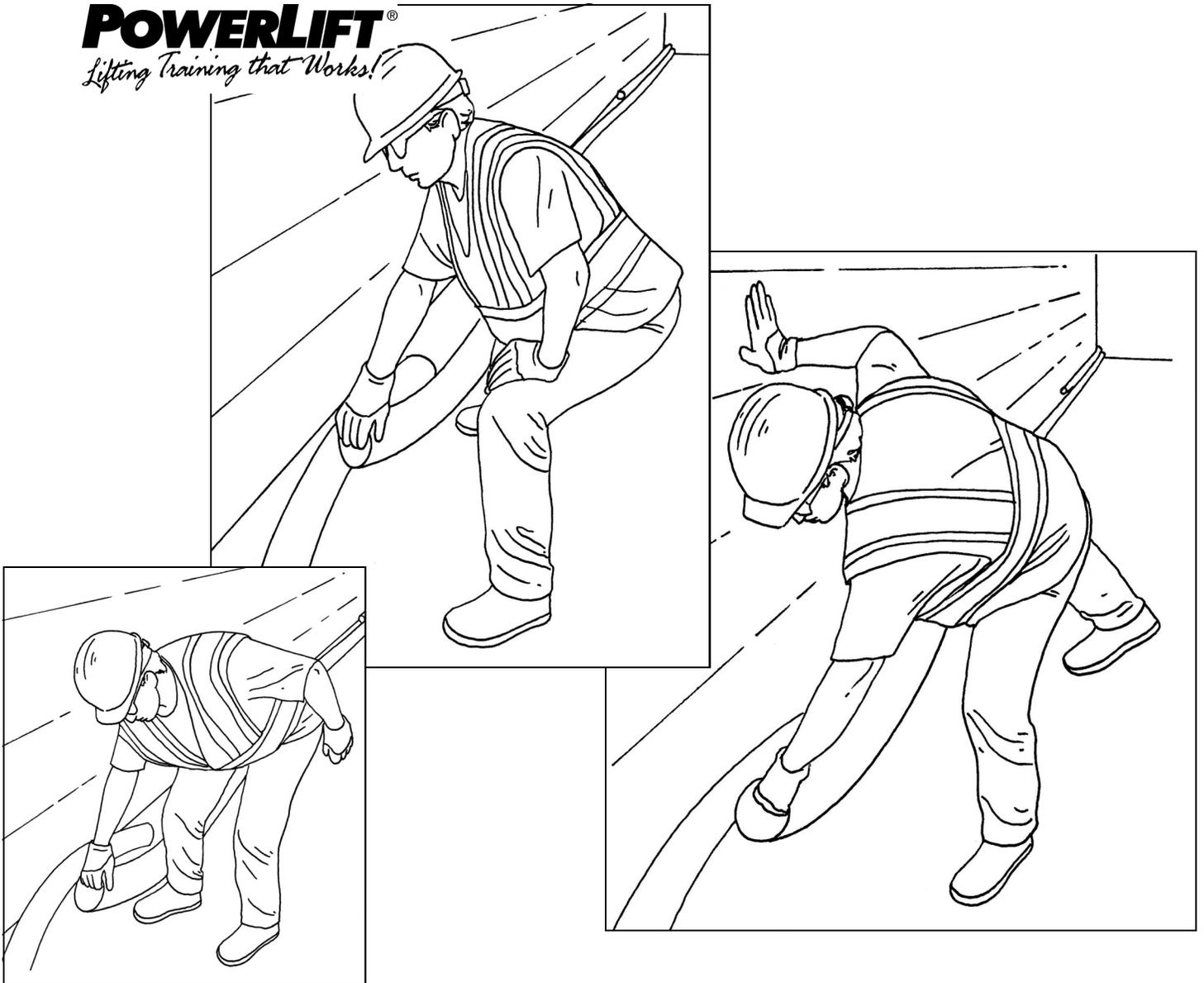


POWERLIFT®
Lifting Training that Works!



PICKING UP THE HOSE

Here are three different ways of reaching down to pick up a hose. The first is a standard, everyday back lift. Enough said. The second way is with a One Handed, Bridged POWERLIFT®. The bridge eliminates your upper body weight from the work your back has to do, so this is a good lift. The last lift is being done with Golfers Bend. This is probably the easiest, fastest and best way to lift a hose especially if you have a solid object there to bridge to. Either way, don't use your back, you know better by now!