

One Team Warm Up

Truck & van drivers – 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

- Begin marching on the spot
- Lift heels towards your buttocks 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



Overhead row

- Stand with feet shoulder width apart and knees slightly bent
- Reach out with both arms to eye height
- Pull arms back in towards body
- Squeeze shoulder blades together



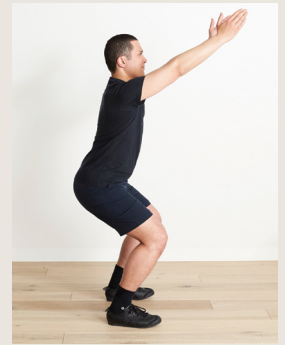
Flexion and extension

- 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



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



Heel raise

- Keeping a slight bend at the knees raise your heels off the ground
- Hold for 2 seconds then relax



Deep breathing - hands behind head

- Stand with feet shoulder width apart, knees relaxed, tummy in
- Place hands behind ears
- Take a deep breath in and move elbows slightly backwards
- Reflect on a safe thought or how you will move safely during your shift

