

# Hamstring Stretches: A Complete Guide with PDF

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Motto: Your Path to Wellness



## Introduction

Tight hamstrings can cause discomfort, reduce mobility, and increase injury risk.

Whether you're an athlete, a desk worker, or simply want better flexibility, a structured hamstring stretching routine can make a huge difference.

This guide provides you with a complete plan for all fitness levels, step-by-step guidance, and expert tips to get the best results.

## **Hamstring Stretch Routine Plans**

### **Beginner Routine (3 days/week)**

- Standing Hamstring Stretch – 3 sets × 20 seconds per leg
  - Seated Forward Fold – 3 sets × 15 seconds
  - Lying Hamstring Stretch with Strap – 2 sets × 20 seconds per leg
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### **Intermediate Routine (4 days/week)**

- Dynamic Leg Swings – 2 sets × 12 swings per leg
  - Seated Single-Leg Stretch – 3 sets × 20 seconds per leg
  - Downward Dog Pose – 3 sets × 25 seconds
  - Standing Hamstring Stretch with Crossed Legs – 2 sets × 20 seconds per leg
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### **Advanced Routine (5 days/week)**

- Pyramid Pose (Yoga) – 3 sets × 25 seconds per leg
- Dynamic Walking Toe Touches – 2 sets × 15 steps
- Standing Hamstring Stretch on Elevated Surface – 3 sets × 20 seconds per leg
- Forward Fold with Deep Breathing – 2 sets × 30 seconds

## **Step-by-Step Guidance for Key Stretches**

### **1. Standing Hamstring Stretch**

1. Stand with feet hip-width apart.
  2. Extend your right leg forward, heel on the ground, toes pointing up.
  3. Bend your left knee slightly and hinge forward from the hips.
  4. Hold, then switch sides.
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### **2. Seated Forward Fold**

1. Sit on the floor with legs extended straight.
  2. Keep your back straight and hinge forward at the hips.
  3. Reach toward your toes without rounding your back.
  4. Hold and breathe deeply.
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### **3. Lying Hamstring Stretch with Strap**

1. Lie on your back with knees bent.
2. Loop a strap/band around one foot.
3. Extend that leg upward while keeping the other leg bent or straight.
4. Gently pull the strap toward you until you feel a stretch.

## Tips and Tricks for Best Results

- Warm up first – 5 minutes of light cardio before stretching.
- Breathe deeply – inhale through the nose, exhale through the mouth to release tension.
- Never force a stretch – avoid bouncing or jerking movements.
- Stay consistent – flexibility improves gradually over weeks, not overnight.
- Pair with strength work – stronger hamstrings mean better flexibility and injury prevention.

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💡 This plan is designed to be safe and effective for most people. If you have existing injuries, consult a professional before starting.