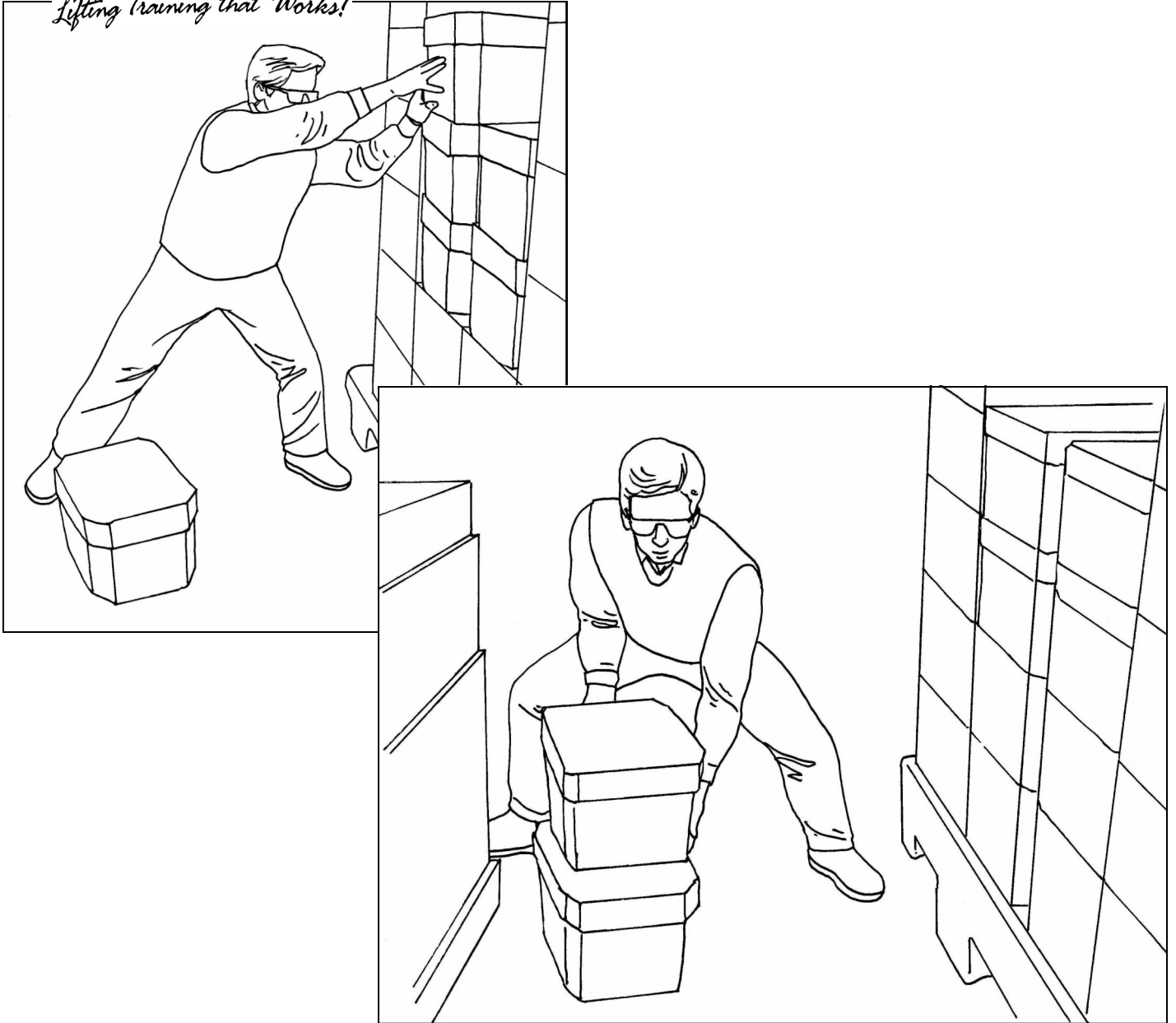


**POWERLIFT**<sup>®</sup>  
*Lifting Training that Works!*



## REACHING & STACKING

You can reach for items and stack them without moving your feet if you are in a *wide enough stance*. The wide stance allows your hips and legs to do the bending and twisting, keeping it off of your back. This is a fast and effective way to work but must only be done in a really wide stance!