



We all tend to use our legs for lifting heavy materials, but what about the little things. Take putting dishes into the dishwasher for instance. Is it the weight of the dishes that counts when we bend over in a back lift, or is it the weight of our upper body that makes the real loading on the back? As far as your back is concerned, it is your upper body weight that is the main thing being lifted. Consider that if your upper body weighs 75 lbs, and the dish you are lifting weighs 1 lb, then you are really lifting 75 times more weight than necessary for the task.

Studies have been done that show over a lifetime the average person will lift the weight of the upper body at least 15 times more than the total combined weight of all the items they have ever lifted in their entire life. Besides that, think of how many more little things we bend and lift, compared to the heavy things. We actually lift thousands of times more little things than heavy things.

The best way to keep your back from lifting the weight of your upper body is to use one of the 5 PowerLift techniques. Add into that the technique of Bridging and you can almost totally eliminate the upper body weight from the things you lift.

BODY WEIGHT VS. MATERIAL WEIGHT