






Sit-and-Reach Flexibility Checklist

Tight Hamstrings + Tight Low Back (6-Week Plan)

Instructions

-  Warm up first (3–5 min light cardio)
 -  Dynamic stretches before workouts
 -  Static stretches after workouts or rest days
 -  Track fingertip reach weekly
 -  Keep spine neutral — no rounding
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Pre-Workout / Warm-Up (5–8 min)

Exercise	Reps	Done
<input type="checkbox"/> Leg Swings (Forward & Side)	10–12 each leg	<input type="checkbox"/>
<input type="checkbox"/> Dynamic Hamstring Reach / Leg Kick	10–12 each leg	<input type="checkbox"/>
<input type="checkbox"/> Walking Lunges with Twist	8–10 per side	<input type="checkbox"/>
<input type="checkbox"/> Cat-Cow (Spinal Mobility)	8–10 reps	<input type="checkbox"/>

Strength & Core (2–3x/week)

Exercise	Sets × Reps	Done
<input type="checkbox"/> Glute Bridges	3 × 12	<input type="checkbox"/>
<input type="checkbox"/> Bird Dogs	3 × 8–10 per side	<input type="checkbox"/>
<input type="checkbox"/> Planks (neutral spine)	3 × 20–30 sec	<input type="checkbox"/>
<input type="checkbox"/> Romanian Deadlift (light)	3 × 8–10	<input type="checkbox"/>

Post-Workout / Static Stretch (8–12 min)

Stretch	Hold	Done
<input type="checkbox"/> Supine Hamstring Stretch (strap/towel)	30–45 sec each leg	<input type="checkbox"/>
<input type="checkbox"/> Seated Forward Fold (neutral spine)	30–60 sec	<input type="checkbox"/>
<input type="checkbox"/> Elevated Hamstring Stretch	20–30 sec each leg	<input type="checkbox"/>
<input type="checkbox"/> Hip Flexor Lunge Stretch	30 sec each side	<input type="checkbox"/>
<input type="checkbox"/> Child's Pose w/ Side Reach	20–30 sec each side	<input type="checkbox"/>

Weekly Progress Tracking

Week	Fingertip Reach (cm/in)	Notes
1	_____	_____
2	_____	_____
3	_____	_____
4	_____	_____
5	_____	_____
6	_____	_____

Tips for Success

1. Warm up hamstrings before stretching
 2. Breathe deeply — relax muscles
 3. Avoid forcing the stretch
 4. Track fingertip reach weekly
 5. Strengthen core and glutes to protect lower back
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