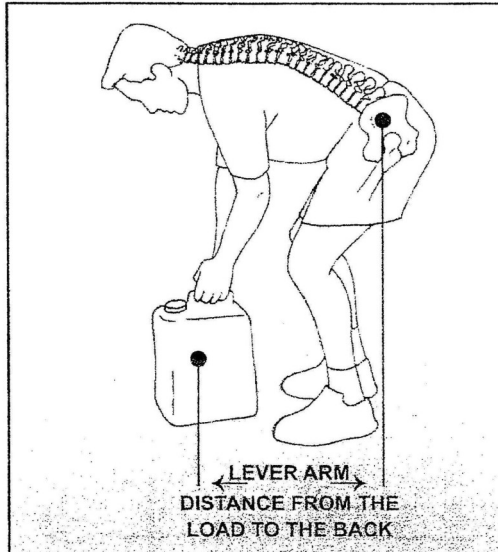


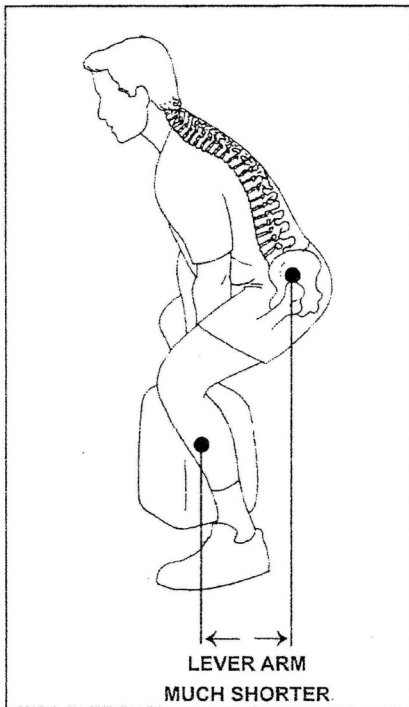
There is a simple formula that will tell you how much you are loading your back when you lift. It is called the **Spinal Leverage Ratio**. This is a 10 to 1 ratio. If you multiply the weight of the load you are lifting by 10, that equals the weight your back is being loaded with as you lift. For example, if you back lift a 50 lb. object this will load your back with 1,000 lbs. of pressure. But wait - 50 lbs. times 10 is only 500 lbs. Where are the remaining 500 lbs. coming from? It's coming from **your body weight**. We seem to always forget that our **body weight is really part of the lift!** If you have on average 50 lbs. of upper body weight, then when back lifting this must



be figured as part of the weight you are lifting. So...

$$\begin{array}{r}
 50 \text{ lbs. of load} \\
 + 50 \text{ lbs. of upper body weight} \\
 \hline
 = 100 \text{ lbs. of weight} \\
 \times 10 \\
 \hline
 = 1,000 \text{ lbs.}
 \end{array}$$

Eliminate the upper body weight by using a wide stance POWERLIFT® - even for the small things you lift.



Even lifting a **pencil** off the floor can load your back with 500 lbs. of pressure because of your upper body weight. For small loads like pencils or paper clips, use either a **POWERLIFT®** or a **Golfer's Bend** to keep the loading off of your back.

SPINAL LEVERAGE RATIO