

**POWERLIFT**<sup>®</sup>  
*Lifting Training that Works!*



## REACHING INTO THE HAIRPIN DRUM

Getting material out of the hairpin drum is easy enough, because the pieces are light weight. But if you reach in with your back bent you will be lifting your upper body weight which isn't so light weight. If you can learn to use your legs for simple jobs like this, you will probably use your legs for everything, which is a really good idea. It is a good idea because we lift so many things over the course of a day, a week, a month, a year and over a lifetime. It is the repetitive use of your back, especially if you are lifting your upper body weight, that matters the most. Use **POWERLIFT**<sup>®</sup> and eliminate the upper body weight all day, every day. You will be in much better shape because of it!