



## LEANING INTO A LARGE TOTE

There are two ways to lean into a large tote without using your back.

The first is to use the Lean Bar Technique. Do this by simply taking a wide stance with your legs and bending your knees just a bit. Now you will be able to rotate forward with your hips instead of bending forward with your back. In addition, the tote will be holding you up, not your back as you reach.

The second way is with a Golfer's Bend. Lean into the tote with one thigh while the opposite foot comes off of the floor. Once again you will be able to rotate at the hip instead of bending at the back and the tote will be holding you up, not your back. Try these and see how much easier they will make your work!