



1. When carrying something in both arms, try to let the load rest on your forearms. This method effectively moves the load closer to your center of gravity and makes it easier to carry.

2. Another great way to carry is to let the load rest on your thigh as you walk. Your thigh will hold 30% to 50% of the weight of the load as you walk.

3. The same techniques work for a roll. You can cradle it in your arms, letting the load rest on your forearms.

4. The load can also rest on your thigh if you hold it by the core. This way the core acts as a handle and your thigh like a shelf.

## CARRYING STOCK