

One Team Warm Up

Posties – 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



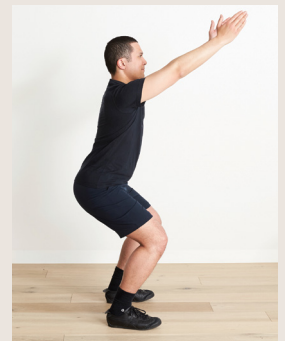
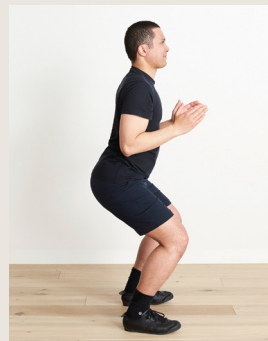
Side step lunge

- Place hands on hips
- Step at a 45 degree angle into a lunge position
- Toes follow your nose



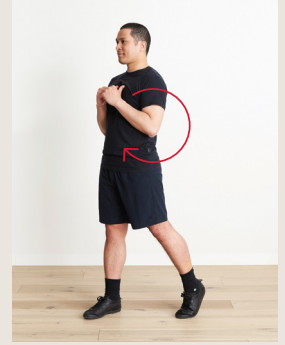
Squat and reach

- Position feet wider than hips with toes pointing out 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



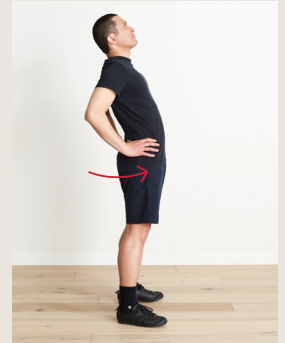
Chicken dance with torso rotation

- 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



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



Deep breathing – rising onto toes

- Stand with feet shoulder width apart, knees and shoulders relaxed, tummy in
- Breathe in slowly and rise up onto toes with hands on hips
- Breathe out whilst lowering heels

