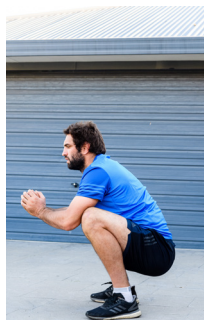


## WEEK 2

If you have mastered the week one routine and want an additional challenge add in the Campfire Crouch.



Campfire crouch

### Add after Dip

From plank jump forward to campfire crouch, lift hands to be in front of you, hold for count, hand back down and jump back to plank.

## WEEK 3

Again if you want an additional challenge this one is a good one to get your heart rate up.



Bunny hop

### Add after Campfire crouch

From campfire crouch put hands down, point butt in the air and kick legs out (like a bunny hop).

## WEEK 4

Here is a final challenge to add if you are wanting a bit more.



Right step up

### Add after Dip

From plank position move right leg up beside right hand and then return, repeat the same for the left leg.



Left step up



**FARMSTRONG**  
Live Well Farm Well

## Turn on your Core Farmstrong 4-Week CHALLENGE

### JOIN THE CHALLENGE TODAY

“ The **four week challenge** only takes ten minutes a day, four times a week. Even after a few days you’ll notice improvements in how your body is feeling. ”

CHECK  
OUT  
OUR

CHALLENGE VIDEOS at  
[www.farmstrong.co.nz](http://www.farmstrong.co.nz)

**FARMSTRONG**  
Live Well Farm Well



“Keeping in shape helps you put the best into the farm, so the farm can give the best back to you.”

Sam Whitelock **FARMSTRONG AMBASSADOR**



The **Farmstrong 4-Week Challenge** is for people of all shapes and requires no specialist equipment. It's all about learning how you can 'turn on your core' so that you will feel stronger, be more flexible and have better balance.

If you spend just ten minutes a day, four days a week doing the Challenge you'll soon notice improvements. Joining the Challenge will warm you up for your work day and also help prevent niggles and injury. If you have an existing strain, injury or heart condition, check those out first with a physio or doctor to make sure all the routines are right for you.

## How do I start?

Choose a time of day that works best for you. The ideal is to time it with something you already do so it becomes a habit. For example, when you get up in morning. Aim to repeat four times each time you do it. It's okay to slowly build up to that. The key is to start and add a little more each week.

To see the week one to week four challenge videos visit [Farmstrong.co.nz](http://Farmstrong.co.nz) and follow the links to the Challenge.

“ If you are waking up with a sore back or stiff hips, the Farmstrong Challenge will make you fitter and more flexible. ”



“ Doing warm-up stretches first thing in the morning means you are ready to go for the day. ”

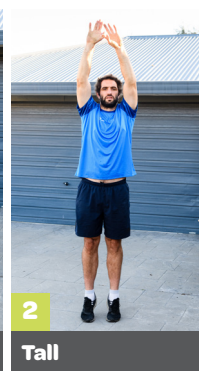


“ The Farmstrong Challenge is going to help you whether you're crutching, shearing or milking. You're going to be stonger, fitter and you'll probably enjoy working a lot more too. ”

## WEEK 1



Stand straight, draw in your tummy and hold (this will turn on your core).



Raise your arms up, stand tall on tip toes, hold for count 1,2,3 (or longer if you want) then arms down.



Hang forward keeping your core turned on, hold for count then using hands on ground walk out to a plank.



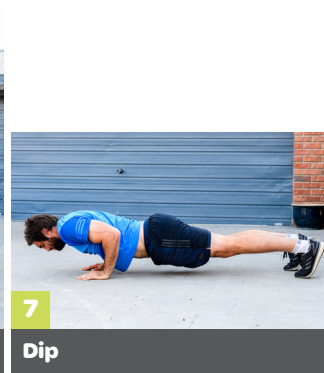
From hang position using hands on the ground walk out to a plank.



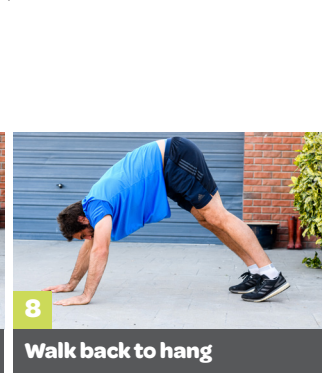
Raise right arm up, hold for count, back to centre.



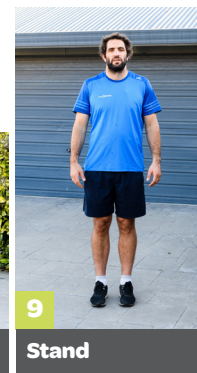
Raise left arm up, hold for count, back to centre.



Keeping body straight dip down to ground and back (repeat more push ups if you want).



Pointing your butt in the air slowly step back with hands to hang position keeping legs as straight as possible.



Rise up from hang to standing position ready to repeat the routine again (four times).