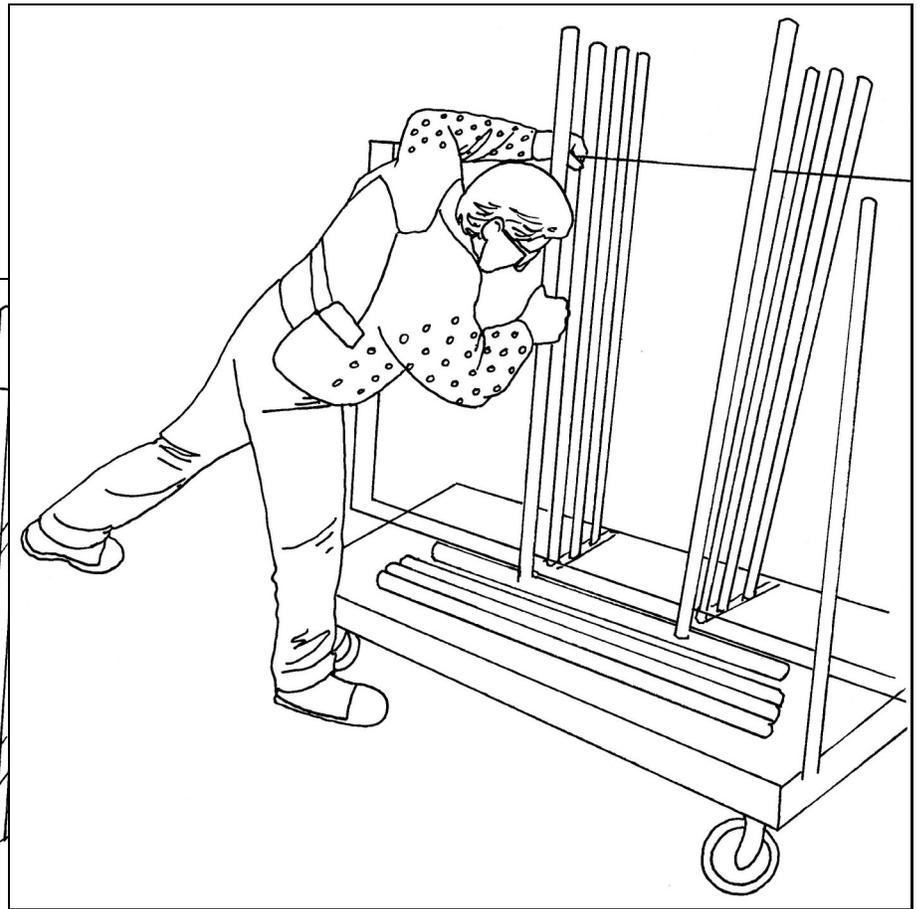


POWERLIFT®
Lifting Training that Works!



INSTALLING SPACER BARS ON THE IG CART

There are two good ways to install spacer bars on the cart. You can use a **POWERLIFT®** stance or a Golfers Bend as seen above. The really important thing to remember though, is that it is not the weight of the spacer that can hurt your back but rather the weight of your upper body. Your upper body can weigh anywhere from 50 to 150 pounds and you just don't need or want that kind of weight on you back, day after week after year. Keep your body weight off of your back by using your legs as you work. You will last longer that way and have a better quality of life with a good back!