



## PULLING CONES FROM THE PICKUP

There are two good ways to pull cones from the bed of a pickup. You can use a Golfers Bend to reach in and pull or you can use a hook. When you use a Golfers Bend, it is your hip socket that is bending instead of your back. Then if you bridge your other hand to the truck you can also use your upper body strength for the pull. When you are using a hook, you can use your legs for the pulling if you simply step back with one foot, bridge one hand to the tail-gate, bend your knees and pull with your legs. If you want a healthy back by the time you retire, you have to get used to using your legs. Using your back will make you old before your time!