

# Farmer's Walk



**Description:** Grab and lift a medium-heavy pair of weights (dumbbells or kettlebells) as though you are doing a deadlift, keeping your back straight, head forward, and arms extended. Stand fully upright keeping your shoulders down and back. With your head up and core engaged take small, quick steps forward. Continue walking until you reach your desired distance or number of steps. Carefully return the weights to the rack or the floor.

**\*\*Tips:** Breathe! Engage core throughout entire movement to assist your low back and prevent arching; think of carries as walking planks. Keep your lower back and pelvis aligned throughout the exercise and Keep your ears directly over your shoulders and hips.

**Sets/reps:** Choose a set number of steps or distance.

**Modifications:** Hold uneven weights or just hold one lighter weight on one side to target side to side strength and stability.

**Common Mistakes:** Rounding the shoulders, or dipping the head down or forward. Lifting with the back instead of the legs when picking up or putting down the weights.

**Target Muscles:** Quads, Glutes, abdominals, low back, upper back, shoulders and forearms.

*If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.*

