



If you carry your clubs, think about how many times you will lift your bag during a round. Whether you carry just the bag or have a built in bag stand, you definitely don't want to use your back for this job. Simply stand over your bag, or as close to it as you can, with a **wide POWERLIFT® stance**. Then, bend your knees and lift it with your legs. You will find this method to be much less fatiguing because your legs are doing the work, not your back!

LIFTING GOLF CLUBS FROM THE GROUND (POWERLIFT® TECHNIQUE)