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)

poses to improve muscle strength and flexibility

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

grain scooping

throwing hay

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

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