

FH5 PREHAB PERFORMANCE

WOD EP22 - ROTATE, PLANK & HINGE REACH

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

STEP 1 - SCREENING Program Screen Review

1 x 2 min

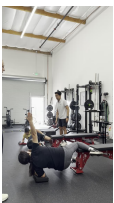


Do: Watch first. Note your start point.

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

STEP 2 - MOBILITY Side-Lying Thoracic Rotation

2 x 5 / side

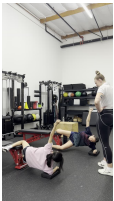


Do: Lie on your side. Open the top arm wide.

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

STEP 3 - STABILITY Bench-Supported Side Plank

2 x 20 sec / side



Do: Top leg on bench. Lift the hips, arm up.

Scale: Youth: knees down first. Adult: full plank. Senior: short holds, coach near.

STEP 4 - MOVEMENT Hinge + Overhead Reach

3 x 6



Do: Hinge back flat. Reach both arms high.

Scale: Youth: coach watches the back. Adult: full hinge. Senior: small hinge, 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.