



WORKING THE DELI CASE

Bending into the deli case is almost like bending into the trunk of a car. The case, like the bumper gets in your way and forces you to do a back bend. But like a car bumper you can use the Lean Bar Technique to keep the load on your legs instead of on your back. When at the deli case, lean your thighs into the back side of the case with your knees bent. This way the case is holding you up as you lean against it, instead of your back working hard to hold you up. This is a great technique for all those times you have to lean into the case.