



Never stand and work with your feet together like this. This brings your back into the job and causes it to absorb the stress of the work. Eventually, these little episodes of stress will lead to an arthritic back along with the bone spurs and pinched nerves that make your retirement miserable.

Instead of using your back, keep a wide POWERLIFT® stance and let your legs do the work. Your legs are designed to take the stress of the job and are twice as strong as your back.

## USING THE PRY BAR