

FH5 PREHAB PERFORMANCE

WOD EP7 - SINGLE-LEG STRENGTH & CONTROL

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 Thoracic Rotation Assist

2 x 5 / side

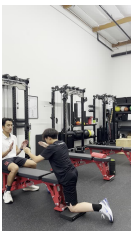


Do: Turn the ribs. Hips stay still.

Scale: Youth: small range. Adult: full range. Senior: seated version.

STEP 3 - STABILITY Half-Kneeling Reach

2 x 6 / side



Do: Tall knee. Ribs down. Reach long.

Scale: Youth: pad under knee. Adult: add light ball. Senior: hold support.

STEP 4 - MOVEMENT Box Jump

3 x 5

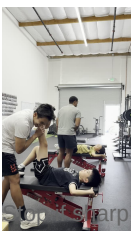


Do: Jump up. Land soft. Step down.

Scale: Youth: low box. Adult: mid box. Senior: step-up instead of jump.

STEP 5 - COOL DOWN Manual Hip + Leg Stretch

1 x 60 sec / side



Do: Breathe out. Let the leg go heavy. Stop if sharp pain. Quality first, speed last. Photo of FH5 session footage.

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