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.

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

Suggested Equipment: kettle bells or dumbbells, 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.

REST 1 MINUTE • REPEAT 3 TIMES

- HAY THROW
  5-10 Per Side

- FARMER CARRIES
  40 - 50 Steps

- TAILGATE STEP UPS
  10 - 15 Each Leg

- FENCE STRETCH
  15 - 20 Reps

- DODGE THE BULL
  10 - 15 Each Leg

- FEED SACK CARRY
  20 - 30 Steps

- PULL STARTS
  10 - 15 Each Arm

- FENCE POST SLAMS
  10 - 20 Reps