



Lifting loads out of a car trunk is always difficult because the bumper tends to keep us too far from the load. To increase your power and protect your back learn to lean your thighs as you lift. To do this, spread your feet and back away from the bumper just enough so you can bend your knees slightly. Now rest your thighs on the bumper and learn to transfer your body weight through your legs into the car. Once your weight has been transferred, you will feel the car actually rock forward even if it is in park. With your weight transferred, go forward at the hip sockets and POWERLIFT[®] the load out of the trunk. The key technique with this maneuver is to make sure that both your hips, buttocks and upper body all move forward as you reach into the trunk. If, however, you let your knees bend more and your buttocks move backward or away from the trunk as you lean into it, you will lose all of your leverage and the lift will not work.

**CAR TRUNK
(Lean on Thighs)**