

# One Team Warm Up

## Parcel processing & freight handling

### – 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.

#### Squat and arch



Stand with feet shoulder width apart. Squat to a comfortable level and slightly arch the lower back. Hold for 2 seconds.



#### Picking apples



Position feet shoulder width apart with knees slightly bent. Reach up and across body with one arm, whilst rotating body to one side. Toes follow nose and lift trailing heel.



#### Step lunge



Keeping back straight, step forward with one leg into a comfortable lunge. Keep front knee behind toes.



#### Hula hoops



Stand with feet shoulder width apart and knees relaxed. Make circles with your hips, keeping upper body as stationary as possible.



#### Torso twist



Stand with feet hip width apart, knees bent and hands on hips. Bring one arm up across body and rotate trunk, hips and head to a comfortable position. Toes follow nose and lift trailing heel.



#### Breathing



Stand with feet shoulder width apart, knees relaxed and tummy in. Place arms 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