



## REMOVING TANK COVERS

Take a look above left. That is the usual way the tank covers are flipped off with a foot. That is also the way that you can catch your sacro-iliac joint and end up with a nice back ache. To do this job, you need to stabilize yourself so the leverage is not coming off of the low back joints. To do that is simple - use a bridge. If you count the times you can use a bridge up on the tanks, you will find that you can use a bridge on over 2/3 of the covers. That leaves 1/3 where you don't have a place to bridge to. But that also means you can protect yourself over 2/3 of the time if you use a simple bridge!