

FH5 PREHAB PERFORMANCE

WOD EP19 - ASSIST, HINGE & BOX JUMP

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: Open the ribs. Coach hands guide the turn.

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

STEP 3 - STABILITY Bench-Supported Hinge

2 x 6 / side



Do: Back foot on bench. Hinge slow, back flat.

Scale: Youth: coach hands on. Adult: full hinge. Senior: small range, hold support.

STEP 4 - MOVEMENT Box Jump

3 x 5

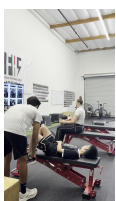


Do: Jump up tall. Land soft on the box.

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

STEP 5 - COOL DOWN Manual 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.