



LIFTING WITH YOUR PERSONAL STYLE

Your personal style of lifting might look like the illustration above. Instead of facing the load, this person prefers to lift from the back side. The only problem with this method, is that this is a SQUAT, DEAD LIFT. Dead Lifting is always too hard on the knees and legs and puts you on the balls of your feet, which is an unstable, wide position.

To make this technique much more effective, eliminate the Dead Lift by getting the load up off the floor. Stacking the boxes gives you access to them and takes away the need to Squat or Dead Lift. Once the load is up and accessible, you can back up to it and use a wide POWERLIFT® stance as you lift it.