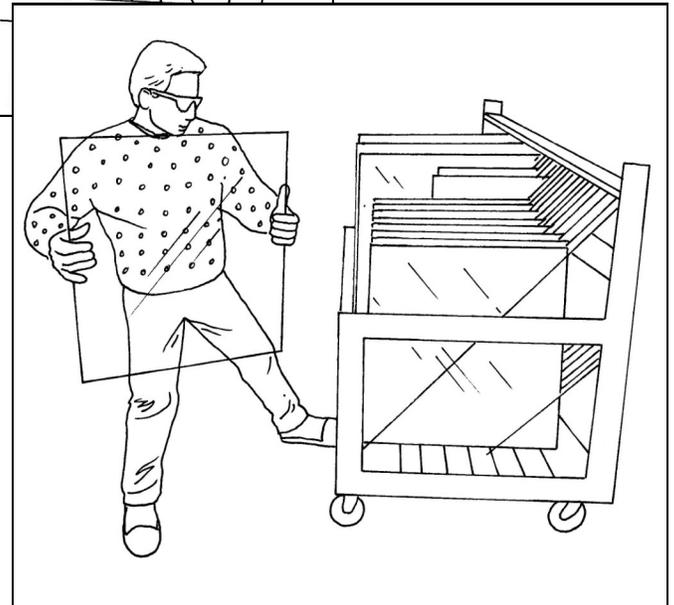
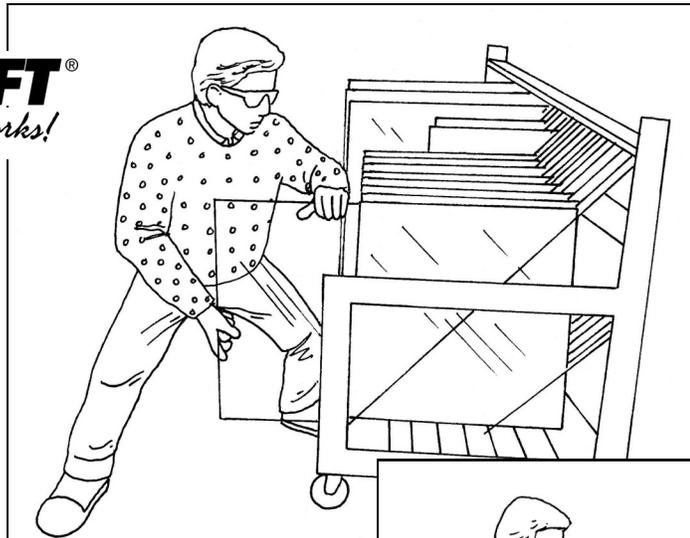


POWERLIFT[®]
Lifting Training that Works!



PULLING GLASS FROM THE CART

Now hear this.....you do not want to pull glass with your back - ever!! It is a much better to use your legs, and here 's how you do it. First, approach the cart or rack and stand at an angle to it in a wide POWERLIFT[®] stance with your knees bent. You need the angle so that you have room to bring the plate of glass to you and between your knees. With your knees bent, pull the glass to you and as it moves closer to you, begin to straighten up your legs. This is a great way to use your legs and will help you to not injure or wear your back out. Always use **POWERLIFT[®]**!