



Wide stance **POWERLIFT®** works well for pounding stakes and rods. The wide stance gives you more mobility and actually, more power as you swing the maul. This also takes the load off of your back and puts it on your legs as you work.

Another way to keep the load off of your back is to use the Tripod stance to pound. This keeps you close to your work without having to bend your back. These are two great ways to stay healthy and enjoy a pain free retirement.

## **POUNDING STAKES**