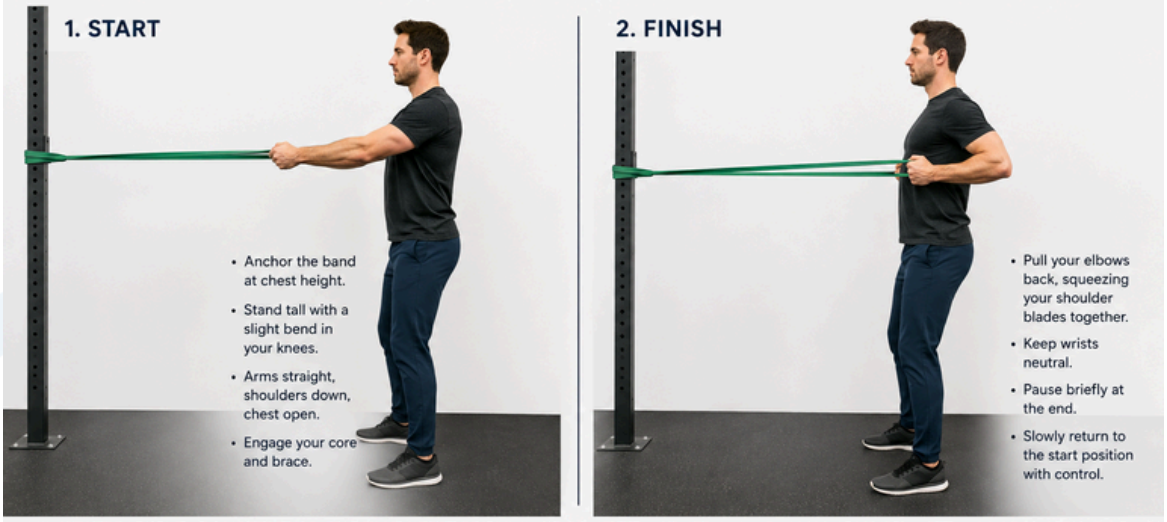
PROJECT VETSPAN

The Veterinary Athlete:
3 Exercises Every Vet Professional Should Know

BANDED ROW

Build upper back strength, improve posture, and counteract long hours of forward work.



WHY IT MATTERS

Strengthens the muscles that support good posture and shoulder health—essential for long, physically demanding days.

COACHING CUES

- Keep your chest proud.
- Don't shrug your shoulders.
- Move with control—quality over speed.

FARMER'S CARRY

Build full-body strength, improve grip and core stability, and carry more with less strain.



WHY IT MATTERS

Strengthens your grip, core, and entire chain to help you lift, carry, and move patients and equipment with greater control and less fatigue.

COACHING CUES

- Stand tall—don't let the weight pull you down.
- Keep your core braced and ribs down.
- Take smooth, controlled steps.
- Quality over load.

Project Vetspan

info@ProjectVetspan.com

PROJECT VETSPAN

The Veterinary Athlete:
3 Exercises Every Vet Professional Should Know



Suggested Frequency & Dosing

Perform these exercises 2–3 times per week as part of your long-term durability strategy.

Banded Row
3–4 sets of 8–10 controlled reps
Farmer's Carry
Choose a weight that feels challenging to carry for a full 1 minute while maintaining tall posture and controlled breathing.
Split Squat
3–4 sets of 8–10 reps per leg
Use bodyweight or added resistance as tolerated.

To create meaningful improvements in strength, stamina, and resilience, these exercises should feel challenging while still allowing good form and control.
When performed consistently, many veterinary professionals notice that clinical work begins to feel less physically demanding, less fatiguing, and more manageable over time.