

FH5 PREHAB PERFORMANCE

WOD EP9 - ROTATE, BALANCE & JUMP

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 Side-Lying Thoracic Rotation

2 x 5 / side

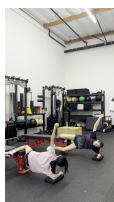


Do: Open the ribs. Hips stay stacked.

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

STEP 3 - STABILITY Side Plank Star

2 x 20 sec / side



Do: One long line. Top leg lifts slow.

Scale: Youth: knees down option. Adult: full star. Senior: short holds, more rests.

STEP 4 - MOVEMENT Standing Overhead Reach

3 x 5

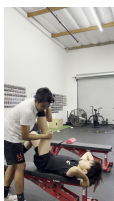


Do: Swing, jump tall, land soft and quiet.

Scale: Youth: low target. Adult: full reach. Senior: calf raise reach, no jump.

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.