

**POWERLIFT®**  
*Lifting Training that Works!*



## LIFTING A WHEELBARROW

Normally, when we lift a wheelbarrow by the handles to walk it away, we stand between the handles. This sets you up for a half-leg, half-back lift, which is not as strong or stable as using a **POWERLIFT®**. To increase your strength and stability, stand at a 45 degree angle to the handles in a wide stance and bend your knees. This will put one handle outside of your right leg and one handle inside your left leg, (as seen above.) This is a really stable stance and will surprise you with how much stronger you are. Keep the load on your legs, always use **POWERLIFT®**.