



LIFTING A TIRE WITH A PIVOT MOVE

Please, don't ever lift a tire like you see above, left. This is pure back lifting and if it doesn't get you with an injury it will get you in the end with an arthritic back. You can do the same lift with your legs if you use a wide stance, bend your knees and put your back in neutral. Neutral means that you lift your head and chest and make sure the forward running curve in the small of your back is curved in. Lifting with a neutral spine protects your back and is the strongest lifting position a human can use. Get that back in neutral for all the lifting that you do!