



The last thing you want, is to kink you back just before your round, as you lift your golf clubs from the trunk. To avoid this, learn to use the Lean Bar technique. Simply spread your feet wider than shoulder distance apart, bend your knees and lean your thighs into the bumper of the car. Leaning your thighs will transfer all of the weight of the clubs back to the car so your back is not doing the lifting, your legs are!

## LIFTING GOLF CLUBS FROM THE TRUNK (LEAN BAR TECHNIQUE)