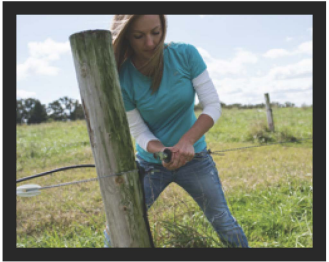


Ready to Farm

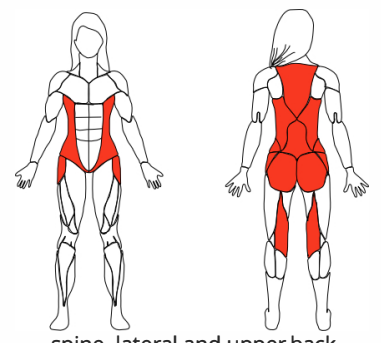
farm task

muscles used

poses to improve muscle strength and flexibility



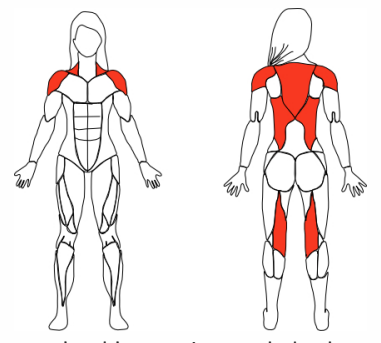
fencing



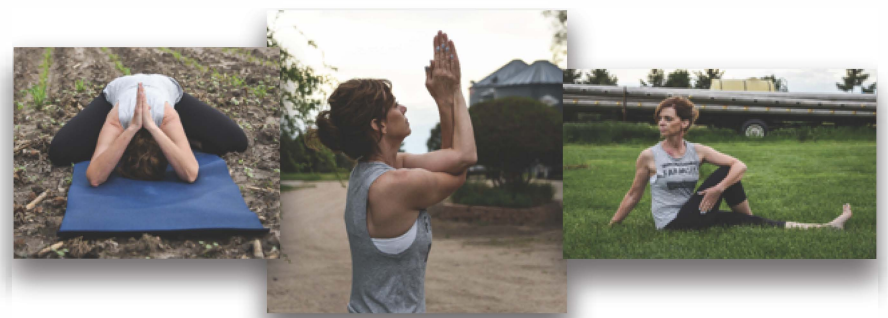
spine, lateral and upper back, lower back, obliques, glutes, back of thighs (hamstrings), hips



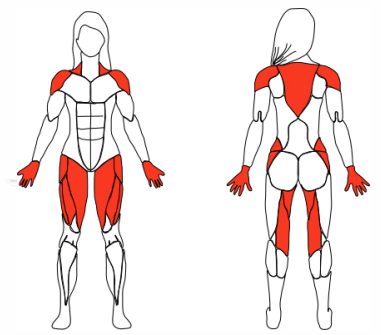
stooping



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



total body vibration



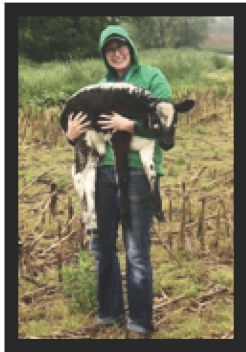
spine, hips, hip flexors, neck, shoulders, hands



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

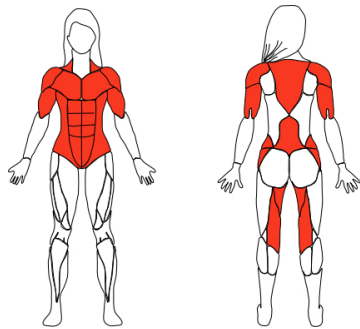


grain scooping

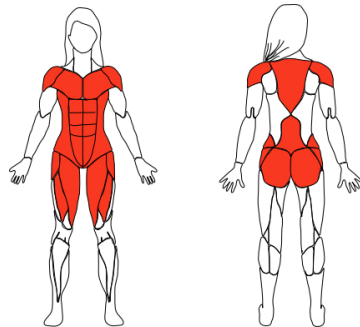


throwing hay

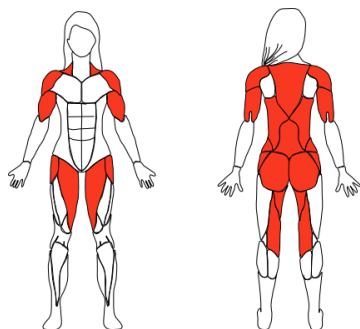
muscles used



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



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



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

