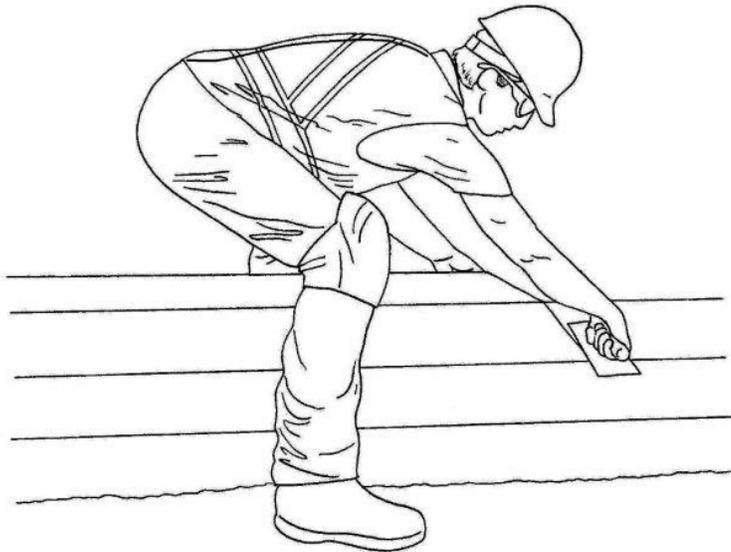




Never work with your back in this position. It is not the weight of the trowel that will hurt you, but rather the weight of your upper body. Making your low back hold the weight of your upper body will give you a worn out back long before your time.



Instead, keep a wide POWERLIFT<sup>®</sup> stance as often as you can. This lets your hips do the bending instead of your back keeping your lower back in neutral. Keeping a neutral spine will help you from wearing out the joints of your lower back.

## FORMING