

One Team Warm Up

Office-based work – 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.

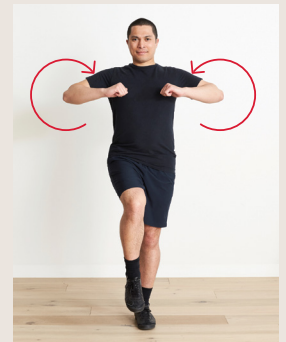
Do 5 repetitions, or 5 repetitions on each side, unless otherwise specified.

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

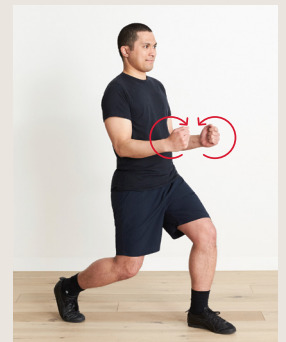
Marching with chicken dance arms

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



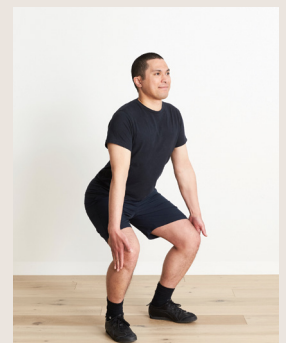
Step lunge with wrist rotations

- Keeping back straight, step forward into a comfortable lunge
- Stay within your limits – movement needs to be comfortable
- Keep front knee behind your toes and hands on hips
- Rotate wrists gently in both directions each time you lunge



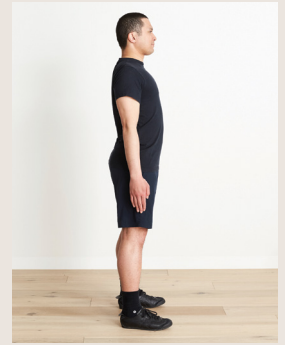
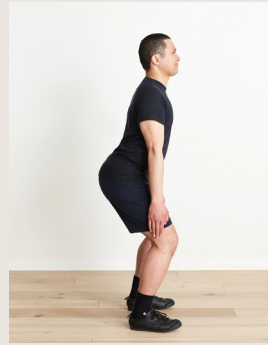
Squat with external rotation

- Position feet wider than hips with toes pointing out 45 degrees
- Squat to a comfortable position
- Arch lower back and place hands on outside of knees
- Push knees outwards whilst resisting with hands with 5/10 effort
- Hold for 2 seconds – keep the chin lifted



Standing dead lift

- Stand with feet shoulder width apart and arms by sides
- Bend at the knees to a comfortable position keeping chest and chin up
- Keep weight through heels and push hips forward to rise



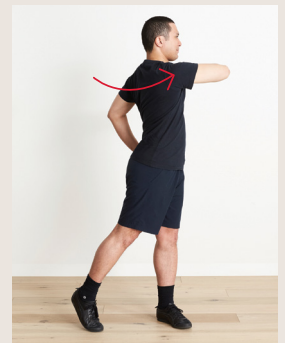
Chicken dance – larger circles

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



Standing trunk rotation and reach

- Stand with feet shoulder width apart
- Slightly bend the knees with hands on hips
- Reach across body with one hand and rotate body to one side
- Move feet in the direction you are reaching and raise the trailing heel off the ground



Deep breathing – hands behind ears

- Stand with feet shoulder width apart, knees relaxed, tummy in
- Place hands behind ears
- Breathe in and out slowly
- Move elbows slightly backwards when breathing in
- Reflect on a safe thought or how you will move safely during your shift

