



## REACHING UNDER TABLES AND SHELVES

Reaching under tables and shelves for parts almost seems to *make* you use your back. But there is a much faster, safer and easier way to do it if you use a wide stance with your knees bent. As seen above, open up your stance so that you have room to work and at the same time, bridge your free hand to your thigh as you reach in for the part. Bridging is really important because it transfers your upper body weight to your leg and makes you 1/3 stronger. This is the easiest way to do the job and you will find it to be fast also. Be strong, safe and fast by using your bridge!