



## CHOCK BLOCKS FOR THE GPU

Handling chock blocks for the GPU can easily twist your back if don't use a wide stance. Keeping a wide **POWERLIFT®** stance lets your hips do the twisting instead of your back. Bridging to the GPU will also help as it will support the weight of your upper body so your low back doesn't have to. Remember it is not just the weight of the blocks that loads up your lower back but also the weight of your upper body.

Work smart, use **POWERLIFT®** !