



HANDLING THE DOCK PLATE

Removing and installing the dock plate lets you use several key **POWERLIFT®** techniques that you have learned. First, when you go down to pick up one end of the plate, you should use a wide stance and your legs but also, be sure to bridge one hand to your leg. This method will make you 1/3 stronger as you can now use your upper body strength for the job, plus your legs. Then as the plate comes up a little, grasp it with both hands so that you can control it. Once it is up and out, you can again use your legs to move it, store it or whatever needs to be done with it. The most important thing is, you have now done the job with your legs and not with your back!