

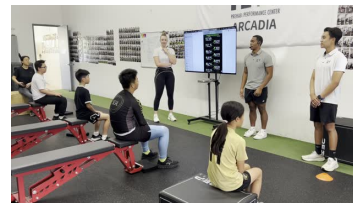
FH5 PREHAB PERFORMANCE

WOD EP13 - CORE CONTROL & STEP POWER

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 Assisted Thoracic Stretch

2 x 30 sec / side



Do: Reach long over the box. Coach guides your back.

Scale: Youth: coach assist. Adult: full reach. Senior: smaller range, pad under knees.

STEP 3 - STABILITY Med Ball Dead Bug

2 x 6 / side



Do: Hold the ball steady. Opposite arm and leg reach.

Scale: Youth: light ball. Adult: full reach. Senior: arms only.

STEP 4 - MOVEMENT Box Step-Up Assist

3 x 5 / side



Do: Step up tall. Coach hand if you need it.

Scale: Youth: low box. Adult: mid box. Senior: step-up only, hold support.

STEP 5 - COOL DOWN Manual 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.