



POWERLIFT® / Tip the Load



Stay in wide stance as you hoist it up to your shoulders



Stay in wide stance until the load is all the way up



Bring feet together only after the load is secure on your shoulder

## CARRYING A LOAD ON YOUR SHOULDER

There is no problem with carrying a load up on your shoulder. The problem is in how you get the load up to your shoulder. We can use POWERLIFT® to get the load up to our waist level, but then would it ever make sense to put our feet back together again to hoist the load up to our shoulder? Remember, that putting our feet back together again merely draws our back into the final phase of the lift when we throw the load up onto our shoulder. Instead, use POWERLIFT® or POWERLIFT® / Tip the Load to get the load to our waist level, then with your legs still in wide stance, use them to gradually hoist the load up a step at a time to your shoulder. Once the load is on your shoulder, then and only then, bring your feet together and proceed as usual.

Remember also, that getting the load down from your shoulder is just like getting a load down from a high shelf. Step one foot out as the load comes down, so that you absorb the shock of the load with your legs, rather than your back.