



The all time best method for getting down to work with the earth is the **Tripod Position**. Having one knee on the ground and keeping your legs in a wide stance allows you flexibility and strength as you plant or weed in your garden. Remember to have a **kneeling pad** handy to protect the knee that is on the ground. Even better, strap a kneeling pad to each of your knees. This way you won't have to continuously move the kneeling pad and can place either knee on the ground without interruption. Keep in mind, if you're kneeling on both knees and they are close together, this is nothing more than a back lift as you work your garden. Using the Tripod Position insures that your hip sockets can do the forward bending rather than your back.

## WEEDING THE GARDEN