

One Team Warm Up

Posties – 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 and lift heels towards your buttocks to a comfortable range. Keep weight through your 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.

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.

Chicken dance with torso rotation



Keeping thumbs locked to your chest, draw circles with your elbows forward and backwards. Gently rotate from one side to the other. 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 and bend slightly to one side and then to the other. Place non-reaching hand on hip.

Deep breathing – rising onto toes



Stand with feet shoulder width apart, knees relaxed and tummy in. Place hands on hips. Breathe in slowly and rise onto toes. Breathe out whilst lowering heels.

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