

POWERLIFT[®]
Lifting Training that Works!



OPENING A MANHOLE LID WITH A PRY BAR

Using a pry bar to open a manhole lid is common sense but using your back to do it is foolish. You might have to get down on your knees to loosen the lid so that you can hook it with the bar, plus many other moves that require bending. We can't get away from the bending but we can learn to use our legs to do it. Either getting down on one knee or standing in a wide stance with your knees bent will do the trick. The fact remains however, you have to decide what it is you want, back or legs. Using your legs will allow you a much more pleasant life and retirement, if that is what you choose!