

One Team Warm Up

Parcel processing & freight handling

– 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

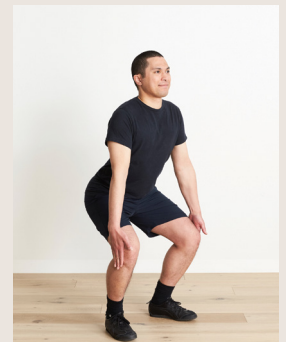
Hip swings

- Raise one leg up to a 90 degree angle
- Keep other knee slightly bent
- Move leg out to the side and place on ground
- Bring leg back to the middle



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 while resisting with hands with 5/10 effort
- Hold for 2 seconds – keep the chin lifted



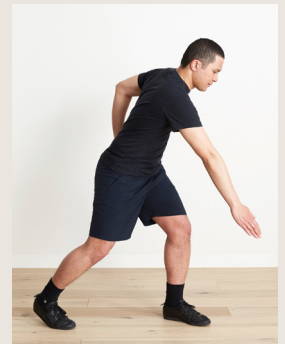
Step lunge with opposite arms

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



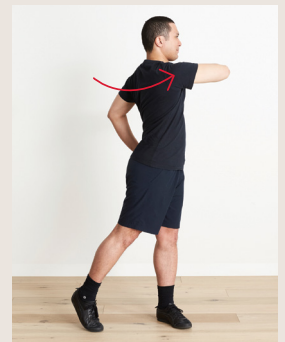
Picking apples – reach high then low

- Position feet shoulder width apart with knees slightly bent and hands on hips
- Reach up and across body to each side
- Lift eyes and chest to follow hands and toes follow nose
- Reach down and across body to each side bending the knees, leading with chest and keeping back straight



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



Torso twist with hands behind ears

- Stand with feet shoulder width apart
- Place hands behind ears
- Slightly squeeze shoulder blades back
- Rotate body from side to side
- Toes follow nose and lift heel of trailing foot
- Hold for 2 seconds



Deep breathing with reach

- Stand with feet shoulder width apart, knees and shoulders relaxed, tummy in
- Lock hands together with palms facing outwards and straighten arms
- Breathe in and out slowly
- Reflect on a safe thought or how you will move safely during your shift

