



To pull a tub from the bottom of a cart, don't bend over with your back. Instead, take a wide POWERLIFT® Stance at an angle to the cart. The wide stance allows your hips to do the bending instead of your back and standing at an angle to the cart opens up some space so you can pull the tub to you. Also, make sure to bridge to the cart as you reach. Bridging will tie in your upper body strength with your lower body strength to make the work easier.



Now pull the tub toward you into the space you have created between your knees. Keep bridging until the tub is far enough out to grasp with both hands.



Once you have the tub in both hands you can straighten up with your legs and carry it away.

## PULLING TUBS FROM CARTS