



If you don't have a tongue jack, where do you stand to hook up a trailer to the hitch? Most people stand to one side of the hitch which forces you to bend and twist your lower back. The lower back is simply not made to bend/twist, so you can and will get hurt if you operate like that. Instead, stand over the hitch in a wide POWERLIFT® stance. Then to add more to your strength, bridge both of your elbows to your legs. Now when you maneuver the hitch, you can use both your legs and upper body strength. This is a great way to work safely and have more strength at the same time!

HOOKING UP THE TRAILER HITCH