

**POWERLIFT®**  
*Lifting Training that Works!*



## HOLDING UP YOUR END...

Standing to hold your end of a load is tiring and can really work your back. To make this task much easier on yourself, let your legs do the work. To hold the end of a guard rail for instance, stand in a wide **POWERLIFT®** stance and keep the load as close to you as possible. This means, actually let the guard rail touch your stomach and/or chest as you hold it. This puts all the load on your legs and will even make it easier on your arms and shoulders!