

# One Team Warm Up

## Office-based work – 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.

### Butt flicks



Begin marching on the spot. Lift heels towards the buttocks to a comfortable range. Keep weight through heel when on the ground.

### Step lunge with rotation



Keeping back straight, step forward into a comfortable lunge. Keep front knee behind toes. With arm bent in front, rotate upper body to the same side as the forward leg.

### 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.

### 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.

### Chicken dance with torso rotation



Keeping thumbs locked to your chest, draw circles with your elbows forward and backwards. Rotate body from side to side, pivot feet and lift trailing heel.

### Flexion and extension



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

### Deep breathing with chin tuck



Stand with feet shoulder width apart, knees relaxed and tummy in. Clasp hands gently in front. As you breathe in tuck your chin in and release chin as you breathe out.

### 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