

FH5 PREHAB PERFORMANCE

WOD EP18 - THORACIC, CORE & STEP-UP

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

STEP 1 - SCREENING Program Screen Review

1 x 2 min

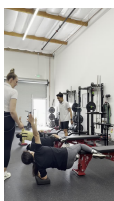


Do: Watch first. Note your start point.

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

STEP 2 - MOBILITY Bench Thoracic Extension

2 x 8



Do: Back over the bench. Reach one arm long.

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

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 Step-Up Assist

3 x 6 / side

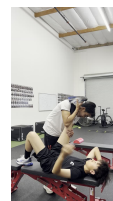
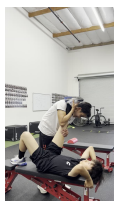
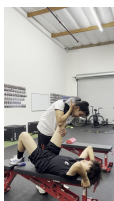


Do: Step up tall. Coach hand helps balance.

Scale: Youth: low box, hold a hand. Adult: no hand help. 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.