

# One Team Warm Up

## Mail processing – Routine one



The One Team Warm Up will help you to move better and get you ready for the job ahead. Follow these moves before you begin work.

Do 5 repetitions, or 5 repetitions on each side, unless otherwise specified.

### Marching



Marching on the spot, drive opposite arm and leg. Gradually increase knee height over 20 seconds.

### Step lunge



Keeping back straight, step forward into a comfortable lunge. Keep front knee behind toes.



### Squat and arch



Stand with feet shoulder width apart. Squat to a comfortable level and slightly arch the lower back. Hold for 2 seconds.



### Chicken dance



Keeping thumbs locked to your chest, draw circles with your elbows forward and backwards.



### Hula hoops



Stand with feet shoulder width apart and knees relaxed. Make circles with your hips forward and backwards, keeping upper body as stationary as possible.



### Teapots



With knees relaxed, reach over your head and bend slightly to one side and then to the other. Place non-reaching hand on hip.



### Deep breathing



Stand with feet shoulder width apart, knees relaxed and tummy in. Place hands on hips. Breathe in and out slowly.



### Remember

- If you have an injury, advise your supervisor before participating
- Perform movements within your comfort levels and if you are feeling discomfort, lower the intensity or stop
- Breathe normally – don't hold your breath