

## ENTERING LOW SLOTS

## DOUBLE BRIDGE

When you go under a low slot to pick from the back try to <u>use your entire body to bring</u> you into the slot instead of letting your low back carry your body weight. Use you <u>upper</u> hand to bridge to the rack and your <u>opposite hand to bridge to your thigh</u>. This is a <u>much faster</u> way to enter a slot and is <u>much easier</u> on you as you pick your order!