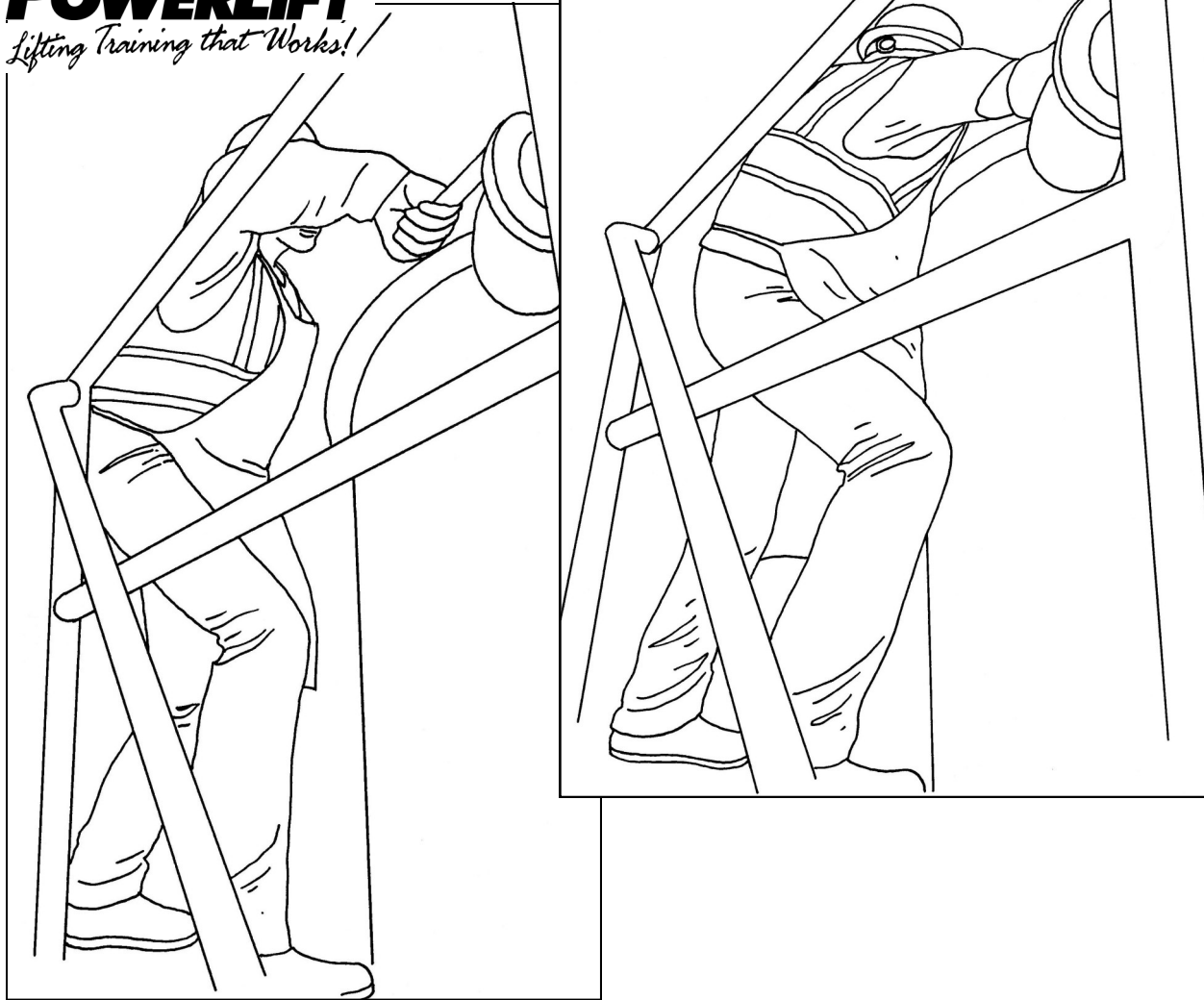


POWERLIFT[®]
Lifting Training that Works!!



OPENING & CLOSING VALVES

When you are opening and closing valves, especially when your arm and hand are at or above shoulder level, you need to use your entire body for the job. As you can see above, he is moving his entire body forward at the same time that his shoulder and arm are moving forward. This takes a lot of the stress off of the shoulder and back and distributes the load on more joints, instead of just a few. Don't make just certain parts of your body do all the work. Spread the load out by using everything you have, arms, shoulders, torso, low back and legs when you work!