





PICKING UNDER LOW RACKS (GOLFER'S BEND)

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

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