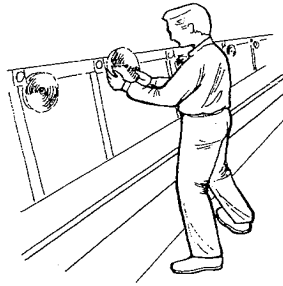
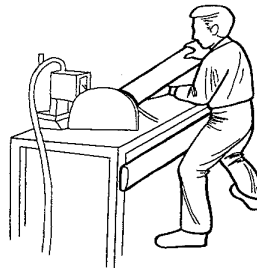


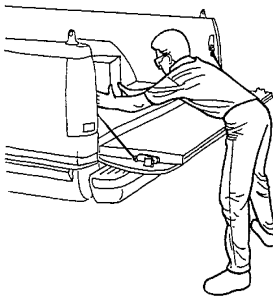
Your car bumper makes a good lean bar



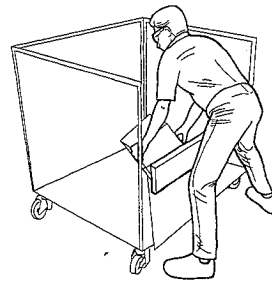
Use when reaching into machines



Use when reaching over tables and counter tops



Use same technique for your truck tailgate



Works great for wire cages or bins

USING THE LEAN BAR

Any time we have to reach out and over, or even into equipment, we use our back unless we can somehow support our bodies. The Lean Bar Technique is an excellent way to support the weight of your body as you reach out. To learn this technique, utilize a lean bar, or any piece of the equipment that will provide a comfortable support on which to lean your thighs. Spread your feet, bend your knees, and lean your thighs into the lean bar. The key now is to allow the lean bar to support the weight of your body as you lean forward. Make sure that your buttocks, as well as your upper body, move forward. The mistake that many people make is to bend the knee and let the buttocks move backward, as they're reaching out. That action destroys the leverage that you are trying to achieve by using the lean bar. So make sure everything moves forward as you lean. Once you have transferred your body weight into the lean bar, you will find that reaching and lifting, or pulling things towards you, will be much easier.