

POWERLIFT[®]
Lifting Training that Works!



PICKING SMALL PARTS FROM BINS

Here is the easiest, safest and fastest way to pick small parts from a bin. Use a wide stance with your knees bent but, open up your stance to one side, as seen above. Then, bridge your free hand to your thigh as you reach in with your other hand for the parts. Bridging transfers your upper body weight to your leg so that you don't have to lift it *and* the weight of the parts plus, bridging makes you 1/3 stronger. This is a fast, easy and safe way to work and will make your job easier!