

# One Team Warm Up

## Truck & van drivers – 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.

### Step lunge



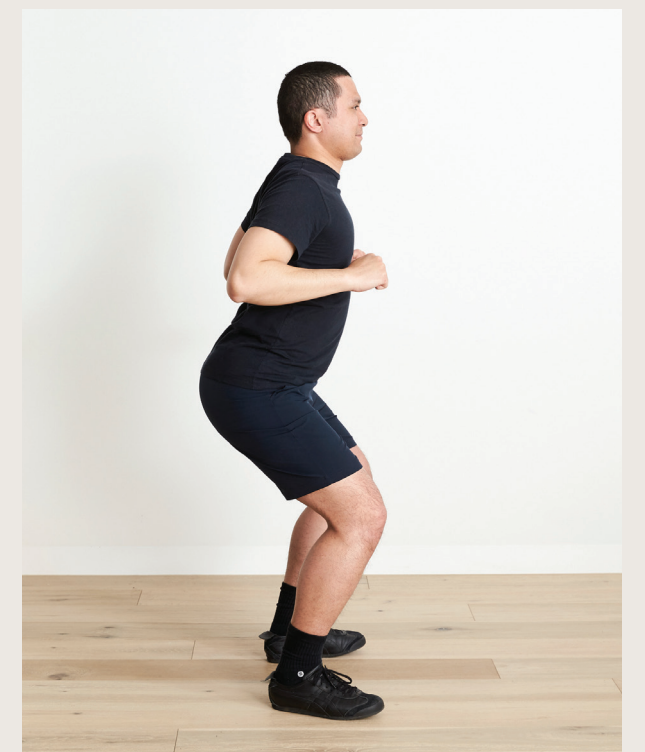
Keeping back straight, step forward into a comfortable lunge. Keep front knee behind toes.



### Row



Stand with knees slightly bent and feet shoulder width apart. Hold arms out in front and pull back, keeping arms at chest height.



### Hula hoops



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



### Squat and arch



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



### Single leg stand



Lift one leg off the ground out in front or behind, with toes resting on the ground if assistance with balance is required. Hold for 5 seconds.

### Breathing



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