

POWERLIFT[®]
Lifting Training that Works!



BRIDGING WITH A GOLFERS BEND

A really easy way to lift grocery bags from the counter to the cart is to Bridge your free hand to the counter as you lift one foot for a Golfers Bend. The **Bridge** lets your upper body strength help with the lift and the **Golfers Bend** lets your hips pivot taking the load off of your back. These two moves can make your day much easier on you!