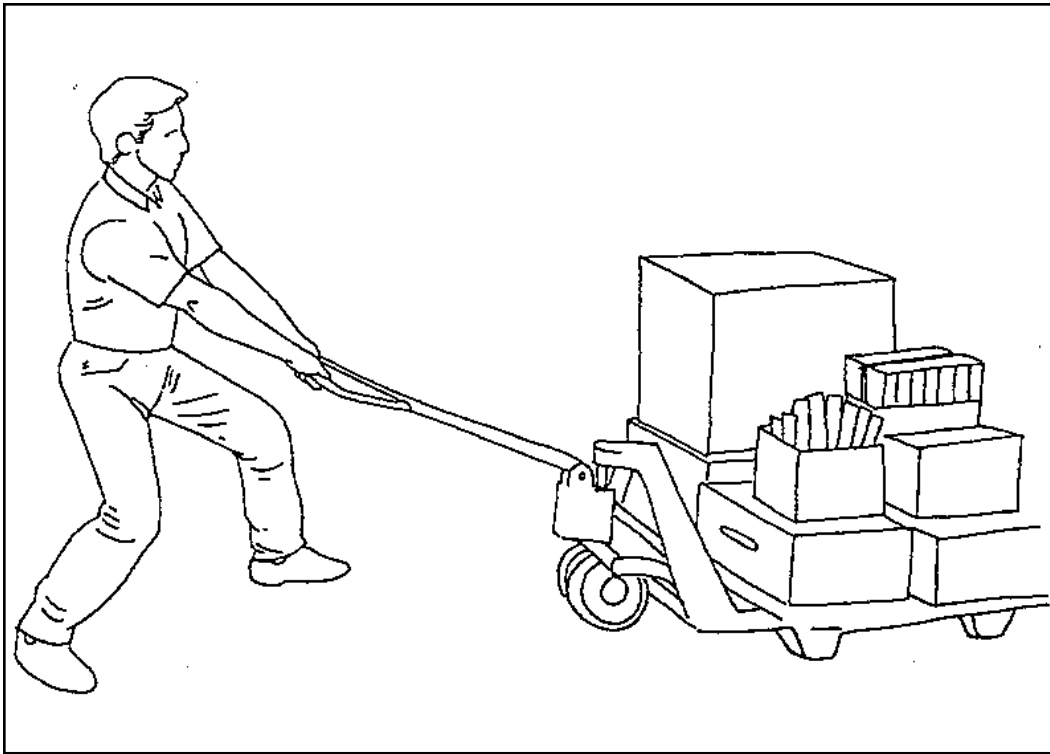


TROUBLE SHOOTING GUIDE



HOW TO TEACH PULLING

Teaching pulling should be relatively easy if you reference the way you would pull on a rope in a tug-of-war contest. You would stand at a angle to the rope with a wide stance. When the flag drops you would drop you butt to add body weight, push with your legs and pull with your arms. The most important thing is to drop your butt to add body weight the pull and all three motions should be done at the same time (a coordinated effort).

To teach it:

- Use a medium weighted pallet jack and have each person attempt the pull until you can see that they are coordinating the three moves correctly.
- The student will feel the difference as soon as they coordinate all three moves.