

FH5 PREHAB PERFORMANCE

WOD EP11 - HIP OPEN, SPLIT & ROTATE

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

STEP 1 - SCREENING Movement Screen Review

1 x 2 min



Do: Watch first. Note your start point.

Scale: Youth: watch with coach. Adult: note 1 goal. Senior: seated review is fine.

STEP 2 - MOBILITY Kneeling Hip Opener

2 x 30 sec / side



Do: Tall hips. Small tuck. Open the front hip.

Scale: Youth: pad under knee. Adult: add reach. Senior: hold support.

STEP 3 - STABILITY Split Squat Hold

2 x 20 sec / side

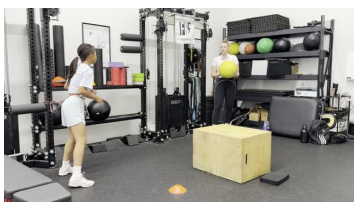


Do: Back foot up. Knee tracks straight. Stay tall.

Scale: Youth: low box. Adult: full hold. Senior: floor split stance hold.

STEP 4 - MOVEMENT Med Ball Rotation Throw

3 x 6 / side



Do: Turn the hips. Throw through the wall side.

Scale: Youth: light ball. Adult: moderate ball. Senior: rotation reach, no throw.

STEP 5 - COOL DOWN PNF Hamstring 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.