

# One Team Warm Up

## Mail processing – Routine two



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.

### Hip swings



Raise one leg up to a 90 degree angle, then out to the side. Place foot down on the ground and bring it back to the middle. Keep the other knee slightly bent.

### Step lunge with wrist rotations



Keeping back straight, step forward into a comfortable lunge. Keep front knee behind toes. Rotate wrists in both directions with each lunge.

### Squat with external rotation



Squat to a comfortable position with feet wider than hips and toes pointing out (45 degrees). Arch lower back and place hands on outside of knees. Push knees outwards while resisting with hands. Hold for 2 seconds.

### Chicken dance – larger circles



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

### Standing trunk rotation and reach



Reach across body with one hand and rotate to one side, keeping the other hand on your hip. Move feet in the direction you are reaching and lift trailing heel.

### Torso stretch with hands behind ears



Stand with feet shoulder width apart and place hands behind ears. Slightly push elbows back, tuck chin in, hold for 2 seconds and relax.

### Deep breathing – rising up on toes



Stand with feet shoulder width apart, knees relaxed and tummy in. Place hands on hips. Breathe in slowly and rise onto toes. Breathe out whilst lowering heels.

### 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