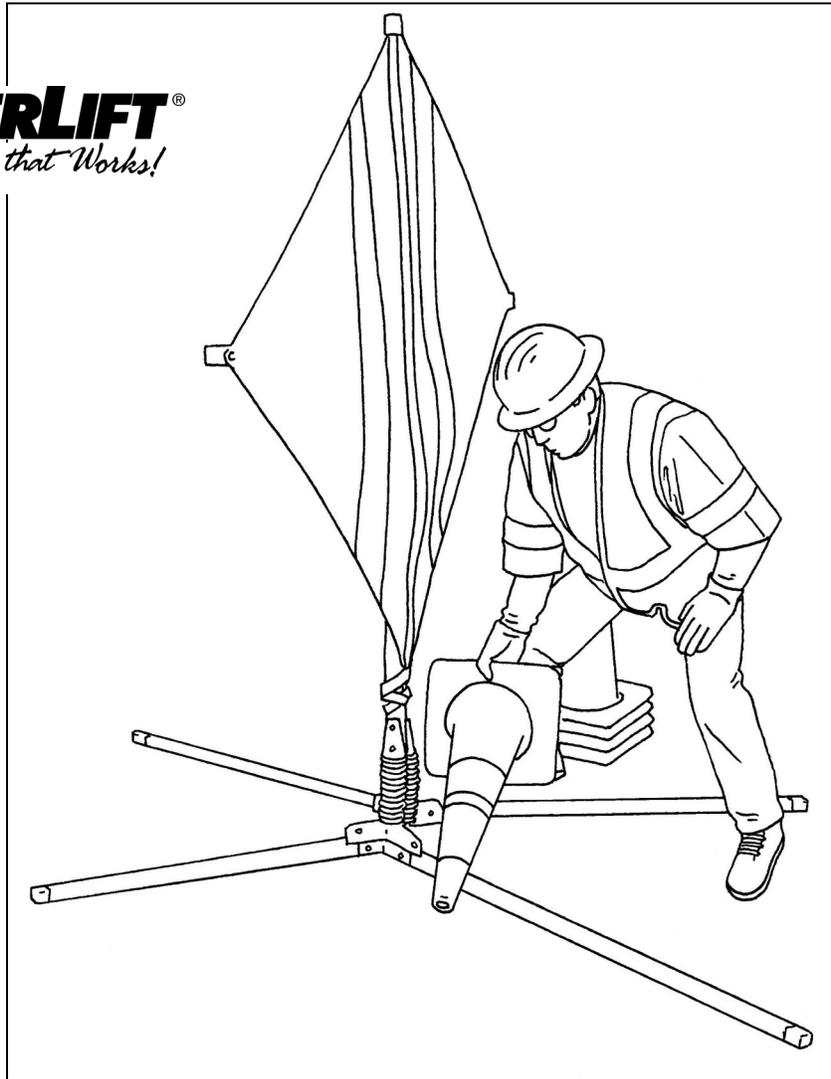


POWERLIFT®
Lifting Training that Works!



SECURING THE WIND-MASTER

To secure any temporary sign, you of course have to bend down and put weight on the legs. But how you bend down to place the weight is the big issue. Consider putting a 50 pound sand bag down on the leg of the sign with your back. You need to know that it is not just the weight of the sandbag that counts, it is also the weight of your upper body. So if you weigh 180 lbs your low back is being stressed by 90 pounds of upper body weight plus the 50 pound sandbag for a total of 140 pounds. Keep the weight off of your back by spreading your feet, bending your knees and using **POWERLIFT®**!