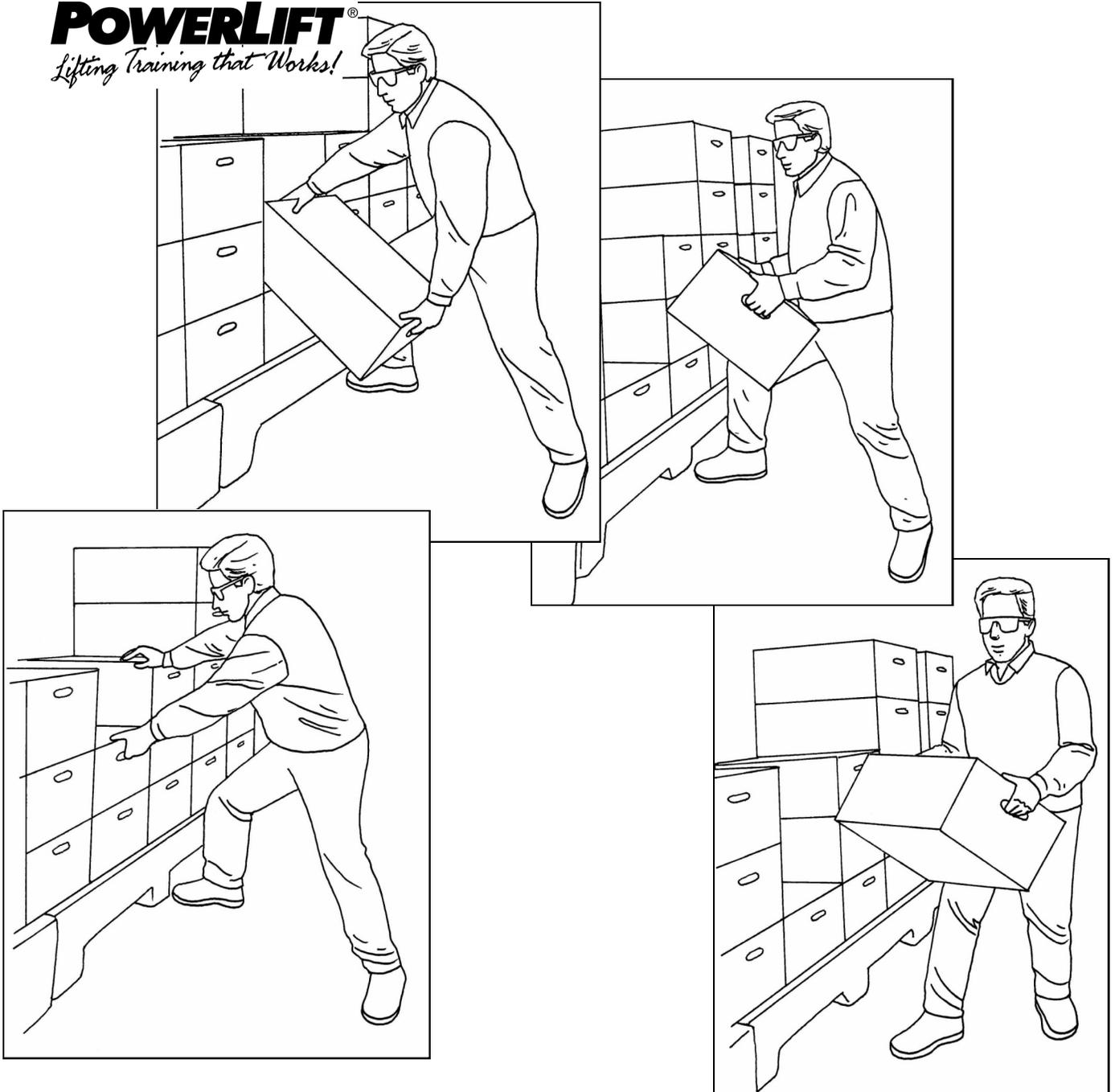


POWERLIFT[®]
Lifting Training that Works!



HANDLING HEAVY MEAT BOXES

Pull the meat box out as you bridge to something sturdy. Note that the lifter has tilted the box downward so that he can slide it onto his thigh. With your thigh carrying the weight of the box you can now move with it. Simple, easy and effective!