



## PULLING A CAN

Here is a really good way to pull a can. Use a wide **POWERLIFT®** stance and stand at a slight angle to the can. Now bridge to your leg with one hand while you pull with the other. This is a very strong way to pull and may surprise you with how much pulling power you have this way. Just make sure to keep backing up as the can moves so you don't run over your foot and you will find this to be a very useful technique!