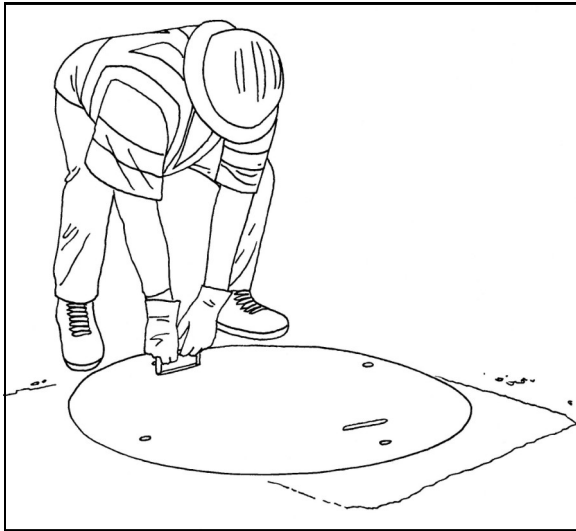
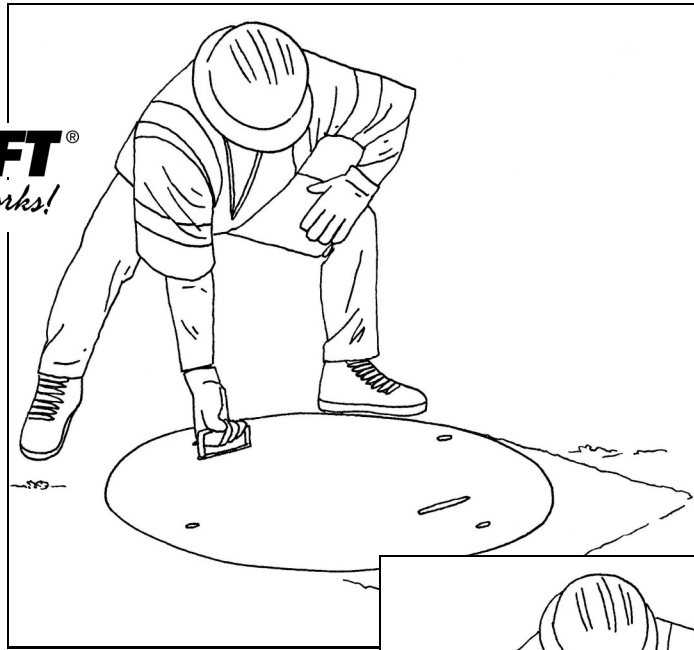


POWERLIFT[®]
Lifting Training that Works!



OPENING A ROUND #9 VAULT LID

Going down with both of your hands all the way to the ground to lift is one of the worse things you can do to your back. Never make that kind of move! Instead, lift with one hand while you bridge your other hand to your thigh, using a wide stance. This type of one handed, bridged POWERLIFT[®] is one of the strongest lifting and pulling positions there is. It keeps your back out of the lift and makes you stronger by bringing in your upper body strength to help with the task. Work with your legs, not your back, you will last a lot longer that way!