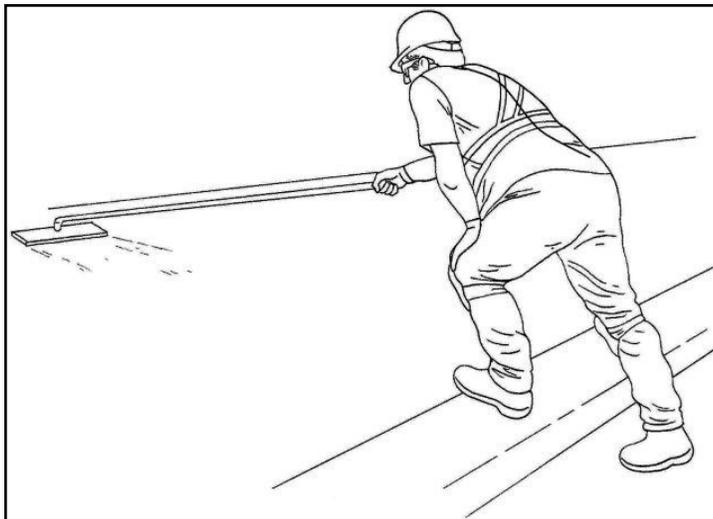


This is a great example of using your back like a crane to work. Not only is your back not designed to work like this, it can lead to injury and will become worn out at an early age.



Save your back from becoming worn out at an early age by learning how to bridge. With one foot out like a strut, and one hand bridging to your leg, the weight of the work is transferred directly to your leg, bypassing your low back.

In addition, bridging ties your upper body strength to your lower body making you about one-third times stronger than using your back.

BULL FLOAT