



WORKING IN THE PIT

There are three safe ways to load up the pit. You can kneel on both knees if you like, but only if you keep your knees separated to form a wide stance. That way your hips can bend easier, instead of your back having to bend. You can use a Tripod stance, where you are kneeling on just one knee. Or you can use a wide POWERLIFT® stance for the job. Standing on both feet in a wide stance and rotating forward at the hips will actually allow you to stand in a low ceiling pit. Using your legs like this is much better than using your back!