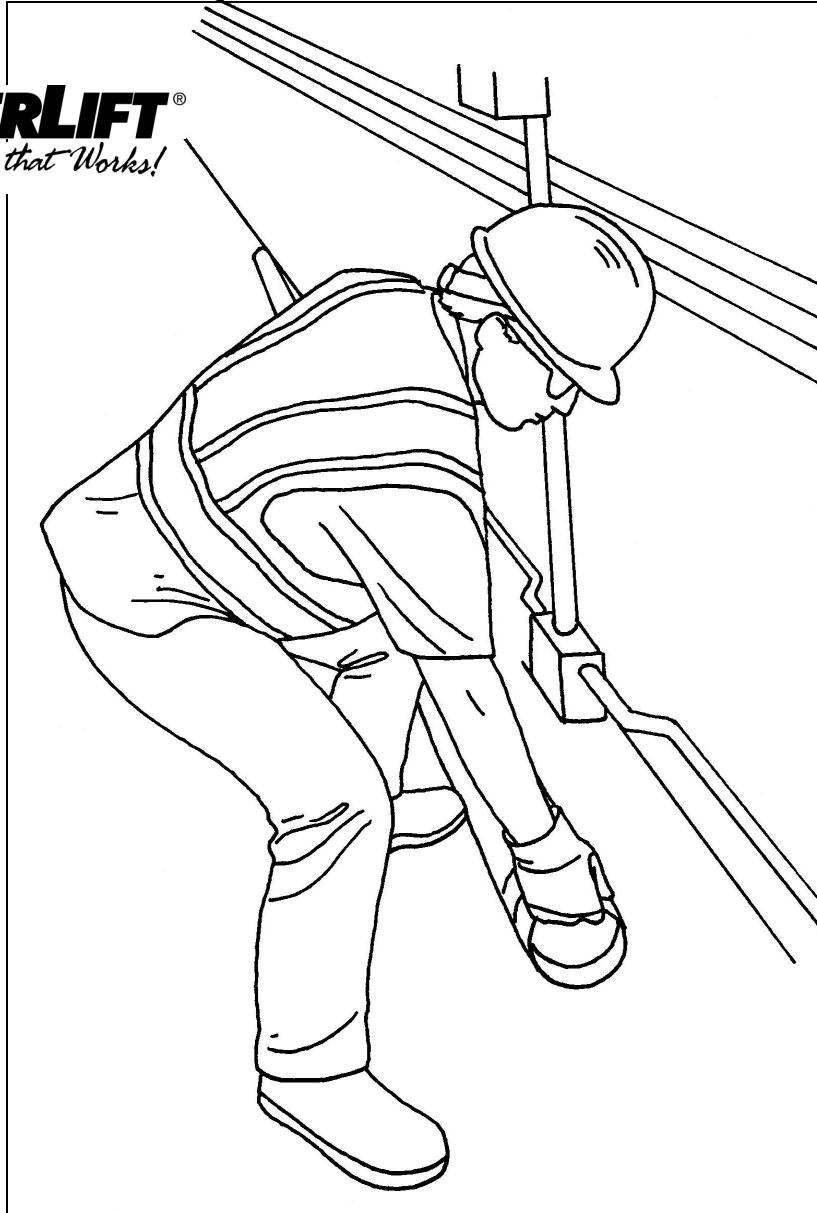


POWERLIFT[®]
Lifting Training that Works!



PICKING UP THE HOSE

When you bend down to pick up the end of the hose, you don't want to pick up your upper body weight as well as the weight of the hose. So, this is a great place to get a wide stance, bend your knees and bridge to your thigh. Remember that bridging transfers all of your upper body weight directly to your thigh, bypassing your back and also makes you 1/3 stronger because now you can use your upper body strength for the lift. Bridging is one of the quickest, safest and best methods for protecting your back. Get with it and make bridging a natural thing that you do, even without thinking about it!