

One Team Warm Up

Parcel processing & freight handling

– 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.

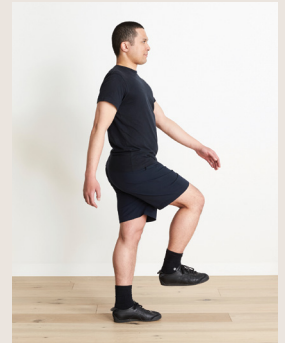
Do 5 repetitions, or 5 repetitions on each side, unless otherwise specified.

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

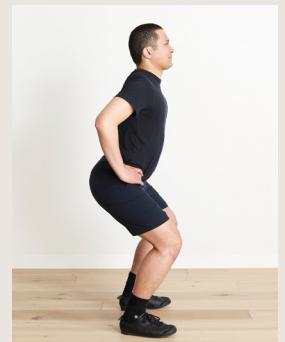
Marching

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



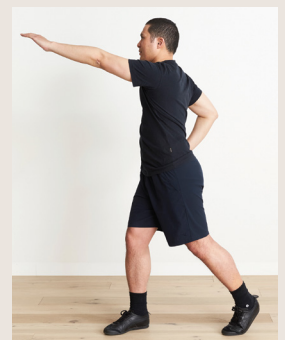
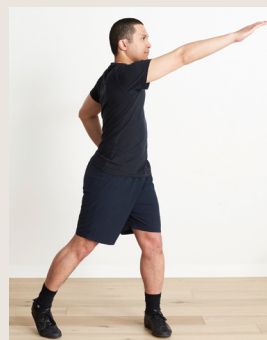
Squat and arch

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



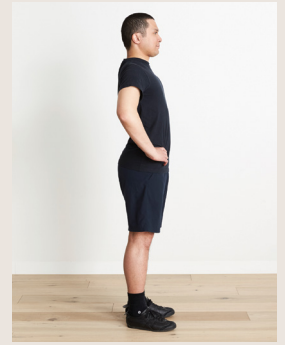
Picking apples

- Position feet shoulder width apart with knees slightly bent and hands on hips
- Reach up and across body with one arm and rotate body from side to side
- Toes follow nose and lift trailing heel



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



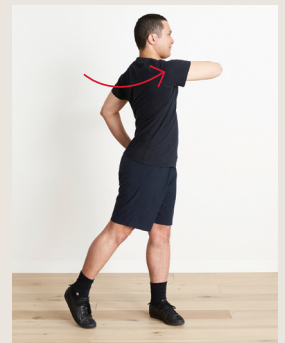
Hula Hoops

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



Torso twist

- Stand with feet shoulder width apart and knees slightly bent
- Reach across the body with one arm bent
- Rotate trunk, hips, head to a comfortable position
- Toes follow nose and lift trailing heel
- Place other hand on hip
- Hold for 2 seconds



Breathing

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

