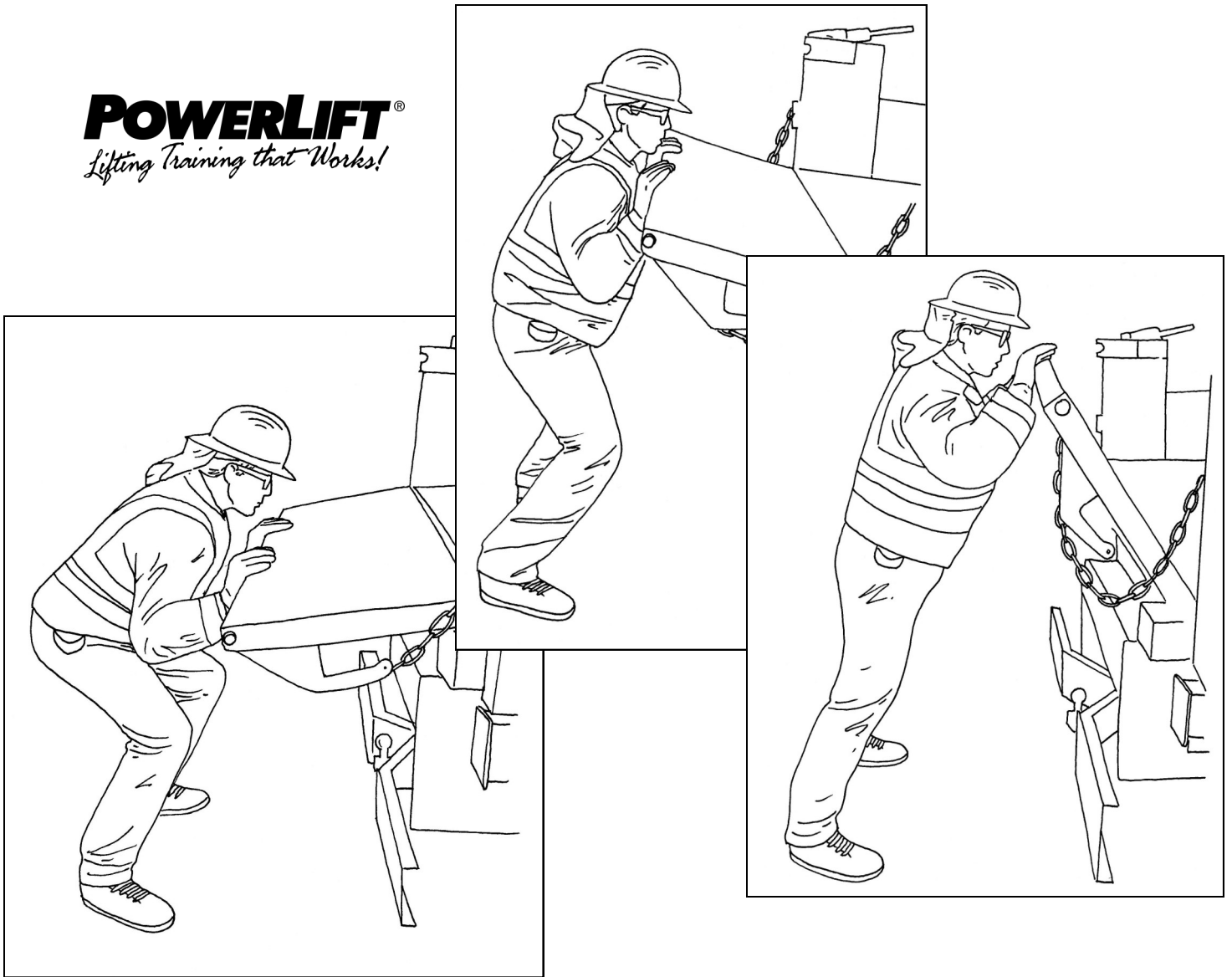


POWERLIFT®
Lifting Training that Works!



CLOSING THE TAIL GAIT

If you've decided to use your legs instead of your back when you are working, then use them for everything, even the things that seem harmless. One of those things is closing the tail gate of the truck. Use your legs by stepping out into a wide stance, bending your knees and lifting the gait with your legs. You are twice as strong when you use your legs but more important than that, you are keeping your back out of the job. Jobs like this are what can get you hurt because we don't think anything of them. Always protect your back and use POWERLIFT®!