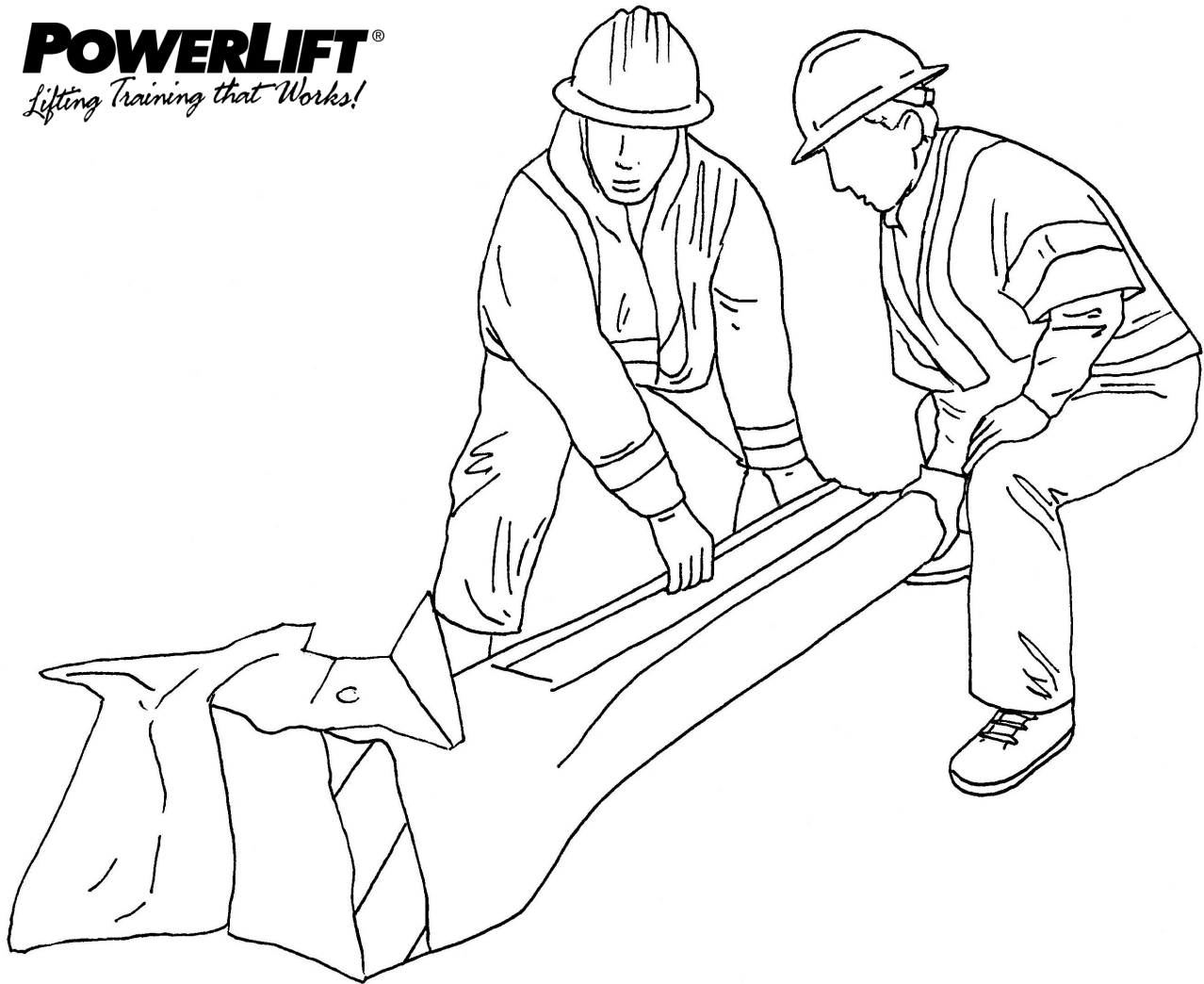


POWERLIFT[®]
Lifting Training that Works!



LIFTING A SCRAP PIECE OF BUTTRESS

Two man lifting of a heavy piece of butress can be done in two different ways, depending on where you grip is on the load. You can use a double fisted grip or you can lift with one hand. Always however, make sure you are in a strong POWERLIFT[®] stance before you lift. And if you are the one lifting with one hand, be sure to bridge your free hand to your thigh. Bridging lets you use your upper body strength along with your leg strength for the lift. You are at least 1/3 stronger when you bridge than when you don ' t. Work smart, use your legs for everything you do!