

# One Team Warm Up

## Truck & van drivers – 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 45 degrees into a comfortable lunge to each side. Toes follow your nose.

### Overhead row



Stand with knees slightly bent and feet shoulder width apart. Reach out with both arms to eye height. Pull arms back in towards body and squeeze shoulder blades together.

### 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.

### 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.

### Heel raise



Keeping a slight bend at the knees raise your heels off the ground. Hold for 2 seconds and then relax.

### Deep breathing – hands behind head



Stand with feet shoulder width apart, knees relaxed, tummy in. Place hands behind ears. Breathe in and move elbows slightly backwards, breathe out and move elbows back to starting position.

### 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