



STEP LADDERS AND STOOLS

Standing on a step ladder can greatly cramp your lifting style. This is because most often people will place both feet on the same step which restricts the width of your stance. To gain stability and strength on a step ladder, always try to keep one foot on the step above and one foot on the step below, as you work. This increases the width of your base. The wider your base, the more bend/twist the hips and pelvis can absorb as you twist and turn to do your work.