

FH5 PREHAB PERFORMANCE

WOD EP14 - REACH, KNEEL & JUMP

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 Kneeling Thoracic Rotation

2 x 5 / side



Do: Kneel tall. Open one arm to the sky.

Scale: Youth: small range. Adult: full range. Senior: hold the bench.

STEP 3 - STABILITY Half-Kneeling Reach

2 x 5 / side



Do: Half kneel tall. Reach wide, stay level.

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

STEP 4 - MOVEMENT Box Step-Up + Jump

3 x 5



Do: Step, drive up, leave the floor. Land soft.

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