

# One Team Warm Up

## Parcel processing & freight handling

### – 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



Bring heels one at a time towards buttocks – only lift heels to a comfortable range. Keep weight through heel when on the ground.

#### Squat and 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.

#### Side step lunge



Place hands on hips and step at a 45 degree angle into a comfortable lunge to each side. Toes follow your nose.

#### Picking apples - side to side



Stand with feet shoulder width apart and knees slightly bent. Reach across body with one arm and rotate body to the side. Toes follow nose and lift trailing heel.

#### Flexion and extension



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

#### Teapots



With knees relaxed, reach over your head with one arm and bend slightly to one side, then to the other. Place non-reaching hand on hip.

#### Deep breathing



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