

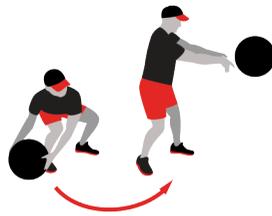


FARM TO GYM

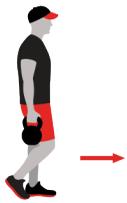
20-MINUTE WORKOUT

Raising beef is no easy task. That's why farmers and ranchers utilize beef's nutrients as fuel to power through each day's tough workload. Here's a workout that mimics the physically demanding tasks that they do each and every day.

HAY THROW
5-10 Per Side



DODGE THE BULL
10 - 15 Each Leg



FARMER CARRIES
40 - 50 Steps

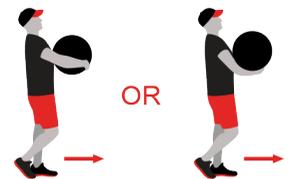


PULL STARTS
10 - 15 Each Arm

TAILGATE STEP UPS
10 - 15 Each Leg



FEED SACK CARRY
20 - 30 Steps



FENCE STRETCH
15 - 20 Reps



FENCE POST SLAMS
10 - 20 Reps

REST 1 MINUTE • REPEAT 3 TIMES

Suggested Equipment: kettle bells or dumb bells, box or bench, medicine ball, resistance band
For reference — on average a bale of hay weighs between 45-75lbs., and a feed sack 30-50lbs.



Funded by Beef Farmers and Ranchers

For more information on beef and wellness, visit
BeefItsWhatsForDinner.com/FarmtoGym

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