

**POWERLIFT**<sup>®</sup>  
*Lifting Training that Works!*



## LIFTING WITHOUT ' LIFTING '

Here is a really great way to lift a long, heavy object with a minimum of effort. Note that the lifter has tipped the LP tank away from him, then steps over it in a wide stance. This will set you up so that you can roll the tank up onto your thigh without really lifting the entire weight of it. Once it is up on your thigh you can walk away with it while the weight of it rides your thigh. You could also use your leg to boost it up to a higher position if need be. This is a technique that you should know how to do because it is so useful for so many things. It is easy to do and keeps you safe!