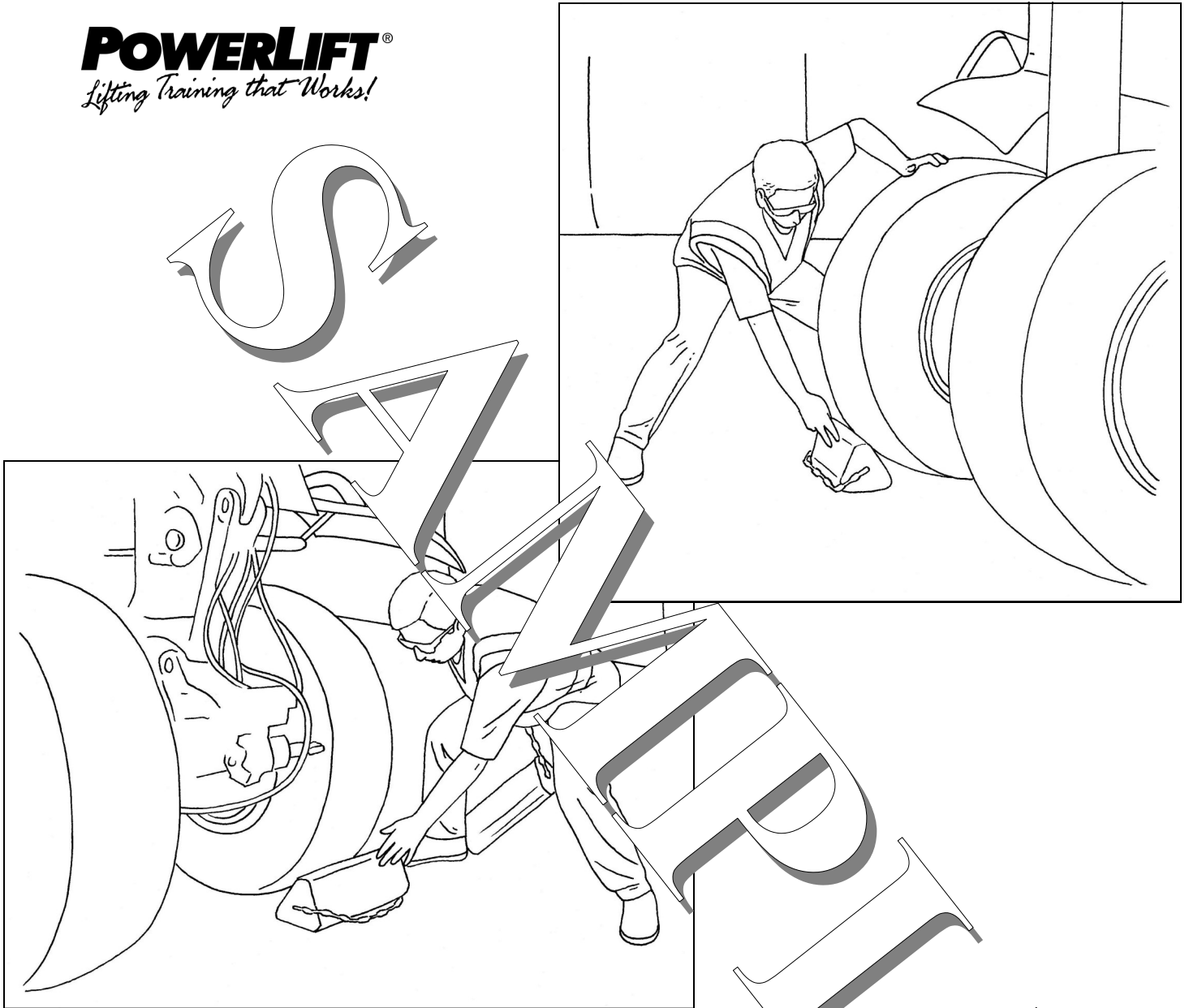


**POWERLIFT®**  
*Lifting Training that Works!*



## CHOCKING THE MAIN GEAR

When chocking the main gear you must contend with the gear doors that can get in your way. An easy way to stay clear of the doors is to use a wide **POWERLIFT®** stance and bridge either to your leg or to the tire. This position keeps your back out of the work and easily keeps you low enough to avoid hitting the gear doors. Always work with **POWERLIFT®**, it is easier and safer!