



**PULLING PALLETS FROM UNDER RACKS  
(Golfer's Bend)**

To reach down and pull a pallet from under a rack, don't use your back. Instead, reach for the pallet with a Golfer's Bend.

By bridging to the rack and swinging one foot up off the floor, your hip does all the bending and work.

Bridging to the rack will tie in your upper body strength to help when pulling the pallet. The Golfer's Bend keeps your back out of the work by letting your hip do the bending instead of your back.