

FH5 PREHAB PERFORMANCE

WOD EP6 - JUMP & LAND FOUNDATIONS

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

STEP 1 - SCREENING Group Screen Review

1 x 2 min

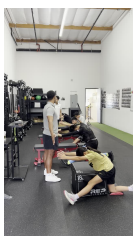


Do: Watch first. Note your start point.

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

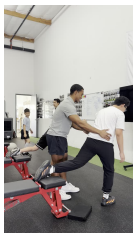


Do: Tall hips. Small tuck. No back arch.

Scale: Youth: bodyweight. Adult: add reach overhead. Senior: hold support.

STEP 3 - STABILITY Single-Leg Hinge Balance

2 x 6 / side



Do: Hips back. Knee soft. Eyes forward.

Scale: Youth: short lever. Adult: full hinge. Senior: toe touch-down assist.

STEP 4 - MOVEMENT Hinge to Jump Reach

3 x 5

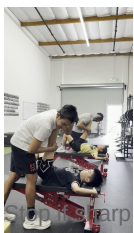


Do: Load hips. Jump tall. Land soft and quiet.

Scale: Youth: low target. Adult: full reach. Senior: hinge only, no jump.

STEP 5 - COOL DOWN Manual Leg Release

1 x 60 sec / side



Stop if sharp pain. Quality first, speed last. Photos from FH5 session footage.

Do: Breathe out. Let the leg go heavy.

Scale: All levels: same. Stop if sharp pain.