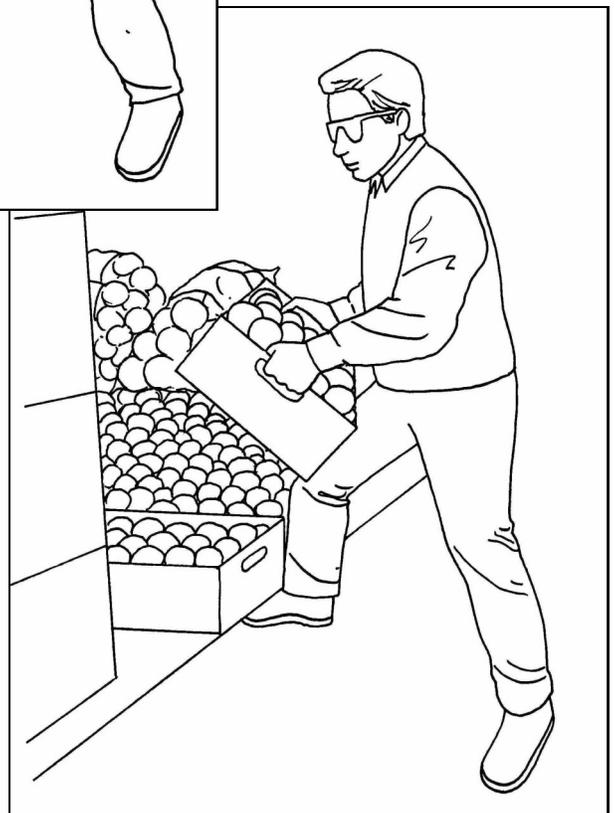
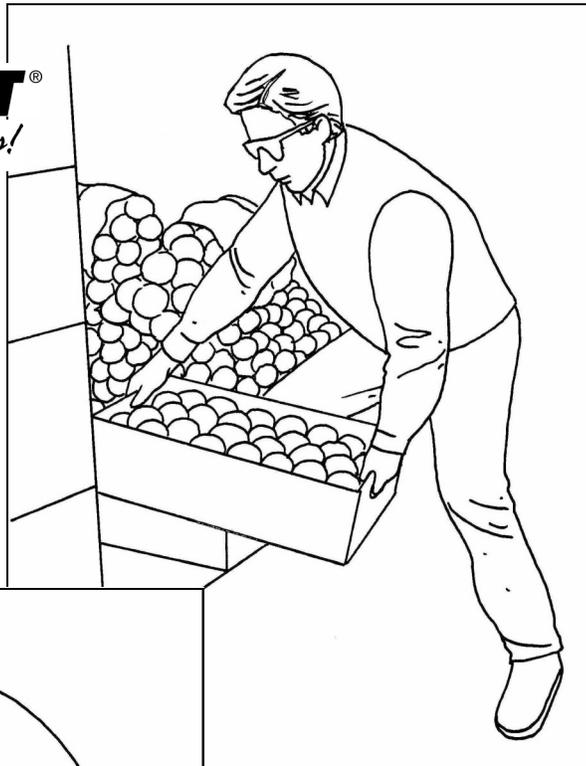


POWERLIFT[®]
Lifting Training that Works!



LIFTING HEAVY PRODUCE BOXES

Always unload the weight of the load before you move with it. Simply slide the box to you, then lift it to your thigh so that the weight is being held by your leg and not your back. As you move with the item, keep it on your thigh to take the stress off of your back and make the job easier all at the same time!