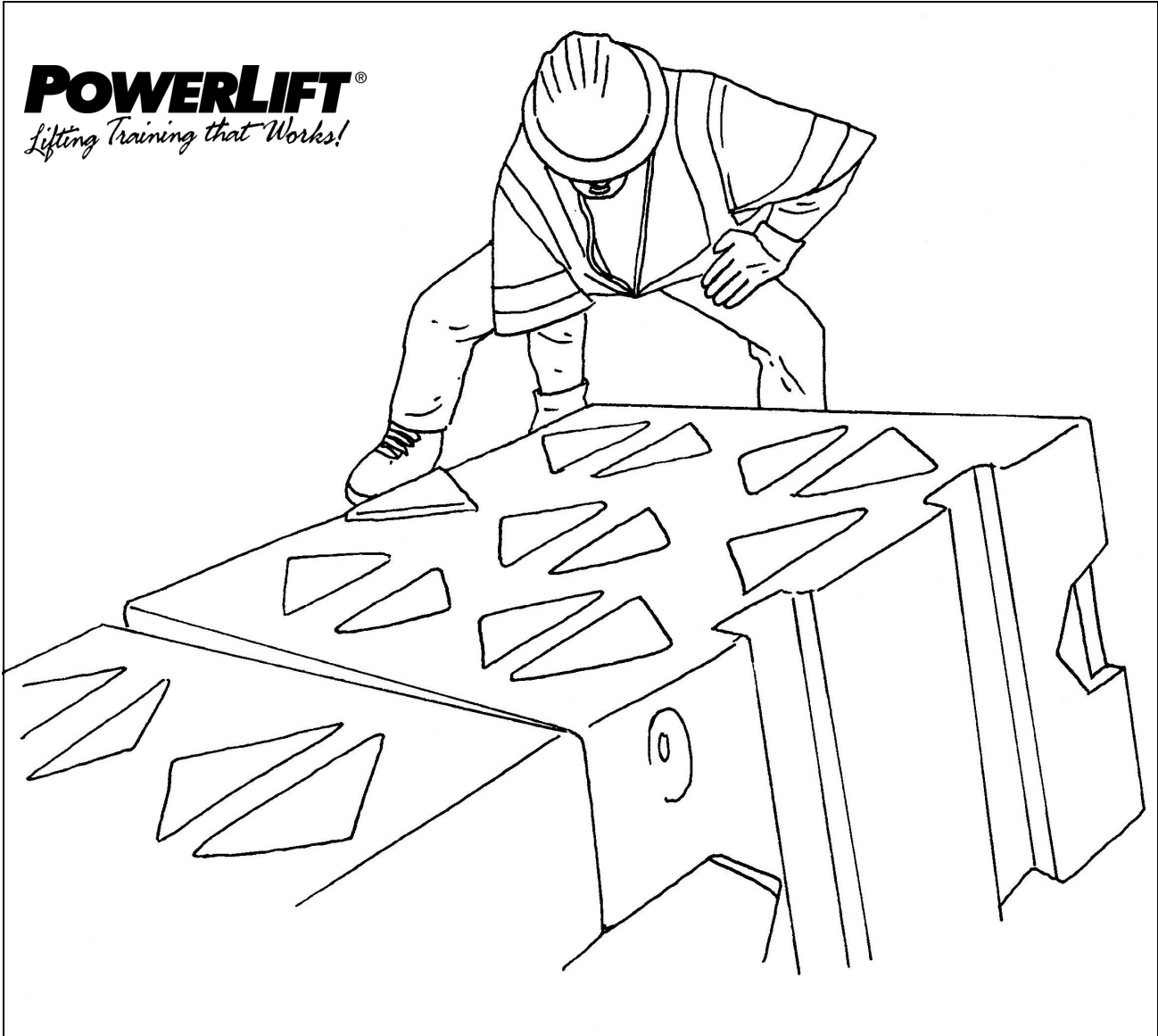


POWERLIFT[®]
Lifting Training that Works!



HANDLING AN EMPTY WATER BARRIER

To stand an empty water barrier you can easily use a 'One handed, bridged PowerLift' for the job. The key is to bridge your free hand to your thigh as you lift with the other hand. Bridging will make you one third stronger because you are using your upper body muscles as well as your leg muscles. Besides that, it just simply makes the job easier on you. Learn how to bridge when you lift with one hand. It keeps your back out of the job and makes your work day go easier on you.