

FH5 PREHAB PERFORMANCE

WOD EP15 - HIP FLEX, CORE & BOX 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 Hip Flexor Stretch

2 x 30 sec / side



Do: Kneel tall. Reach over the box. Hips stay level.

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

STEP 3 - STABILITY Dead Bug Core

2 x 6 / side



Do: Arms reach up. Legs stay long and steady.

Scale: Youth: arms only first. Adult: full dead bug. Senior: feet on bench.

STEP 4 - MOVEMENT Box Jump

3 x 5

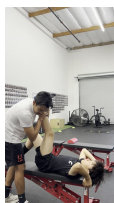
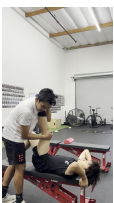


Do: Jump up tall. Land soft on the box.

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

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.