

One Team Warm Up

Office-based work – 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.



Torso stretch 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.



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.



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