## POWERLFTM ${ }_{\text {Lifthe }}$




## USING THE IMPACT WRENCH

Using the impact wrench to install lug nuts requires strength to hold the weight of the wrench as well as to control the wrench. If you stand sideways to the work and have you head down, you force you back to take the load.

Instead, stand at an angle to the work with a wide PowerLifte stance and bridge your arms to your body. Bridging allows you to use the strength of your legs and upper body to hold and control the wrench. Working like this is much easier on your back and puts the load on your legs!

