POWERLIFT®
Lifting Training that Works!

SUPERVALU®

LIFTING TWO CONTAINERS AT ONCE

Lifting two boxes off the floor at the same time can be a tough job, especially if you are using a <u>SQUAT, DEAD LIFT</u> as seen above on the left. Dead lifting in a squat position is hard on the knees, overloads your back, and makes your legs work way too much. Instead, always use POWERLIFT® technique for your lifting.

To make this lift effective, first eliminate the Dead Lift by getting the boxes off the floor. Get used to always stacking boxes like this at least 3 high, so that you can access the top 2 boxes more easily. To use POWERLIFT®, just step around the corner of the box in a wide stance, and lift the 2 top boxes. This way the need to Dead Lift containers is great reduced.