

One Team Warm Up

Office-based work – 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.

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.

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



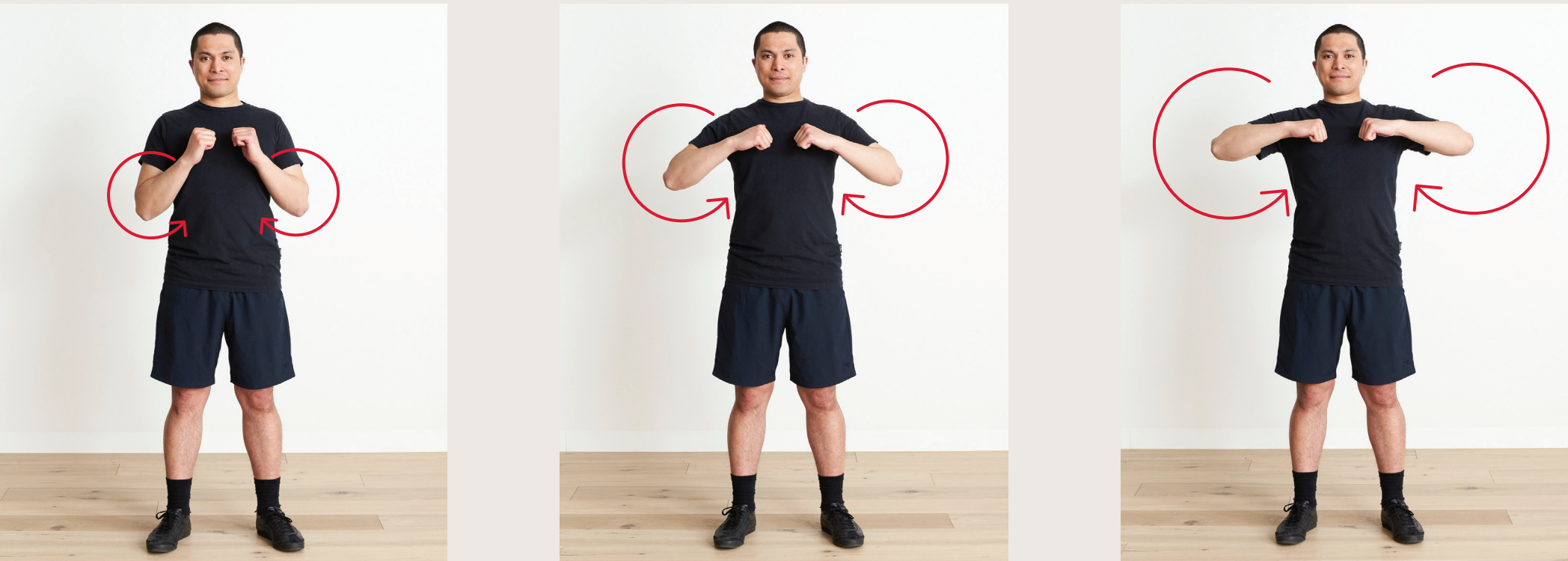
Squat to a comfortable position with feet wider than hips and toes pointing out. Arch lower back and place hands on outside of knees. Push knees outwards while resisting with hands. Hold for 2 seconds.

Standing dead lift



Stand with feet shoulder width apart and arms by sides. Bend at the knees to a comfortable position, keeping chest and chin up. Keep weight through heels and push hips forward to rise.

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.

Deep breathing – hands behind ears



Stand with feet shoulder width apart, knees relaxed and tummy in. Place hands behind ears. Breathe in and out slowly. Move elbows slightly backwards when breathing in.

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