

One Team Warm Up

Truck & van drivers – 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

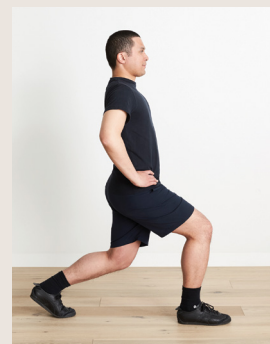
Marching

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



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



Row

- Stand with feet shoulder width apart and knees slightly bent
- Hold arms out in front of you
- Pull arms back keeping them at chest level



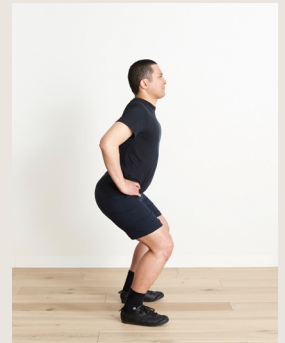
Hula hoops

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



Squat and arch

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



Single leg stand

- Lift one leg off the ground out in front or behind with toes resting on the ground, if assistance with balance is required
- Hands on hips or out to the side
- Hold for 5 seconds



Breathing

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

