

One Team Warm Up

Office-based work – 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.

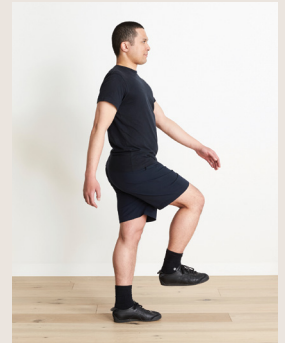
Do 5 repetitions, or 5 repetitions on each side, unless otherwise specified.

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

- Marching on the spot – drive opposite arm and leg
- Gradually increase knee height over 20 seconds



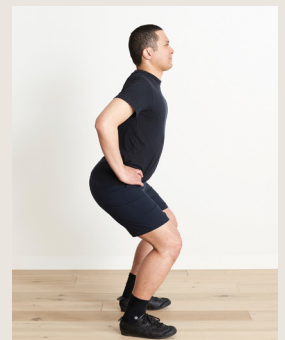
Step lunge

- Keeping back straight, step forward with one leg into a comfortable lunge
- Stay within your limits – movement needs to be comfortable
- Keep front knee behind your toes



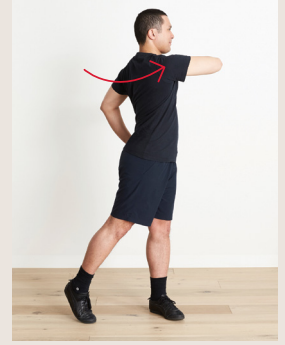
Squat and arch

- Stand with feet shoulder width apart
- Squat to a comfortable level
- Slightly arch the lower back and hold for 2 seconds



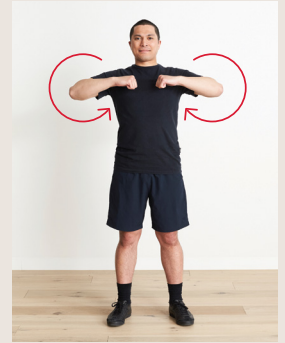
Torso stretch and reach

- Stand with feet shoulder width apart, knees slightly bent
- Reach across body with one hand and rotate to one side
- Move feet in direction you are reaching and lift trailing heel off the ground



Chicken dance

- Keeping your thumbs locked to your chest, draw circles with your elbows
- Make circles forward and backwards



Hula hoops

- Stand with feet shoulder width apart and knees relaxed
- Make circles with your hips
- Keep upper body as stationary as possible



Deep breathing

- 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

