



POWERLIFT® / Tip the Load

If the bag is laying on the floor or on a pallet, step over it and stand it up on end utilizing good wide stance POWERLIFT® technique. Then, while still standing over the bag, learn to tip the load. Tipping the load creates a handle out of the bottom corner of the bag so that you can more easily lift it.



To Tripod Lift a heavy bag, get down on one knee, placing yourself over the bag. Tip the load and lift the bag up, setting it on your leg. The key now is to let the bag rest on your leg as you begin to rise.



To help you rise, you can even push down on the bag, which tends to help push you up from the tripod position. Let the bag rest on your leg for the first 1/3 to 1/2 of the way up, then lift it from your leg. Be sure to have one hand on an upper corner of the bag and one hand on a lower corner of the bag so you have a firm grasp on the bag once you are up.

**HEAVY BAGS**  
**(POWERLIFT® / Tip the Load)**