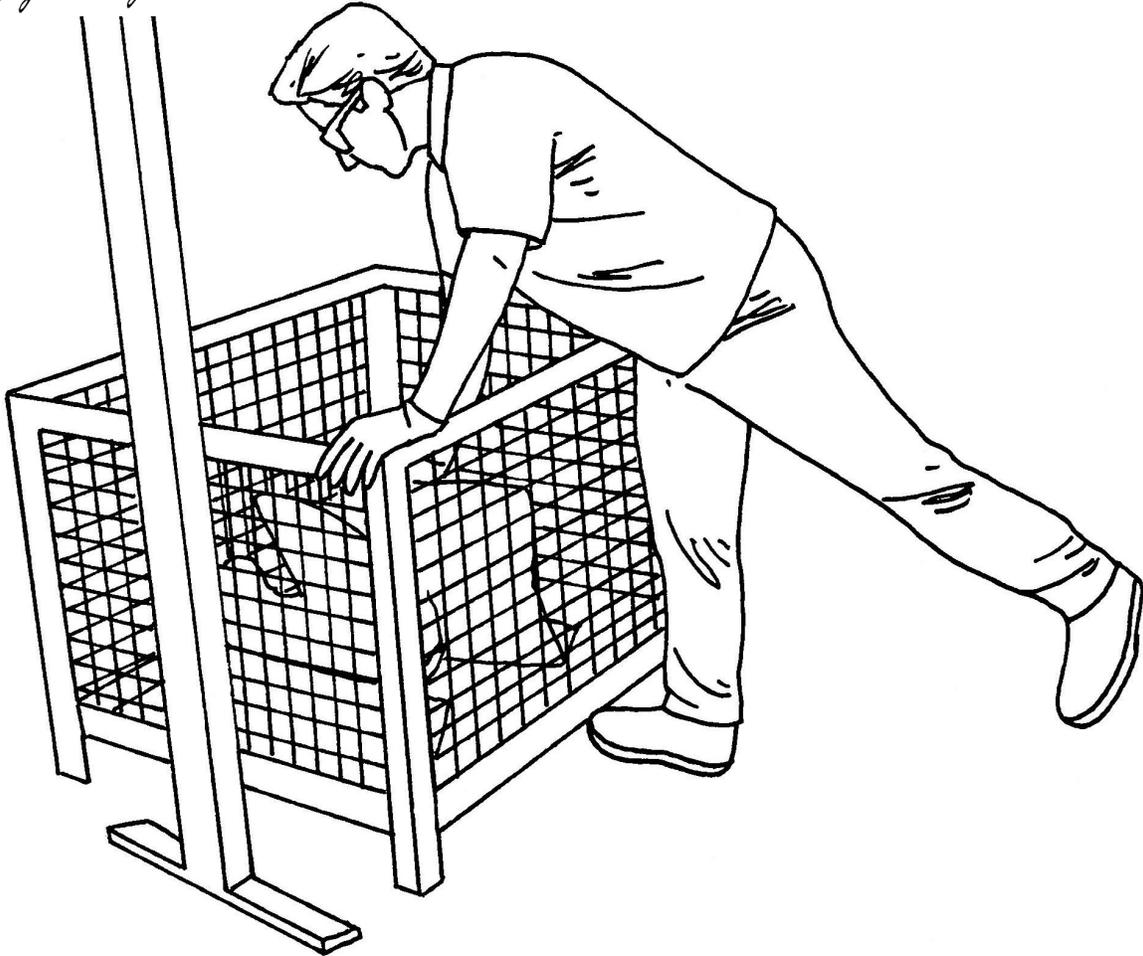


POWERLIFT[®]
Lifting Training that Works!



REACHING INTO A WIRE CONTAINER

Reaching into wire containers is an easy place to use your back. But remember, bending at the waist to reach in means you will be lifting the weight of your upper body plus the weight of the load, with your back. This is not a good idea and can be overcome by using a simple Golfers Bend. Bridge one hand to the container while you pivot on the opposite hip to reach in with your free hand. This way your hip is doing the bending, not your back, and the leg that goes up counterweights your upper body weight. This is a great way to work and will make your job much easier!