

EXERCISE

Farmer's Walk

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

This exercise is called the Farmer's Walk. We're going to be using the sandbags for this exercise today.

The primary muscles worked are the muscles that support the trunk, but it's a whole-body exercise.

What you're going to have your client do is start in the centre of the two sandbags with their feet towards the back, hip-width apart - in a good, strong, ready position.

From there, we're going to ask them to hinge at the hips and set themselves forward, reaching down towards the sandbags. Once they're ready, accelerate (with the sandbags) off the floor, settle themselves at the top - and then from there, a nice quick walk the length of the room. Place (the sandbags) down, turn themselves around, and repeat the same action.

Ideally, this exercise is great for longer distances or maybe for shorter distances with a heavier weight.

There are lots of variations that you can have with this.

Key thing that you might want to look out for is postural alignment. So - as the client is walking through the space - that their shoulders and hips are stacked over the top of each other, and that they're keeping a nice, strong position.

It's important also to note that as they transition from one side of the room to the other, they're taking their time to move the weight back to the floor before they turn and come back the other way.

Just one more for me, Dom.

And relax. Rest there.

Give it a go.

Main Muscles Involved

- Trunk
- Whole body

