

One Team Warm Up

Truck & van drivers – 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.

Step lunge with opposite arms



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

Row with external rotation



Stand with knees slightly bent and feet shoulder width apart. Hold arms out in front and pull back, keeping arms at chest height. Rotate forearms up so hands point to the sky.

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.

Squat with external rotation



Squat to a comfortable position with feet wider than hips and toes pointing out (45 degrees). Arch lower back and place hands on outside of knees. Push knees outwards while resisting with hands. Hold for 2 seconds.

Heel and toe



Keeping a slight bend at the knees, move your weight forward over toes and then slowly rock back onto heels. Complete 10 repetitions.

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