Calf Stretch**

**Equipment**: None

**Instructions:**

1. Stand facing a wall with your arms extended in front of you, holding onto the wall for support.
2. Step your right leg back, keeping your right foot flat on the floor and your toes pointing forward.
3. Lean forward and slowly bend your left knee until you feel a stretch in your right calf.
4. Hold the stretch for 15-30 seconds, then switch legs and repeat the stretch on your left leg.
5. Continue alternating legs as instructed.

**Key Tips:**

* Maintain Proper Alignment: Ensure your back leg is straight and your heel remains on the ground to maximize the stretch in the calf.
* Breathe Deeply: Inhale deeply and exhale slowly while holding the stretch to enhance relaxation and increase flexibility.
* Avoid Bouncing: Hold the stretch steadily without bouncing to prevent injury and achieve a deeper stretch.