

FH5 PREHAB PERFORMANCE

WOD EP8 - CORE & POSTURE CONTROL

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 Overhead Reach

2 x 8



Do: Reach tall. Ribs down.

Scale: Youth: bodyweight. Adult: hold light ball. Senior: seated reach.

STEP 3 - STABILITY Med Ball Dead Bug

3 x 8



Do: Low back down. Move slow.

Scale: Youth: no ball. Adult: med ball. Senior: one leg at a time, foot tap.

STEP 4 - MOVEMENT Med Ball Overhead Press

3 x 8

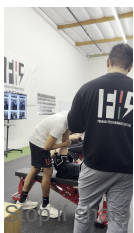


Do: Brace first. Press tall. Control down.

Scale: Youth: light ball. Adult: moderate ball. Senior: seated press.

STEP 5 - COOL DOWN PNF Hip + Leg Stretch

1 x 60 sec / side



pain. Quality first, speed last. Photo session footage.

Do: Breathe out. Let the leg go heavy.

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