

One Team Warm Up

Mail processing – Routine three



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 with chicken dance arms



While marching, draw circles with your elbows forward and backwards, keeping your thumbs locked to your chest. March for 20 seconds.

Side step lunge



Place hands on hips and step at 45 degrees into a comfortable lunge to each side. Toes follow your nose.

Squat with overhead reach



Stand with feet wider than hips and toes pointing out. Squat to a comfortable level with hands on hips. Reach up with both hands. Place hands back on hips and rise out of squat.

Chicken dance with torso rotation



Keeping thumbs locked to your chest, draw circles with your elbows forward and backwards. Gently rotate from one side to the other. Toes follow nose and lift trailing heel.

Flexion and extension



Squat to a comfortable level with hands on hips and feet shoulder width apart. Rise up out of squat and gently push hips forward, slightly arch back and lift chest.

Torso stretch with hands out in front



Stand with feet shoulder width apart and hands out in front. Push forward with hands, hold for 2 seconds and then relax.

Deep breathing - arms across chest



Stand with feet shoulder width apart, knees relaxed and tummy in. Place hands across chest. 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