



LIFTING SANDBAGS

One handed lifting such as lifting a sand bag, can work you pretty hard unless you learn to make the job easier. If you lift the sand bag with one hand in the usual way, keep in mind that you are lifting the weight of the bag plus all of your upper body weight too. You work hard enough already without adding your upper body weight to the mix. Get rid of your upper body weight by bridging your free hand to your thigh. Bridging transfers your upper body weight directly to your thigh, bypassing your back *and* you can then use your upper body strength to push you back up. When you are really tired you probably bridge automatically, because it makes the job easier. Well, make the job easier all of the time by learning to bridge when you pick things up with one hand!