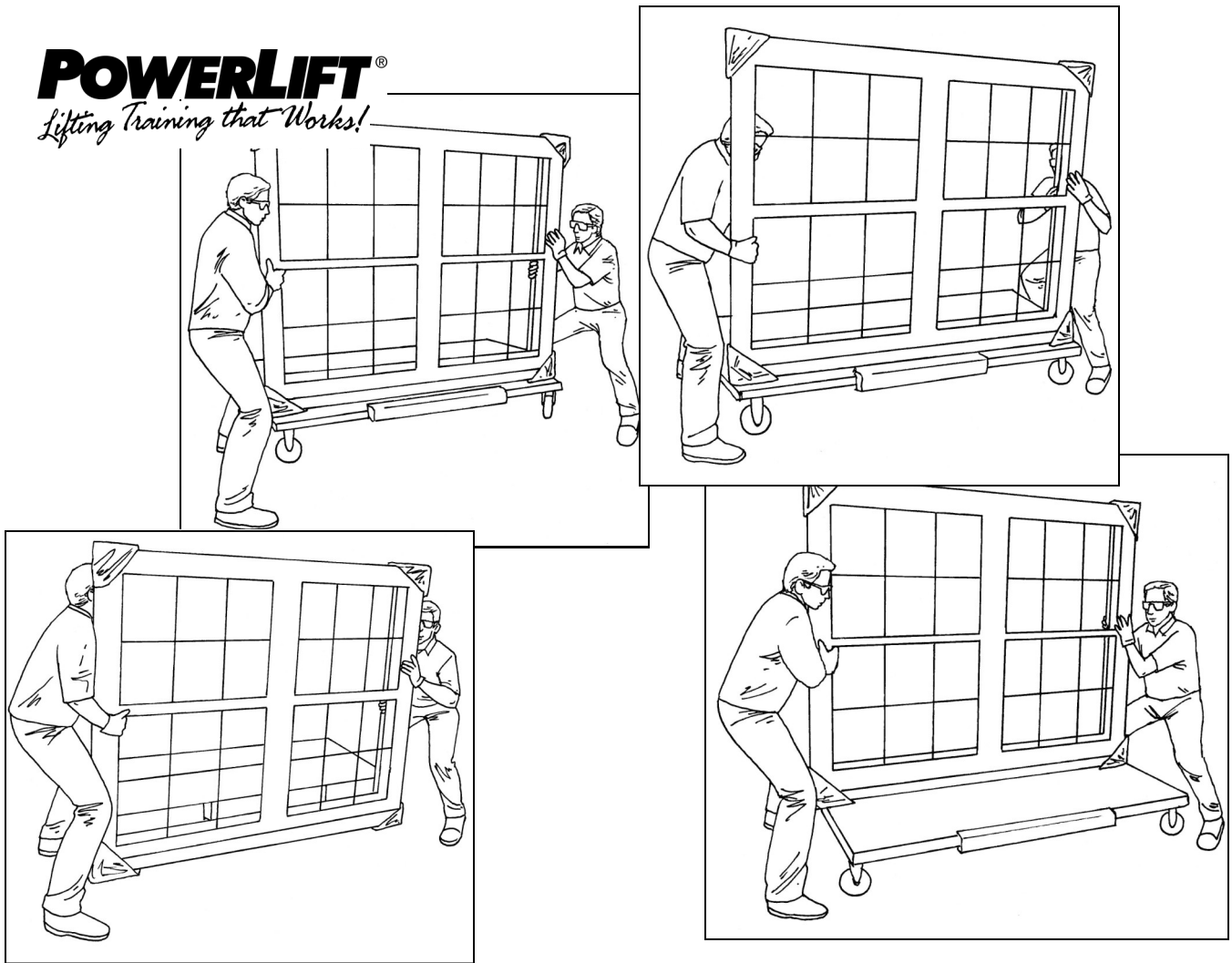


POWERLIFT®
Lifting Training that Works!



LIFTING A MULLED UNIT TO THE CART

Handling a heavy mulled unit can be made really easy if you try using your legs like this. First, park the cart next to the unit, and set yourselves up in a wide POWERLIFT® stance. Then, lift the unit with your legs and move it up and onto the cart. Now here is an important move - both of you should take a step with each foot into the direction you need to move the unit, (in other words, further onto the cart). Then you can lift the unit again with your legs and move it all the way onto the cart. The main point here is, don't move your feet when you are holding the unit. Instead, set yourself up so that you can move the unit, while standing in a wide stance without moving your feet!