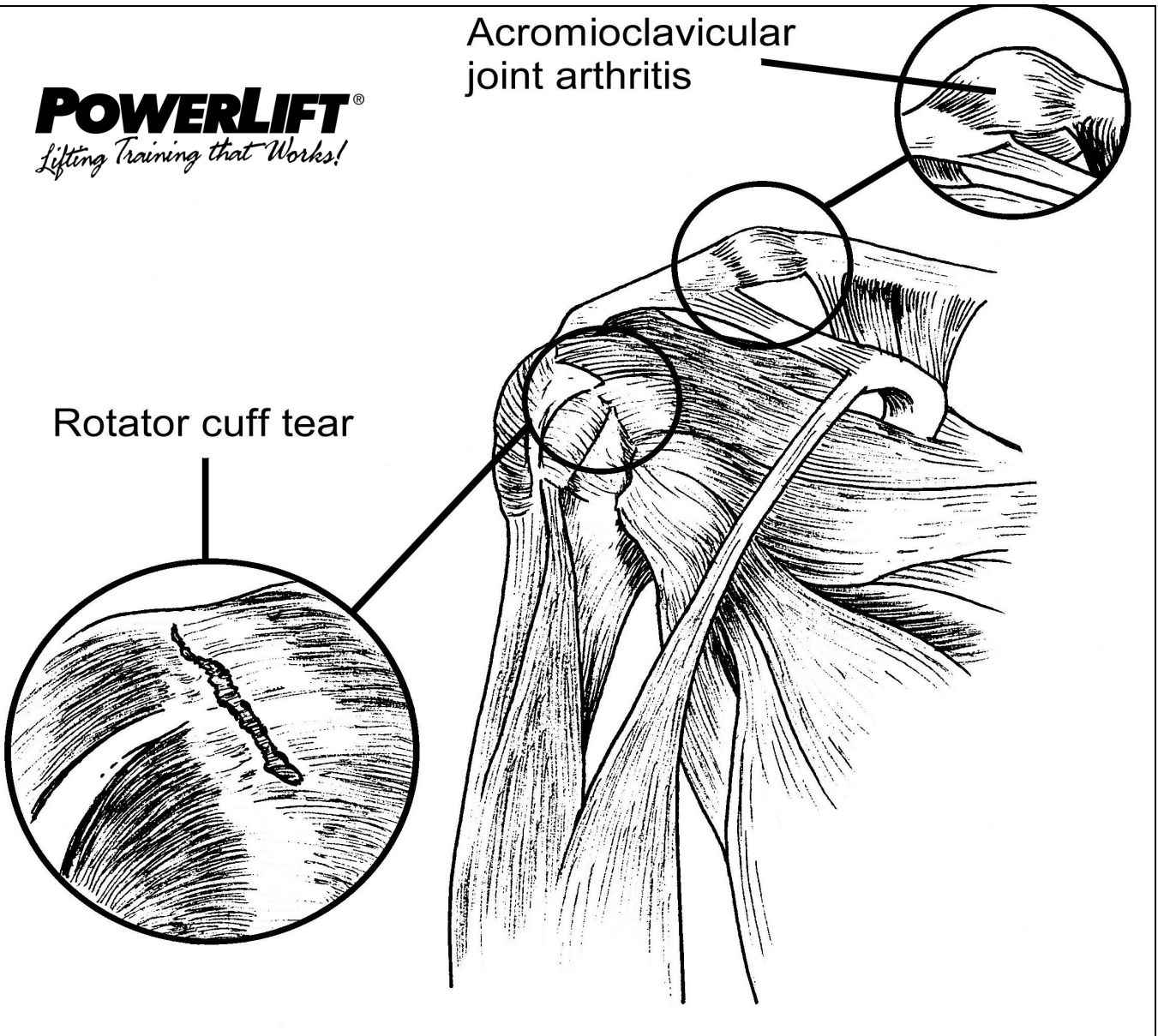


**POWERLIFT**<sup>®</sup>  
*Lifting Training that Works!*

Acromioclavicular  
joint arthritis

Rotator cuff tear



## PROTECT YOUR SHOULDERS

Your shoulder wakes you up in the middle of the night because it is throbbing with an intense dull ache. During the day you can't raise your arm up above shoulder level and the doctor says the only choice is surgery. Now you realize that this nasty trouble is because of all those years you were an order selector and pulled heavy items with just one hand. If you don't want this happening to your future, learn to do one-handed picking using POWERLIFT<sup>®</sup> technique with Bridging. That simple change to your picking style will be all it takes to keep your shoulders healthy all your life!