



LIFTING A SANDBAG

If you are lifting a sandbag with just one hand, here is the easiest and strongest way to do it. First, step over the bag putting yourself into a wide **POWERLIFT®** stance. Then, as you reach down with one hand to grasp the bag, bridge your other hand to your thigh. This is called a 'One-Handed, Bridged **POWERLIFT®**. Bridging transfers your upper body weight directly to your leg, by-passing your back, plus it allows you to use your upper body strength to help with the lift. If you don't bridge, you will be lifting the weight of your upper body plus the weight of the sandbag. Using a wide **POWERLIFT®** stance allows your legs to do the lifting instead of your back. All and all this is a win-win way to handle sandbags and you do all the winning!