



Tractor and Header Exercises

1. **T**one your butt

You can tone the gluteus muscles almost anywhere by squeezing together your buttock muscles for 10 seconds and then releasing. Repeat 10 times.

2. **T**ighten your tummy

Flatten your stomach by breathing out and pulling your stomach in towards your back as far as possible. Hold for 6 seconds and release. Repeat 10 times.

3. **T**rim your thighs

Squeeze your thighs together as hard as you can. Hold for 10 seconds and release. Repeat 10 times. If this is too easy you can increase the toning effect by squeezing something like a ball or sweater between your legs.

4. **T**arget your shoulders

Keeping your arms and shoulders relaxed and holding lightly onto the steering wheel, lower your shoulders and pull back as far as you can moving your shoulder blades together. Hold for 10 seconds. Repeat 5 times.



***Tone, tighten, trim
and target your
health in the
tractor and header
this season***