Pulling on a rope or wire like this guy is doing is ridiculous. If this were a Tug-of-War contest, he would be thrown off the team.

Instead, you want to use all the strength you have and make it easier on you at the same time. To do that, step out into a <u>wide stance</u> at a <u>45 degree angle</u> to the line you are pulling. Then bend your knees to <u>lower your center of gravity</u> while at the same time pulling with your arms, body weight, and legs.

PULLING ROPE & WIRE