## TROUBLE SHOOTING GUIDE



# IT TAKES TOO MUCH TIME TO USE POWERLIFT® 

When you use your back to do lifting type work, you are not only lifting the weight of the object but also the weight of your upper body. So if you weigh 180 lbs you will have 90 lbs of upper body weight that your are lifting right along with the weight of the load. Hauling your upper body weight all day long will definitely slow you down. Instead, get rid of your upper body weight as you lift by using PowerLifT® !

