

“The Farmer Steps it Up”

- ▶ 30 Alternating Step-Ups w/Med Ball
- ▶ 150 Yard Farmer Carry w/Dumbbells
- ▶ 20 Alternating Step-Ups w/Med Ball
- ▶ 100 Yard Farmer Carry w/Dumbbells
- ▶ 10 Alternating Step-Ups w/Med Ball
- ▶ 50 Yard Farmer Carry w/Dumbbells

***For Time**



Age Groups	Step Up	Med Ball	Dumbbells
Female 2-15	16"	No Med Ball	20#
Male 12-15	16"	No Med Ball	25#
Female 15-17	16"	10 LB	25#
Male 15-17	16"	10LB	35#
Female 18-40	16"	20LB	30#
Male 18-40	20"	20LB	50#
Female 41-54	16"	10LB	25#
Male 41-54	16"	20LB	35#
Female 55 & UP	16"	No Med Ball	20#
Male 55 & UP	16"	No Med Ball	30#



Saginaw Chippewa Indian Tribe of Michigan

“Working Together for Our Future”

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