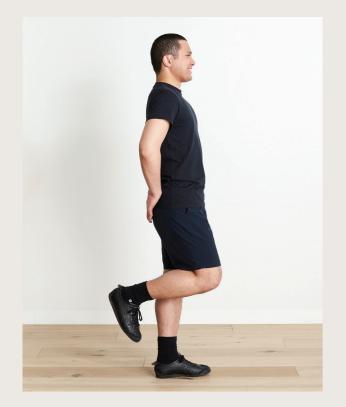
One Team Warm Up Parcel processing & freight handling - Routine three



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.

Side step lunge

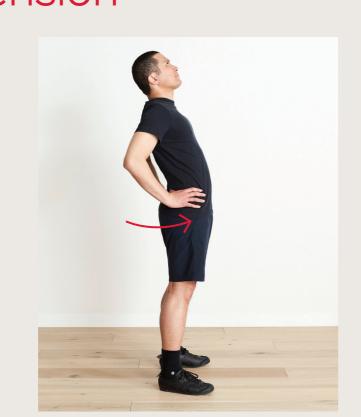




Place hands on hips and step at a 45 degree angle into a comfortable lunge to each side. Toes follow your nose.

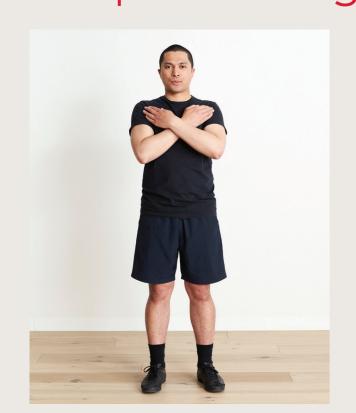
Flexion and extension





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.

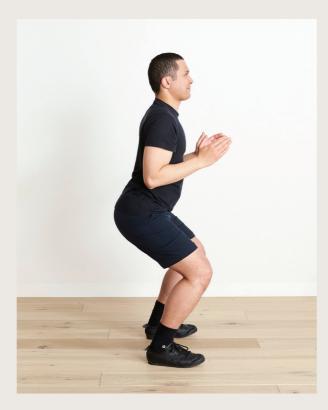
Deep breathing





Stand with feet shoulder width apart, knees relaxed and tummy in. Place hands across chest. Breathe in and out slowly.

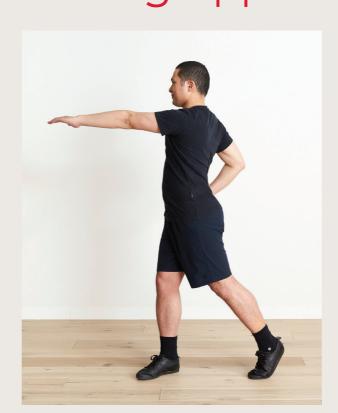
Squat and reach





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.

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.

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.

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