



There is a great way to learn how to shovel dirt and here it is. Stomp the shovel into the dirt the usual way but then as your foot comes off the shovel, step it out into a wide POWERLIFT® stance. The wide stance allows you to do two things. First it lets your legs take over the act of lifting the shovel and second you can pivot the shovel handle off your thigh. Once the shovel full of dirt has been lifted, to throw it, step into the direction of the throw as you pivot on the other foot. It will take a little getting used to but this way your legs are doing the work and not your back!

SHOVELING DIRT