

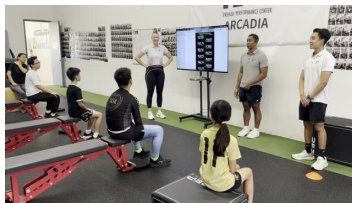
FH5 PREHAB PERFORMANCE

WOD EP16 - ROTATE, STAR & THROW

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 Thoracic Rotation

2 x 5 / side

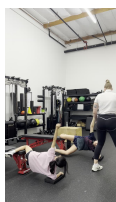
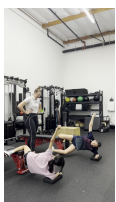


Do: Kneel tall. Open one arm to the sky.

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

STEP 3 - STABILITY Side Plank Star

2 x 20 sec / side

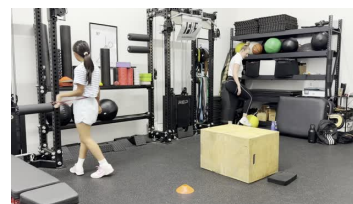
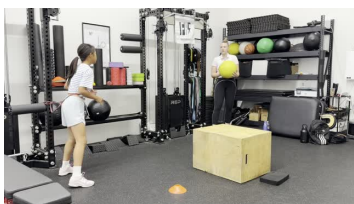


Do: One long line. Top arm and leg lift slow.

Scale: Youth: knees down option. Adult: full star. Senior: short holds, more rests.

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 Assisted 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.