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



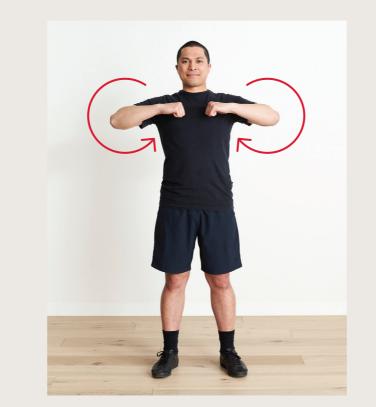


Stand with feet shoulder width apart. Squat to a comfortable level and slightly arch the lower back. Hold for 2 seconds.

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