

# One Team Warm Up

## Office-based work – 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

### Butt flicks

- Bring heels towards buttocks – only lift heel to a comfortable range
- Keep weight through heel when on the ground



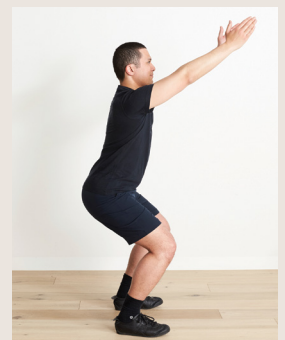
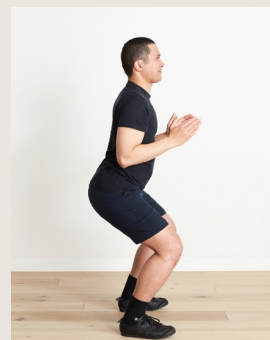
### Step lunge with rotation

- Keeping back straight, step forward with one leg
- Bend both knees into a comfortable lunge
- Keep front knee behind your toes
- Rotate the upper body to the same side as the forward leg



### Squat with overhead reach

- Position feet wider than hips with toes pointing out at 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



## Teapots

- Place left hand on hip and slightly bend the knees
- Reach with the right hand up over your head
- Bend slightly to the left
- Repeat on the right side



## 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



## Deep breathing with chin tuck

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

