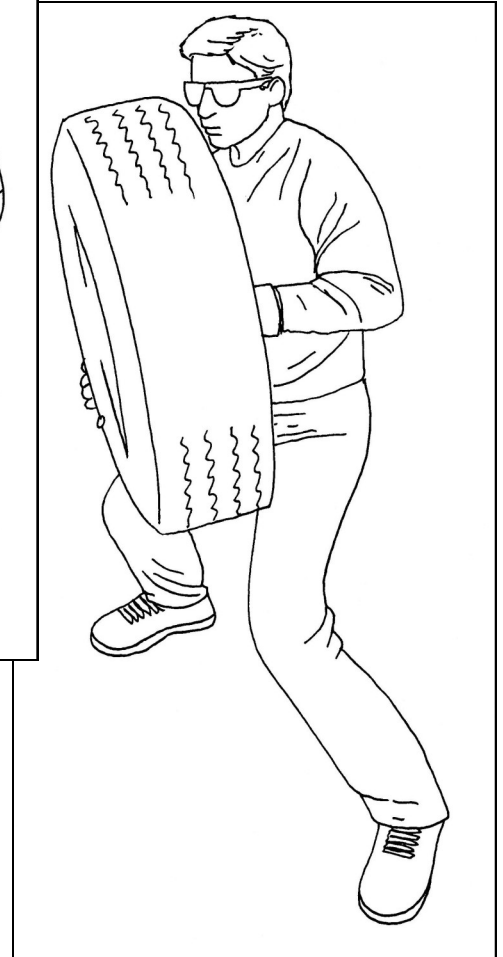


POWERLIFT®
Lifting Training that Works!



INSTALLING A TIRE WITH A PIVOT LIFT

Here is a great way to lift a tire in order to install it on the hub. Stand with a wide stance, bend your knees and rest the tire on your lower thighs. Then, with your head up and back in neutral, pivot the tire up onto your thighs. Once the tire is up you can install it on the hub while you stay in a wide stance and move your feet instead of twisting your back. This is pure **POWERLIFT®** and besides making you stronger will keep the weight of the tire off of your back. Always use **POWERLIFT®!**