

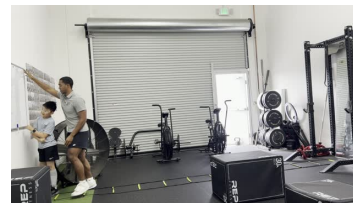
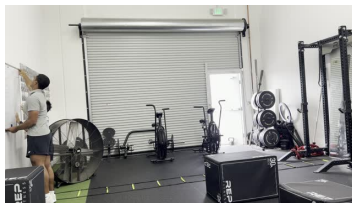
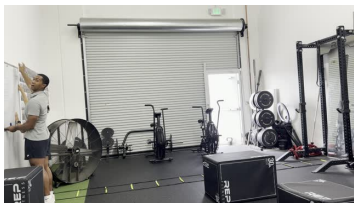
FH5 PREHAB PERFORMANCE

WOD EP20 - POSTURE, ROTATE & PRESS

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

STEP 1 - SCREENING Posture Screen Review

1 x 2 min



Do: Stand tall. Coach checks your posture lines.

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 All-Fours Hip Extension

2 x 6 / side



Do: Hands under shoulders. One leg reaches long.

Scale: Youth: small range. Adult: full reach. Senior: pillow under knees.

STEP 4 - MOVEMENT Seated Med Ball Press

3 x 6



Do: Sit tall. Press the ball up slow.

Scale: Youth: light ball. Adult: moderate ball. Senior: reach only, no press.

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.