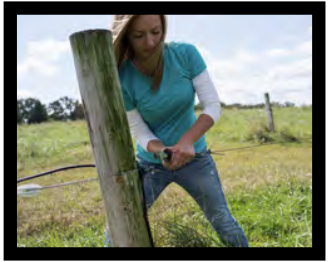


Ready to Farm

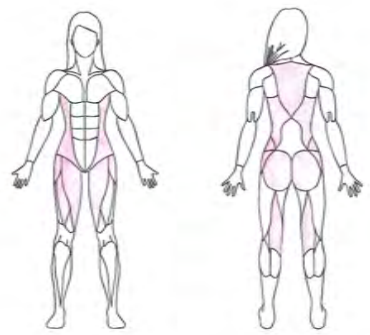
farm task

muscles used

poses to improve muscle strength and flexibility



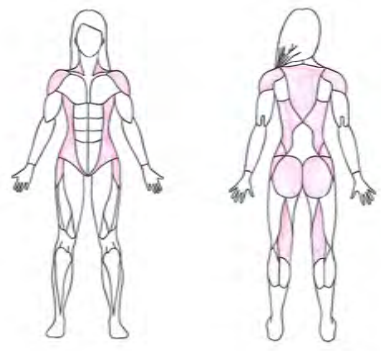
fencing



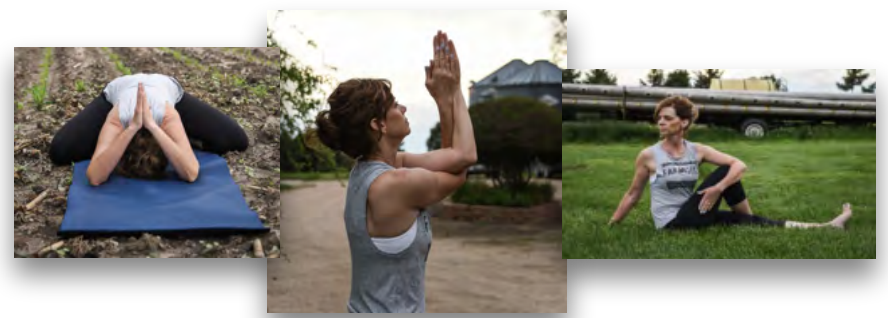
spine, (lateral and upper and lower back), hamstrings, hips



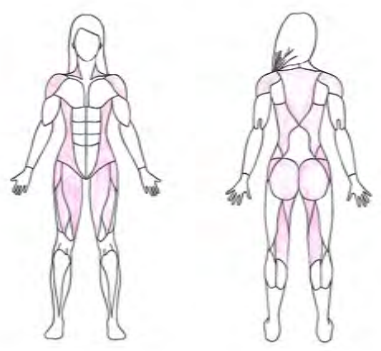
stooping



shoulder, spine, neck



total body vibration



spine, hip, hip flexors, neck, shoulders



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.



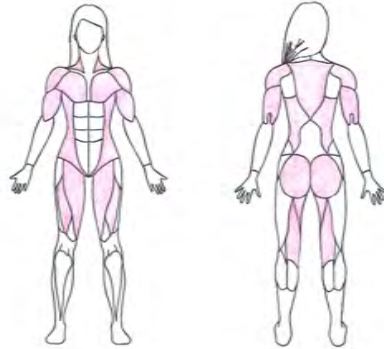
Ready to Farm

farm task



calf carrying

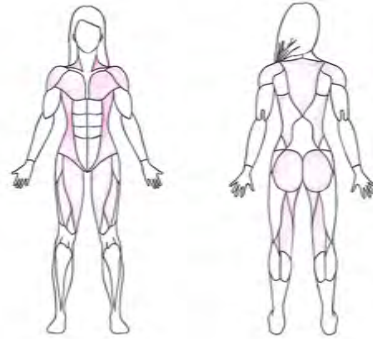
muscles used



triceps, shoulders, upper back (trapezius), chest (pectoralis), lower back, back of legs (hamstrings)



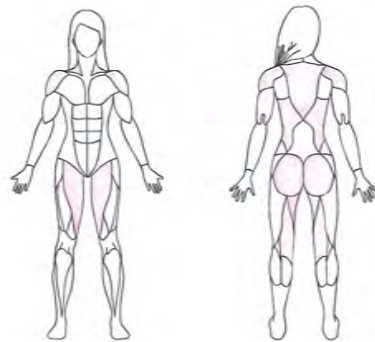
grain scooping



shoulders, lower back, upper back, chest (pectoralis), hips, hip flexors



throwing hay



upper and lower back, shoulders, hamstrings, hips, hip flexors

poses to improve muscle strength and flexibility

