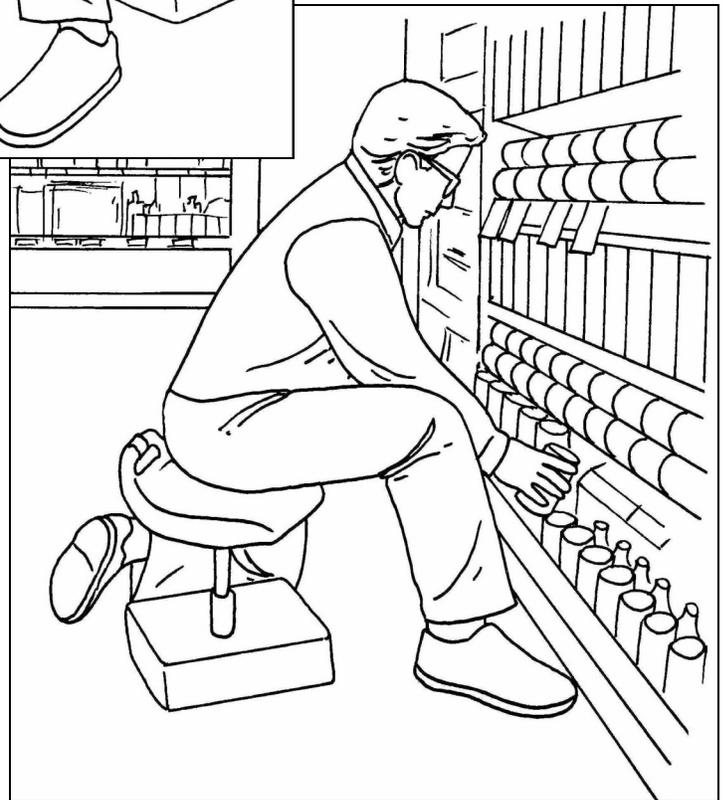


POWERLIFT[®]
Lifting Training that Works!



SITTING ON THE STOCK STOOL

To help your back, don't sit on the stock stool with your feet together. That forces you back to round out and will stress it. Keep your low back in neutral by keeping your legs in a wide stance or by placing one knee to the floor to create a Tripod stance. Both are comfortable and will de-stress your back!