

FARMING STRONGER LONGER

**Farm Strong: 6 week
exercise programme**

Your Body, Your Farm, Your Strength



FARMING STRONGER 4 LONGER

Farm Strong: A 6 Week Exercise Programme:

Farming is a demanding profession. Long hours, physical labor, and constant stress can take a toll on your body. 'Farm Strong' is a practical exercise program designed specifically for farmers like you. We understand the challenges of finding time for fitness, which is why we've created simple, effective workouts that fit into your busy schedule. No gym required, just real results for a stronger, healthier you.

Program Aim:

To improve your overall fitness and wellbeing by completing at least two structured workouts per week, alongside your regular daily activities.

The Programme:

- **Complete 2 of the provided workouts, these could either be from the 7 minute workouts or from the Yoga sessions. Dont forget to Warm up!**
- **Record your sessions alongside other activities, e.g. running, walking, football, squash**

FARM STRONG TIPS

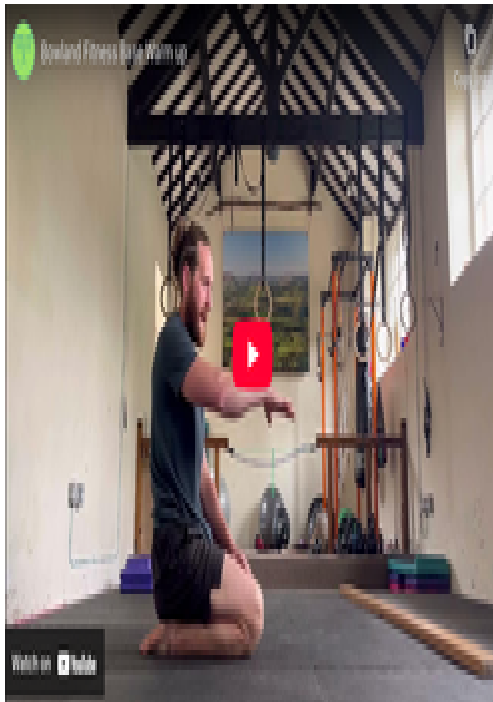
- **Set Realistic Goals:** Start with achievable targets and gradually increase intensity.
- **Find Your Time:** Schedule your workouts like any other important task.
- **Listen to Your Body:** Rest when needed and avoid pushing through pain.
- **Stay Consistent:** Even short workouts are beneficial when done regularly.
- **Celebrate Progress:** Acknowledge your achievements, no matter how small.
- **Find an accountability partner:** If possible find someone to complete the program with.



LOG BOOK

Your personal fitness record at the back of this programme. Log your workouts, farm work, and any other activities.

This log is for you – use it to understand your progress and find what works best



WARM UP



CLICK HERE FOR VIDEO

**Bowland Fitness
Base Warm up**

You are not expected to do all of this
(Rocks, Reaches, Spirals and Leg Sweeps are great)

Alternatively

- 30 sec high knees
- 30 sec side steps
- 30 sec arm circles



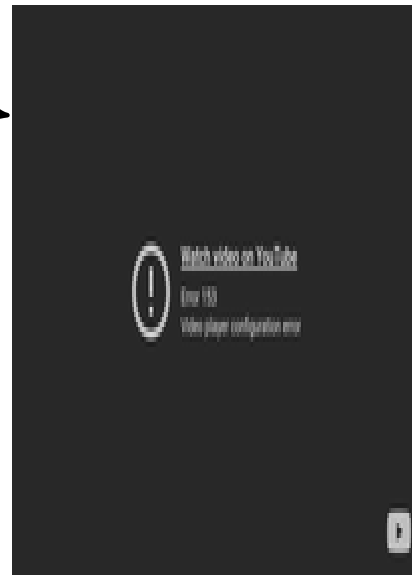
*Set a timer to beep every minute

7 MINUTE WORKOUTS

A 7-7 CHALLENGE 1- LUNGE FOR VICTORY

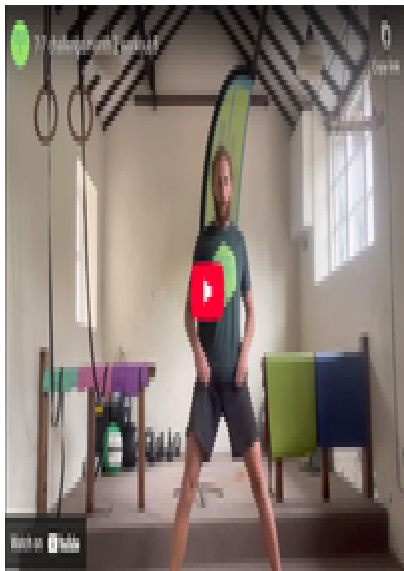
CLICK HERE FOR VIDEO

7 min- start lunging then every minute do either 7 tuck ups or 7 jumps



B 7-7 CHALLENGE 2- THE FIELD FLOW

CLICK HERE FOR VIDEO



7 min- 14 side jumps, 14 horse stance steps, 7 down dog rocks- Complete as many rounds as you can in the 7 minutes

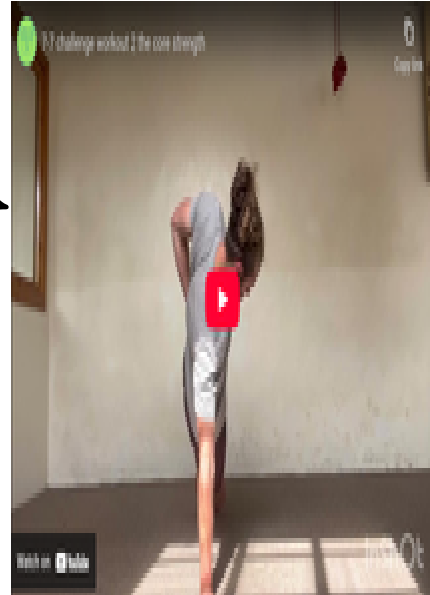
*Set a timer to beep every minute

C 7-7 CHALLENGE 3-CORE CONTROL

CLICK HERE FOR VIDEO

7 minutes- do each move for 20 seconds- Plank, Side Plank, side plank, bridge, hollow, YTW extension

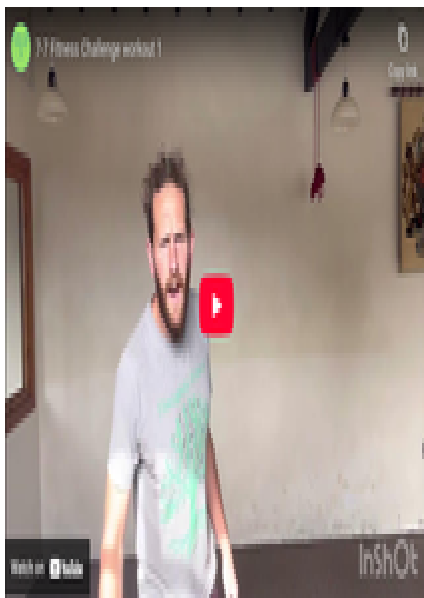
**simply count to 20 (pick a different number if 20 is too long go for 5, 10 or 15. Make it work for you!)*



D 7-7 CHALLENGE 4- THE TRIPLE THREAT

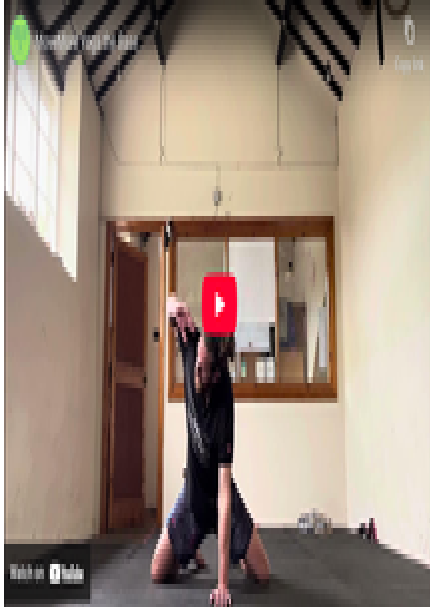
CLICK HERE FOR VIDEO

7min- Start at 1 Burpee, 1 Press Up, 1 Squat then do 2 of each and 3 of each and so on until the 7 minutes is finished.





YOGA FLOWS



THE BASE

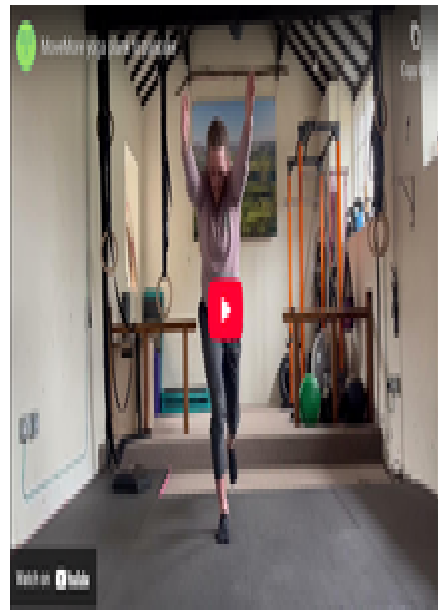
CLICK HERE FOR VIDEO

← A great all rounder, benefiting a all-round mobilisation of the body, this works brilliant as both restoration and prevention.

PLANK TO PANCAKE

CLICK HERE FOR VIDEO

A step up from the Base exploring more strength and expanding range.



STRETCHES

COUCH

The Position can be taken like the image opposite or below, or with your foot propped up against a “couch”, stool, step, fence....



The idea is to stretch the big muscles in your hip. Keep your belly button in, butt squeezed, and move your hips and front knee forward.



CLOSE THE GAIT

Lying on your back arms out to make a cross.

Slide one leg over the other to achieve the picture opposite. The target is foot to hand, but don't worry about getting there, go easy and your range will increase, try not to fight or push the stretch too much.



Alternate side 10 times rather than holding for too long.

SHOULDER FLOSS

A great uninvasive stretch.

Left side = place left arm down at side, palm down, fingers back. Tilt head to right, shrug shoulder up and down the stretch should never go beyond a 3 out of 10. Reverse for the Right!



Shoulder Floss FS4L
Video



CLICK HERE FOR VIDEO

THE PROGRAMME

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LOG BOOK- EXAMPLE

FARMING
4 STRONGER
LONGER

Monday

Farm Work
Fence checking- walked

Tuesday

Stretching
Farm Work

Wednesday

Farm Work
A- lunge challenge

Thursday

Stretching
Farm Work
5 a side football

Friday

Farm Work

Saturday

Farm Work
Plank yoga

Sunday

Stretching
Farm Work

Note

noticed the days i
stretched i didnt feel
as stiff

LOG BOOK- WEEK 1

FARMING
4 STRONGER
LONGER

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Note

LOG BOOK- WEEK 2

FARMING
4 STRONGER
LONGER

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Note

LOG BOOK- WEEK 3

FARMING
4 STRONGER
LONGER

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Note

LOG BOOK- WEEK 4

FARMING
4 STRONGER
LONGER

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Note

LOG BOOK- WEEK 5

FARMING
4 STRONGER
LONGER

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Note

LOG BOOK- WEEK 6

FARMING
4 STRONGER
LONGER

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Note

[illegible]

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This image shows a vertical sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

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