

FH5 PREHAB PERFORMANCE

WOD EP21 - ROTATE, CORE & JUMP REACH

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 Kneeling Rotation

2 x 5 / side



Do: Kneel tall. Open one arm, coach guides.

Scale: Youth: small range. Adult: full range. 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 Jump + Wall Reach

3 x 5



Do: Small jump. Reach high to the wall.

Scale: Youth: low reach target. Adult: full jump. Senior: heel raise + reach, 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.