Ready to Farm

farm task

fencing

stooping

total body vibration

muscles used

spine, lateral and upper back, lower back, obliques, glutes, back of thighs (hamstrings), hips

shoulders, spine, neck, back of thighs (hamstrings)

spine, hips, hip flexors, neck, shoulders, hands

poses to improve muscle strength and flexibility

DISCLAIMER OF LIABILITY. Injuries of all types can occur when participating in exercise, physical fitness and training programs, hence AgriSafe strongly encourages you to obtain a comprehensive physical examination by a licensed health professional PRIOR to undertaking any exercise demonstrated on this guide. You fully assume the risk of any resulting injury.
Ready to Farm

farm task

calf carrying

muscles used

upper arms (biceps and triceps), shoulders, lateral and upper back, lower back, chest (pectoralis), abs and obliques, back of thighs (hamstrings)

grain scooping

shoulders, chest (pectoralis), upper back, lower back, abs and obliques, glutes, hips, hip flexors

throwing hay

lateral and upper back, lower back, shoulders, upper arms (biceps and triceps), back of thighs (hamstrings), hips, hip flexors

poses to improve muscle strength and flexibility

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