

Suitcase Lift or Farmer's Walk



- Holding a weight that will challenge your ability to complete the desired amount of time or number of repetitions in the exercise, grip it (a dumbbell, a barbell, a heavy suitcase, etc.) with one hand at your side
- Squat down and set it on the floor, then pick it up again
- Walk across the room with the weight in one hand
- Set the weight down, and switch hands
- Walk across the room again
- This is a challenging exercise for improving strength in your thighs and calves, your core muscles (abdominals and back), your shoulders and your grip strength
- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions on each side, or walking with the weight for repetitions of 10-15 seconds each

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
