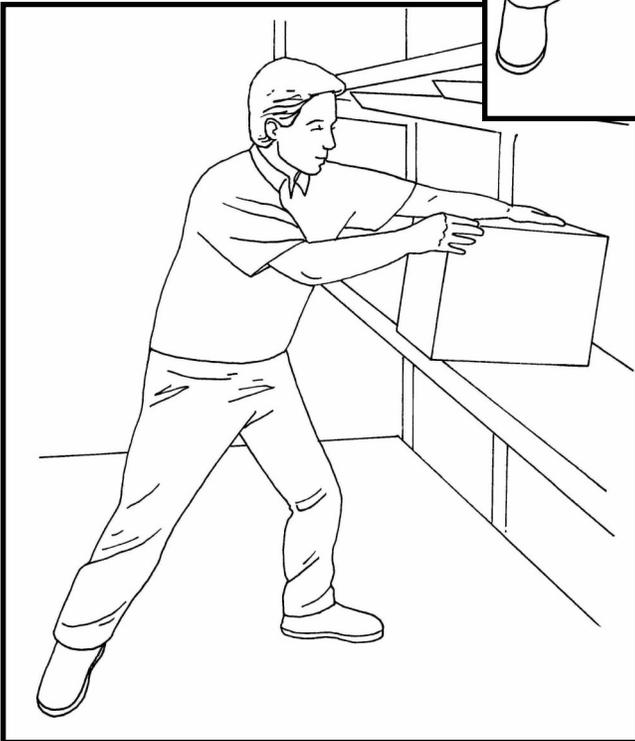
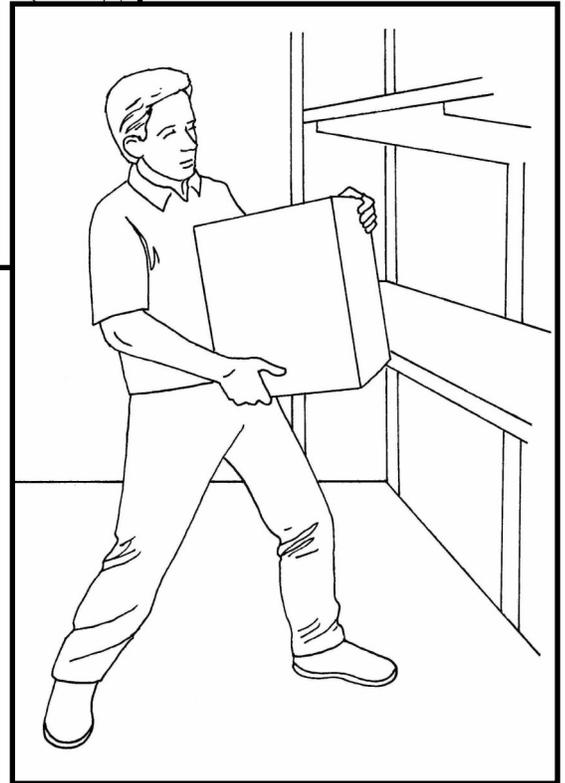


POWERLIFT[®]
Lifting Training that Works!



LOWER SHELF—HEAVY

When you pull something heavy off the shelf you must bear all the weight of it with your body, which adds wear and tear to your joints. Keep this stress from affecting you by sitting the load on your thigh as soon as it comes off the shelf. Keep it on your thigh as you walk with it and your joints will continue to serve you well into old age!