



INSTALLING A TIRE TO THE HUB

There are many ways to lift a tire up to the hub and here is one of them that doesn't require much lifting at all. That is because you can roll it up your thigh before you lift it to the hub. But to roll it up your thigh you have to have your thigh available and in the right position to make it work. If you stand in a wide stance with knees bent, you can position the tire at an angle and roll it right up your thigh. Then to finish the lift, stay in a wide stance and move your feet so that your legs continue to do the work. Keep your back out of your job and use your legs for everything!