



ROLLING DOLLY LEGS

Using the crank to roll dolly legs up and down is another perfect example of POWERLIFT[®] technique. Here, instead of cranking with your back, you can easily use your legs.

Simply stand at a 45° angle to the crank with a wide stance. Use your legs for the power to turn the crank, rather than your back.

Remember that this technique works great whether using one hand or two hands on the crank. Use wide stance whichever way you face the crank so that your back stays out of this lift.