



## BACK LIFTING VS LEG LIFTING

Although it may seem that lifting like you see in the left hand illustration is not a big deal, it is back lifting and will gradually lead to wear and tear of your back. Once you are conditioned to use your legs, like the illustration on the right, you can preserve your back so that it will serve you all your life. Notice how he has a wide stance with his knees bent and because it is a one-handed lift he is bridging his free hand to his thigh. That puts the entire job of the lift on his legs and leaves the back out of it. Don't become old before your time, use your legs for everything you do!