

One Team Warm Up

Mail processing – 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.

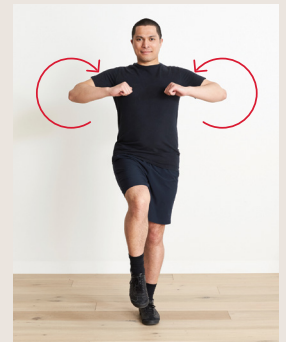
Do 5 repetitions, or 5 repetitions on each side, unless otherwise specified.

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

Marching with chicken dance arms

- Place your thumbs on your chest and begin marching on the spot
- Keeping your thumbs locked to your chest draw circles with your elbows forward and backwards
- March for 20 seconds



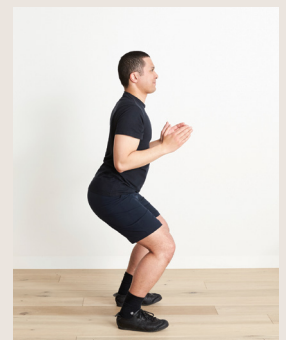
Side step lunge

- Place hands on hips
- Step at a 45 degree angle into a lunge position
- Toes follow your nose



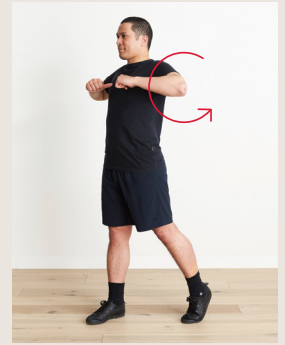
Squat with overhead reach

- Position feet wider than hips with toes pointing out 45 degrees
- With hands on hips, squat to a comfortable position
- Arch lower back
- Reach up with both arms, place hands back on hips and rise out of squat



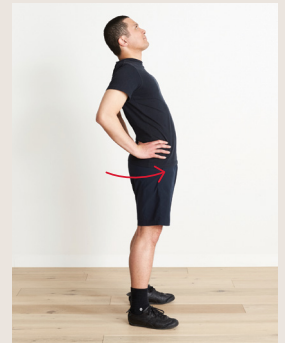
Chicken dance with torso rotation

- Keeping your thumbs locked to your chest draw circles with your elbows forward and backwards
- Gently rotate your body side to side
- Toes follow nose and lift trailing heel



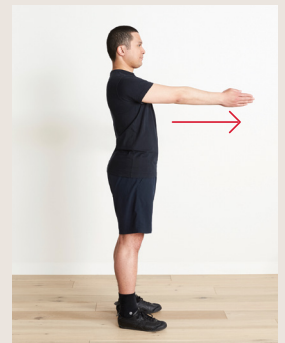
Flexion and extension

- Stand with feet shoulder width apart and hands on hips
- Squat to a comfortable level
- Rise up out of squat and gently push hips forward, slightly arch back and lift chest up



Torso stretch with hands out in front

- Stand with feet shoulder width apart
- Place arms out in front
- Push forward with hands
- Hold for 2 seconds and relax



Deep breathing – arms across chest

- Stand with feet shoulder width apart, knees relaxed, tummy in
- Place hands across chest
- Breathe in and out slowly
- Reflect on a safe thought or how you will move safely during your shift

