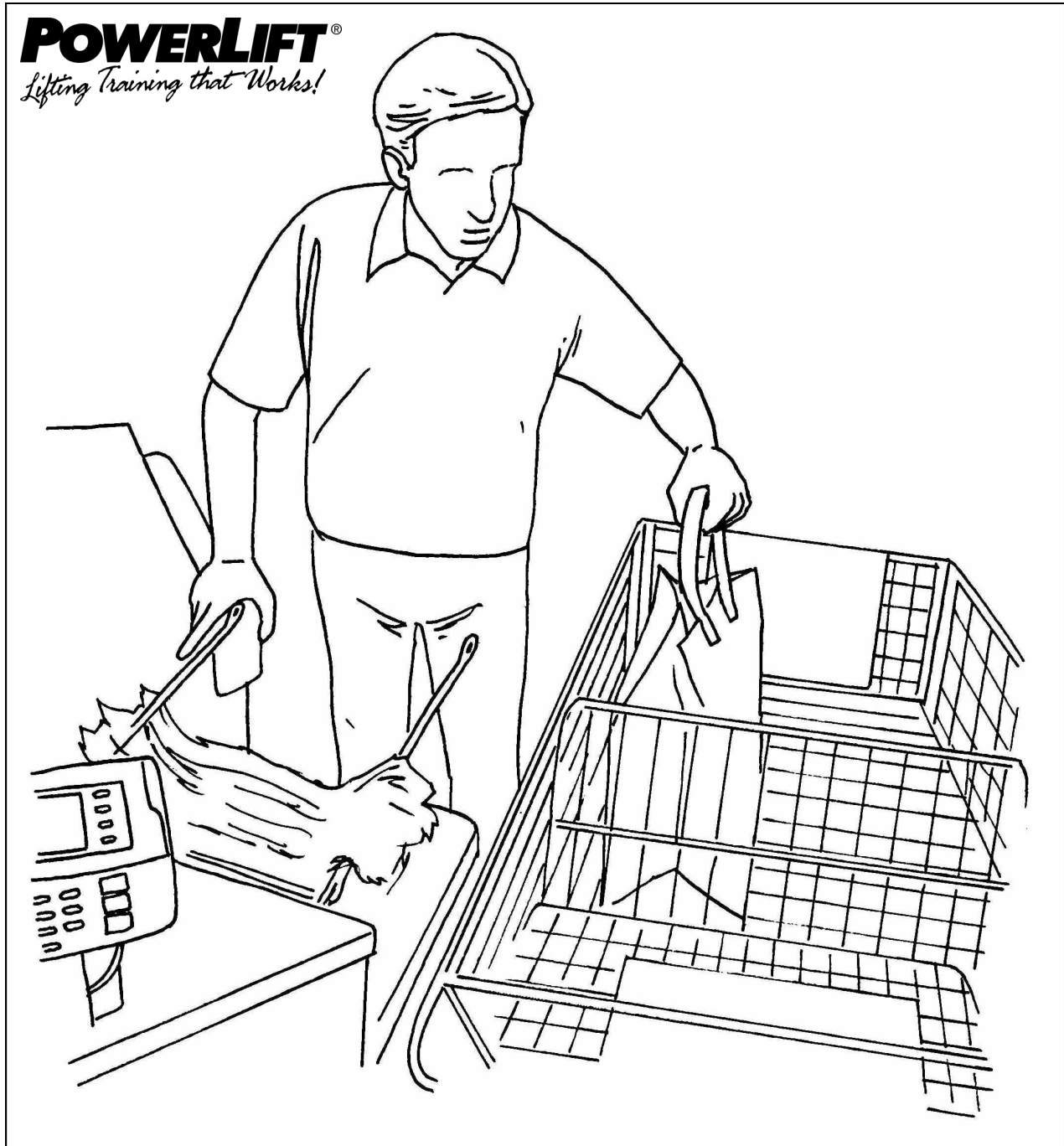


POWERLIFT[®]
Lifting Training that Works!



LIFTING BAGS TO THE GROCERY CART

When you lift the packed bags from the counter to the cart make sure you bridge your free hand to the top of the check out stand. Bridging takes the load off of your back as you reach out with the bag because it lets you use your upper body strength to help with the lift. Use a Bridge anytime you are lifting with one hand!