



Farm
Advisory
Service

MOVE MORE



"HEALTH IS YOUR WEALTH" IS A FACT. MOVING MORE IS ONE WAY WE CAN HELP OURSELVES FEEL HEALTHIER AND LIVE MORE! I HAVE PUT TOGETHER A SIMPLE PROGRAMME OF MOVEMENTS, ACHIEVABLE FOR EVERYONE, TO HELP BUILD STRENGTH, AGILITY & MOBILITY FOR EVERYDAY FUNCTIONAL MOVEMENT.

Emma x

	FUNCTIONAL MOVEMENT	STRENGTH	AGILITY	MOBILITY	
MON	Air squat	Goblet squat	Single leg dips	Bottom rocks	
TUE	Push press	DB Push press	Pass through	Wall angel	
WED	Deadlift	Sumo deadlift	Hip bridge	Cat cow	
THU	Down Up	Burpee	Shoulder taps	Childs pose	
FRI	Farmers carry	Overhead carry	Active hang	Tabletop fingers	