

4-Month Pancake Journey

Train 3x per week for the next 4 weeks. . This plan blends active and passive flexibility work to help you unlock a strong and deep pancake stretch over 4 months. Each session focuses on hamstring and adductor length, hip hinge mechanics, and spinal positioning.

1. Standing Forward Hinges

Keep your spine long and hinge from the hips. Avoid rounding the back. Engage your core and think of tilting the pelvis forward.

Reps: 10



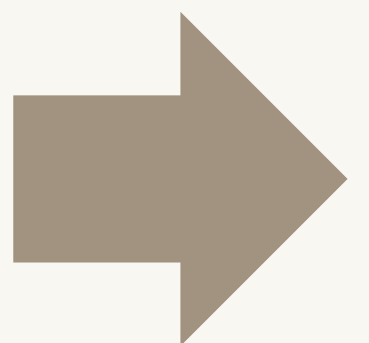
2. Butterfly Stretch with Weights (PNF)

Setup:

Sit tall with your back against the wall. Feet together, knees open. Place weights on your knees.

Contract: Push knees up into hands/weights for 10 sec

Relax: Let weights passively press knees down for 30 sec



3. Elevated Seated Hinges + Ballistic Pulses (Superset)

Seated Hinges:

Sit on a block or cushion. Hinge forward actively, maintaining spinal alignment. 10 reps

Ballistic Pulses:

At your end range, perform small bouncing pulses without losing form. 30 sek.

Rounds: 3 (both movements back to back)



4. Pancake Stretch with Drag Assist

Position:

Sit in a wide straddle position.

Movement:

Use a sofa, a chair, or straps to slowly drag yourself deeper into the pancake stretch.

Keep your spine long and tilt from the pelvis, don't collapse forward.

Duration: Hold for 1–2 minutes

