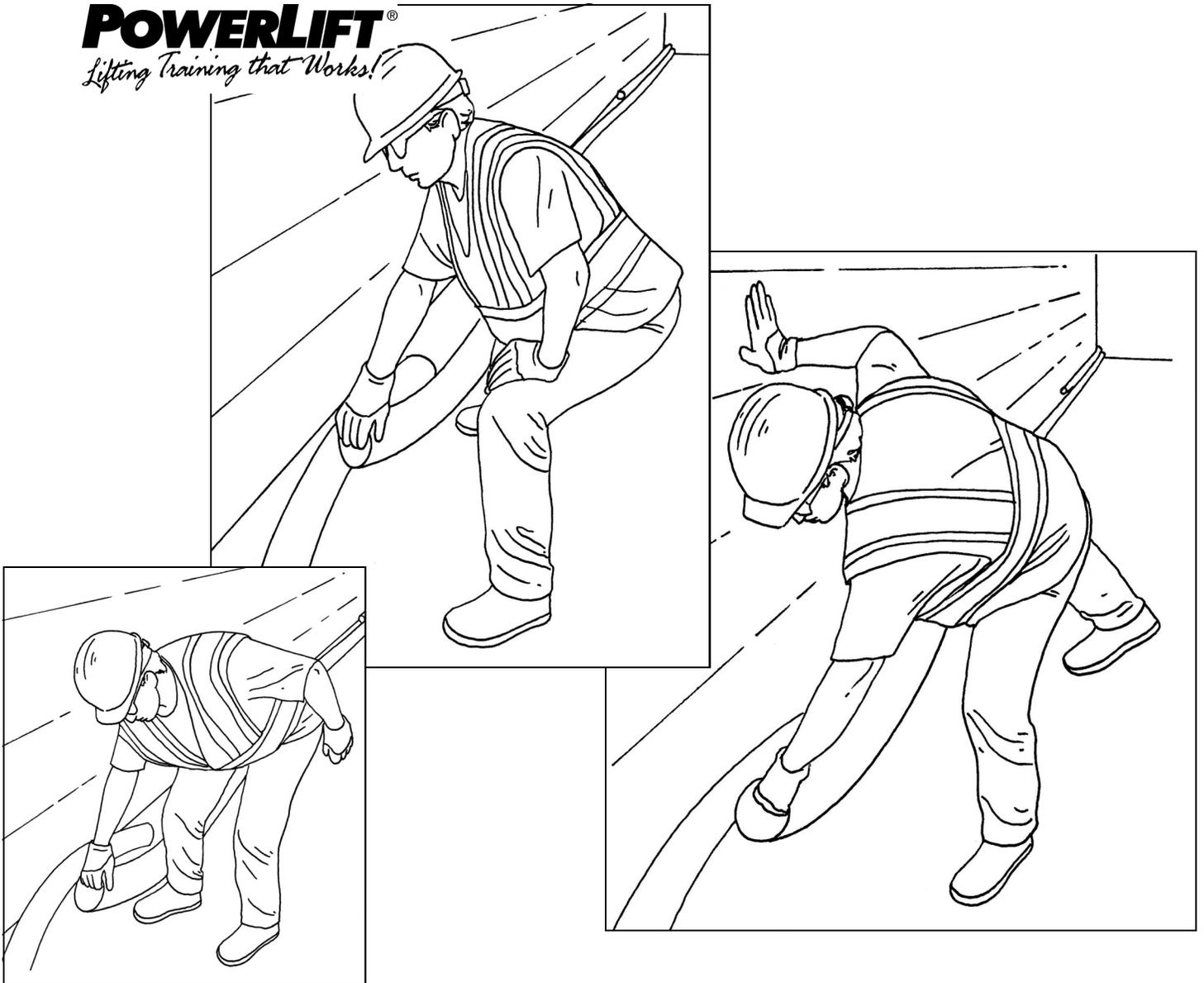


POWERLIFT®
Lifting Training that Works!



PICKING UP THE GUZZLER HOSE

Here are three different ways of reaching down to pick up the hose. The first is a standard, everyday back lift. Enough said. The second way is with a One Handed, Bridged POWERLIFT®. You know that the bridge eliminates your upper body weight from the work your back has to do, so this is a good lift. The last lift is being done with Golfers Bend. This is probably the easiest, fastest and best way to lift the hose because the wall is there to bridge to. Either way, don't use your back, you know better by now!