

FH5 PREHAB PERFORMANCE

WOD EP23 - HIP OPEN, HOLD & HINGE

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 Kneeling Hip Flexor Stretch

2 x 30 sec / side

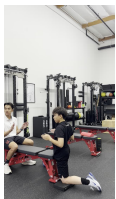


Do: Half-kneel tall. Lean in slow, arms long.

Scale: Youth: hold the box. Adult: full lean. Senior: pillow under knee.

STEP 3 - STABILITY Half-Kneeling Hold

2 x 20 sec / side



Do: Half-kneel still. Hands soft, eyes forward.

Scale: Youth: coach in front. Adult: no hand support. Senior: hold the bench.

STEP 4 - MOVEMENT Hinge to Reach

3 x 6

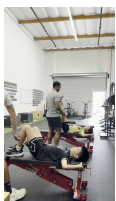


Do: Hinge slow. Swing the arms, reach tall.

Scale: Youth: coach demo first. Adult: full range. Senior: small hinge only.

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.