

# One Team Warm Up

## Parcel processing & freight handling

### – 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.

#### Hip swings



Raise one leg up to a 90 degree angle, then out to the side. Place foot down on the ground and bring it back to the middle. Keep the other knee slightly bent.

#### 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.

#### Step lunge with opposite arms



Keeping back straight, step forward into a comfortable lunge. Lift opposite arm into a running position. Keep front knee behind toes.

#### Picking apples – reach high then low



Position feet shoulder width apart with knees slightly bent. Reach up and across body with one hand to each side. Toes follow nose, lift eyes and chest. Reach down and across body to each side, bending the knees. Lead with the chest and keep back straight.

#### 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.

#### Torso twist with hands behind ears



Stand with feet shoulder width apart and place hands behind ears. Slightly squeeze the shoulder blades back and rotate your body from side to side. Toes follow nose and lift trailing heel off the ground. Hold for 2 seconds each side.

#### Deep breathing with reach



Stand with feet shoulder width apart, knees relaxed and tummy in. Lock hands together with palms facing outwards and straighten arms. 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