

**POWERLIFT**<sup>®</sup>  
*Lifting Training that Works!*



## PULLING NEW GUARD RAIL

The act of pulling a new piece of guard rail off of the truck when you are out doing maintenance, is another one of those jobs that can easily be done with your legs. Just like if you were going to participate in a tug-o-war contest, when you grip the rope, you automatically get into a wide stance and pull with your legs. This is a great way to pull on just about anything. Pull it just like you would in a tug-o-war contest. You will have a stronger pull because your legs are twice as strong as your back.