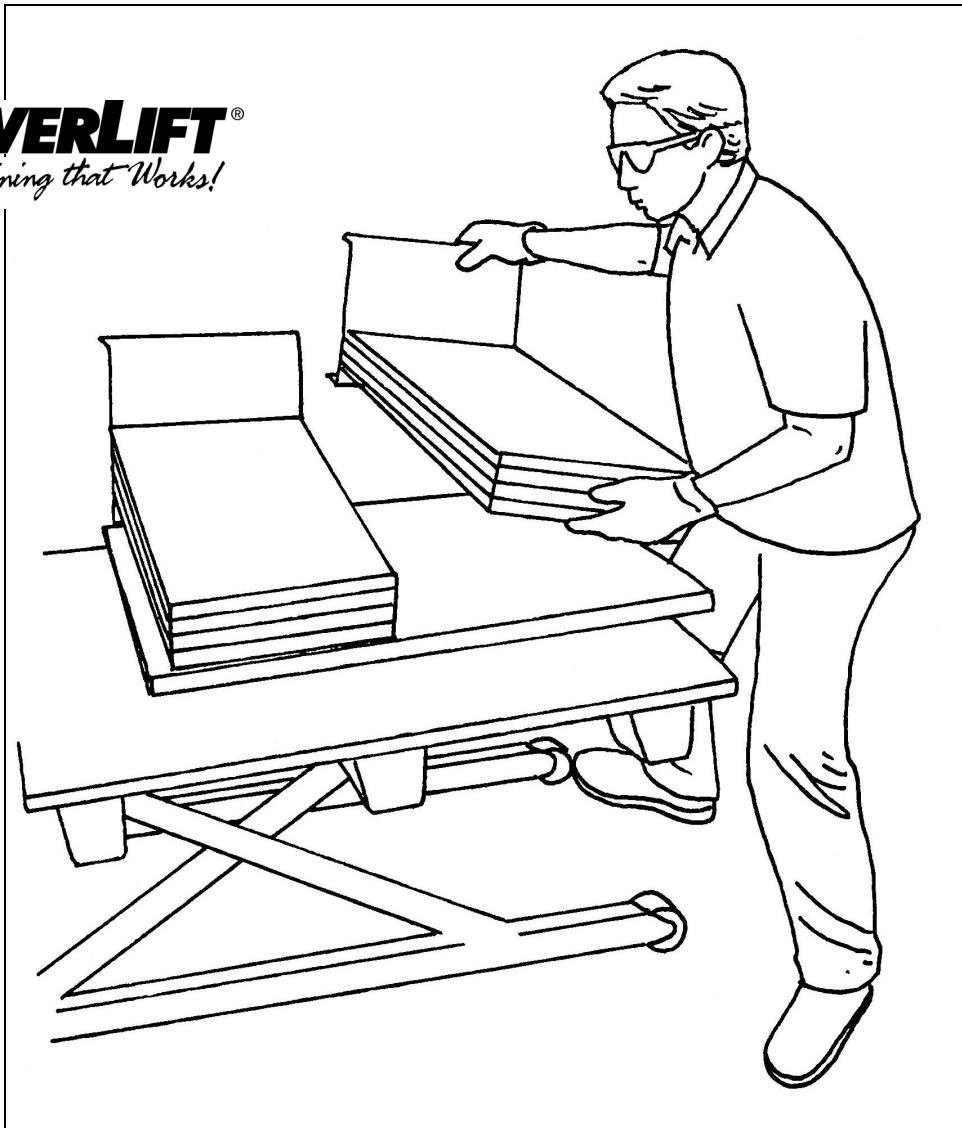


POWERLIFT[®]
Lifting Training that Works!



WORKING THE LOP COIL BUILD TABLE

It is really nice that the build table brings the work up to waist level to make it easier for you. But, you will still be using your back when you reach out to move coils around as you build, if you bend at the waist to do the work. That may not seem like much stress on the back but after years of doing it you will have accumulated a lot of low back stress. The only way to eliminate it is to use your legs. So, when you are ready to move a coil, get into the habit of stepping one foot out into a wide stance, bend your knees just a little and let your legs take the stress. The habit of using your legs is one of the best things you can do for yourself!