

POWERLIFT[®]
Lifting Training that Works!



LIFTING FAN ASSEMBLIES FROM THE RACK

Notice how we tend to use the back more as the fan assemblies get lower on the rack. It is the bottom shelves that make you work the hardest and it is here that you really want to use your legs. To do it, just step out into a wide stance with your knees bent, but at an angle to the rack. That keeps you close to the item to be lifted and puts the weight of the fan and the weight of your upper body on your legs. Your legs are twice as strong as your back and are made for the job, so don't bend at the waist any more and begin bending with your knees so that your legs can help!