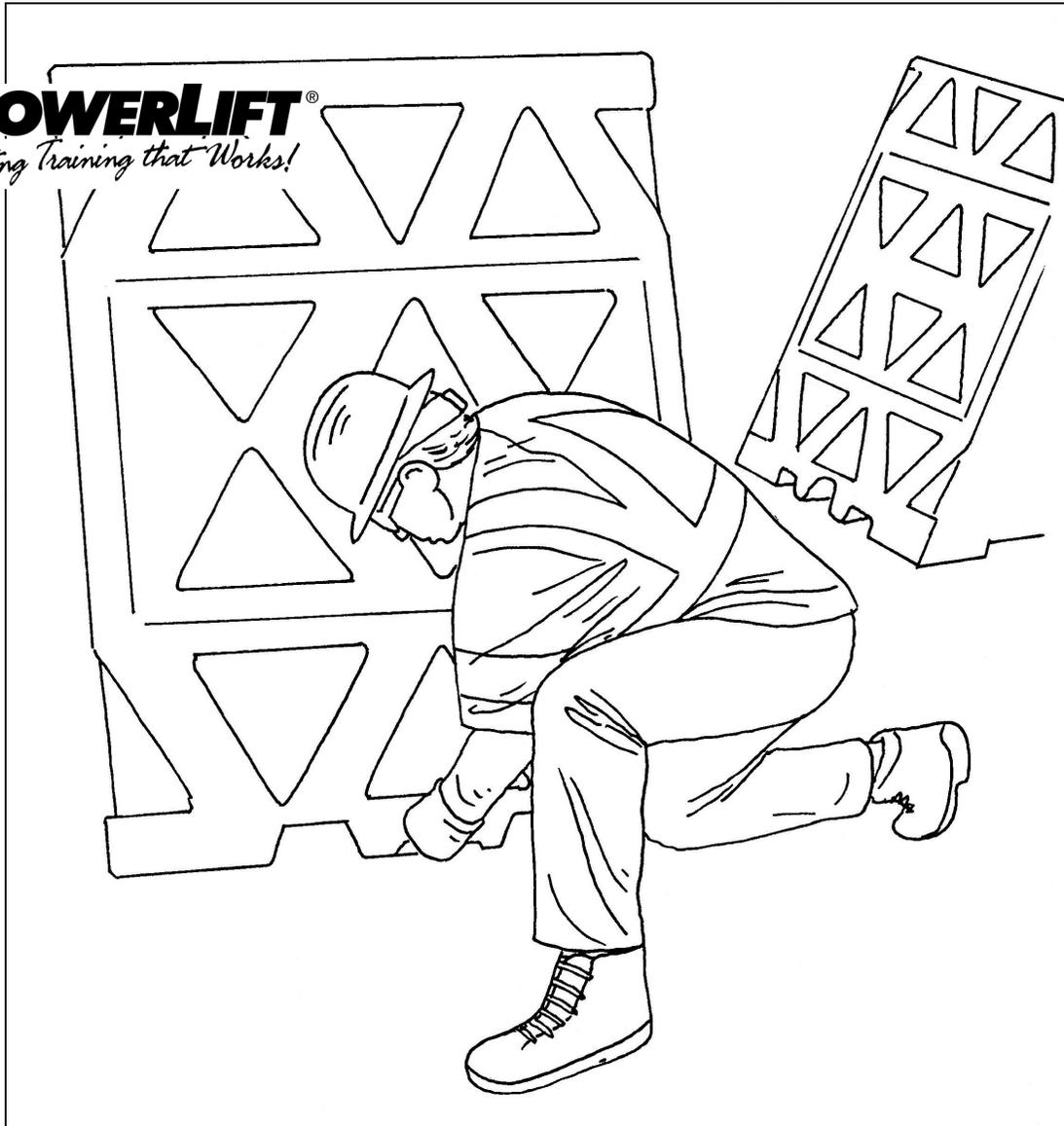


**POWERLIFT**<sup>®</sup>  
*Lifting Training that Works!*



## EMPTYING A WATER BARRIER

To open the bung and drain a water barrier you must get down almost to the ground to access the drain. The best and easiest way to do this is with a Tripod stance. Being down on one knee lets you get your hands down to the work without bending your back too much. Be sure to bridge your hand to your thigh when you go down and get back up also. Bridging makes going up and down much easier because you have added your upper body strength to the task. These are good ways of handling yourself as you work and will help to make your day easier!