# Ready to Farm

## farm task



fencing

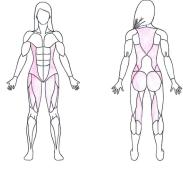


stooping

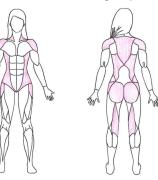


#### total body vibration

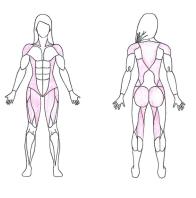
### muscles used



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



shoulder, spine, neck



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.

#### poses to improve muscle strength and flexibility







Protecting the People Who Feed the Worl

# **Ready to Farm** farm task



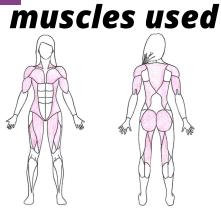
calf carrying



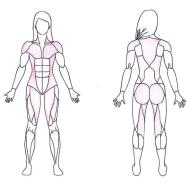
grain scooping



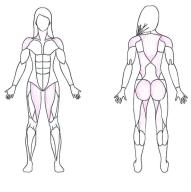
throwing hay



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



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



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

This material was produced under grant number SH-05068-SH8 from the Occupational Safety and Health Administration, U.S. Department of Labor. It does not necessarily reflect the views or policies of the U.S. Department of Labor, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government.

#### poses to improve muscle strength and flexibility







Protecting the People Who Feed the World