



This is a task that has injured many a back simply because the awkwardness and weight of golf clubs combined with the uneasy task of dealing with a car trunk. For this job always remember the **Lean Bar Technique**. To remove or take out anything from your car trunk always spread your feet in wide stance, bend your knees and rest your thighs into the bumper of the car. Very importantly, transfer your body weight through your legs into the car bumper so that the bumper is actually holding you up. Then it will become an easy task to bend forward at the hips and use your leg muscles to lower or lift loads like this to and from your trunk. Remember also, that if you're worried about your clothing getting dirty from a muddy bumper, you can use a towel draped over the bumper as protection. Always have a towel handy inside your trunk and use it to wipe your car bumper clean or to drape it over the bumper to protect your clothes. In this way you will be much more willing to use good lifting technique than if you risk ruining a good pair of slacks.

GOLF CLUBS TO AND FROM CAR TRUNK