



## STARTING SHRINK WRAP

Never use your back to start shrink wrap. It is not the weight of the shrink wrap that will hurt your back, but rather, it is the weight of your upper body that loads your lower back. You can get rid of the upper body weight by taking a wide **POWERLIFT®** stance and bridging one hand to your thigh. Bridging transfers your upper body weight directly to your thigh by passing your back. Learn to bridge whenever you have a free hand. It will make your job much easier.