

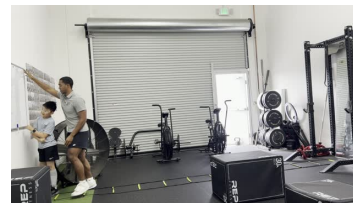
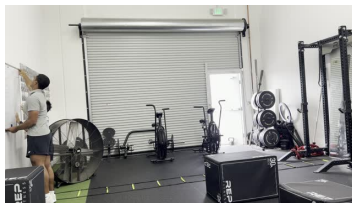
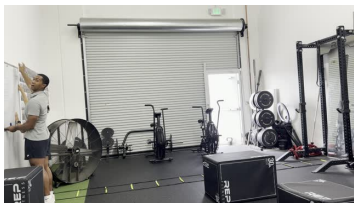
FH5 PREHAB PERFORMANCE

WOD EP10 - STEP STRONG & BALANCED

Screening > Mobility > Stability > Movement > Cool Down | Arcadia • FH5

STEP 1 - SCREENING Posture Screen Review

1 x 2 min



Do: Stand tall. Coach checks your lines.

Scale: Youth: with coach. Adult: note 1 fix. Senior: support nearby.

STEP 2 - MOBILITY Half-Kneeling Hamstring Stretch

2 x 6 / side



Do: Slide long. Hips level. No back arch.

Scale: Youth: short slide. Adult: full slide. Senior: hold support.

STEP 3 - STABILITY Assisted Half-Kneeling Stand

2 x 5 / side



Do: Hold the hand. Stand tall, sit slow.

Scale: Youth: full assist. Adult: light touch. Senior: chair assist.

STEP 4 - MOVEMENT Box Step-Up

3 x 5 / side



Do: Step up tall. Land soft, both feet quiet.

Scale: Youth: low box. Adult: mid box. Senior: step-up only, no land jump.

STEP 5 - COOL DOWN PNF Hip + Leg Stretch

1 x 60 sec / side



Do: Breathe out. Let the leg go heavy.

Scale: All levels: same. Stop if sharp pain.

Stop if sharp pain. Quality first, speed last. Photos: real FH5 session footage.