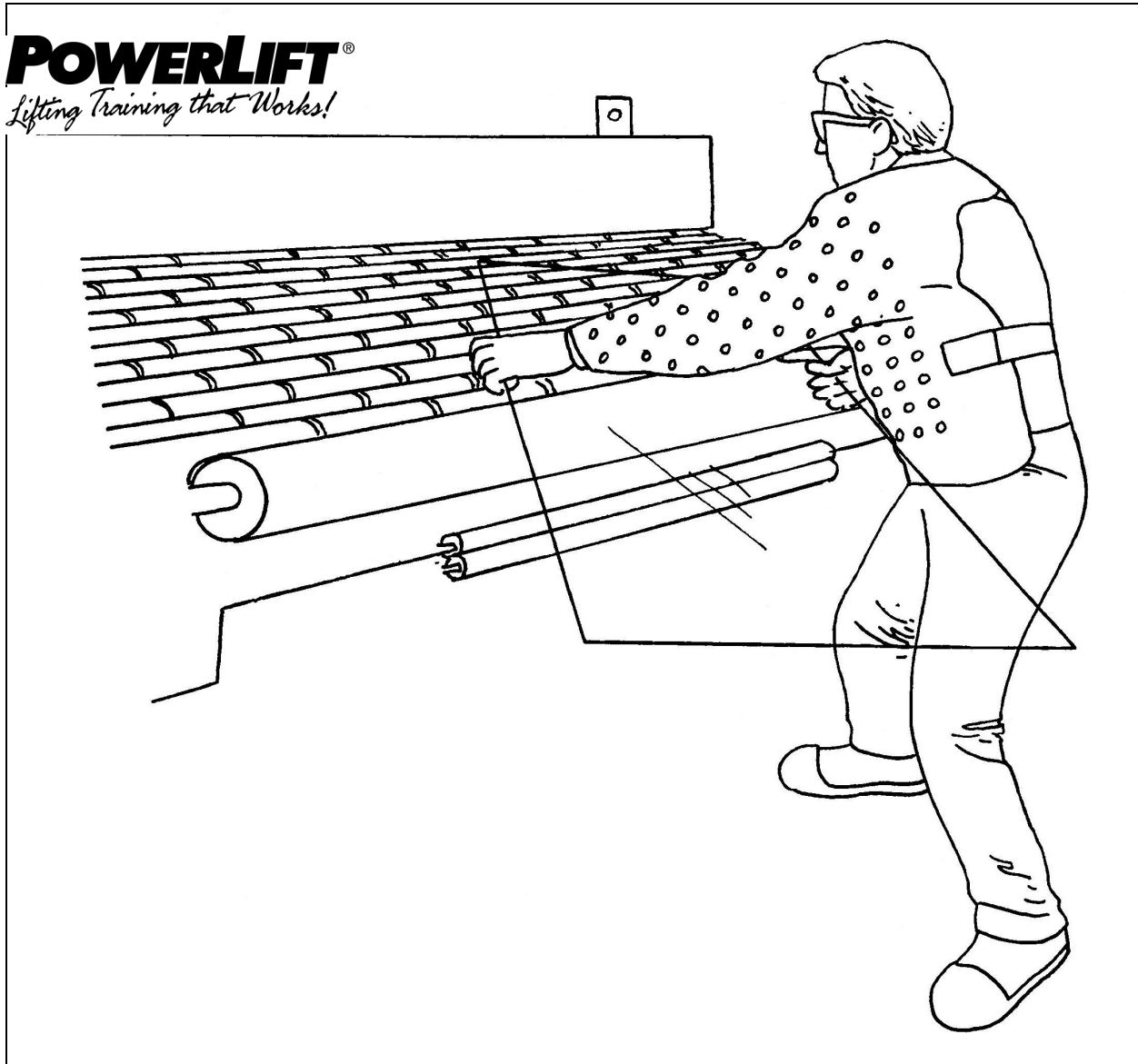


POWERLIFT[®]
Lifting Training that Works!



LOADING THE WASHER FEEDER

It is so easy to get careless and use your back when you are loading long sheets of glass into the washer. But if you think about how many times you do this every day, it should not be hard to see that this is way too much back work. Take the load off of your back by getting into the habit of using your legs for the job. You will find that your legs are twice as strong as your back and once you are in the habit of using them, you will find that you aren't as tired at the end of the day either - what a bonus!!