



**PICKING UNDER LOW RACKS
(GOLFER'S BEND)**

If you can grasp the item with one hand, try using a Golfer's Bend when you reach for it. Letting one leg come up like this lets your hip do the bending instead of your back.

Be sure to bridge with your other hand to the racking, as that will give you more balance and help to bring you back up to a standing position.