



LIFTING A FIN PACK

Lifting a fin pack off the rack can be awkward because the frame of the machine gets in your way. The best way to get around that is by using your wide stance and standing at the corner of the frame. That way you can get close and use your legs instead of bending over with your back. Wide stand makes it much easier to get close to your work because it creates space between you legs that you don't have when you are using a narrow, back lifting stance. Use wide stance for everything you do as you work!