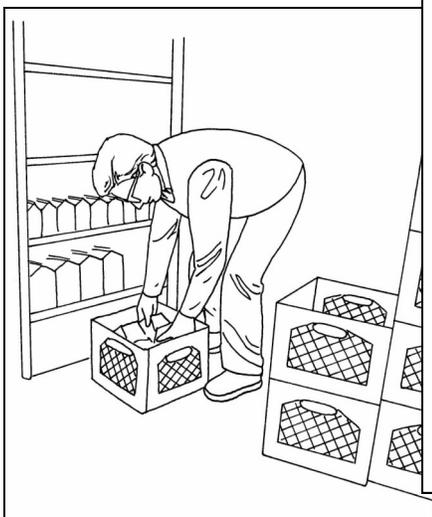


POWERLIFT®
Lifting Training that Works!



STOCKING THE COOLER

Never use your back to stock cooler shelves. If you do, you will be lifting the weight of the product and the weight of your upper body. Instead, always use a wide POWERLIFT® stance with your knees bent as you work. You will protect your back and feel much better at the end of your work day, if you use your legs!