

FH5 PREHAB PERFORMANCE

WOD EP12 - ROTATE, STABILIZE & SPLIT SQUAT

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

STEP 1 - SCREENING Group Screen Review

1 x 2 min

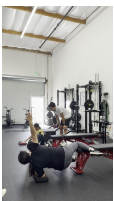


Do: Watch first. Note your start point.

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

STEP 2 - MOBILITY Side-Lying Thoracic Rotation

2 x 5 / side



Do: Open the ribs. Hips stay stacked.

Scale: Youth: small range. Adult: full range. Senior: pillow under head.

STEP 3 - STABILITY All-Fours Hip Extension

2 x 6 / side



Do: Hands under shoulders. Leg reaches long.

Scale: Youth: small reach. Adult: full extension. Senior: short holds, more rests.

STEP 4 - MOVEMENT Bulgarian Split Squat

3 x 6 / side



Do: Back foot up. Chest tall. Drive the floor away.

Scale: Youth: low box, bodyweight. Adult: full depth. Senior: floor split squat, hold support.

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.