



Here is a great way to handle anchor plates. Get over the plate by using a wide stance and bridge one hand to your thigh. You will have plenty of strength to lift with one hand this way because the bridge ties in your upper body strength and you will be tipping the load.

By tipping the load you are only lifting $\frac{1}{2}$ the weight at one time. Then, once you have the load tipped, rest it on your thigh as you reach down to grasp it with your free hand.

Now, pivot the plate up onto your thigh. This way your leg is holding the weight of the load and not your back.

As you carry the anchor plate away let it ride your thigh as you walk. With this method your leg will be carrying a good part of the weight while you walk the plate to its destination.

LIFTING ANCHOR PLATES