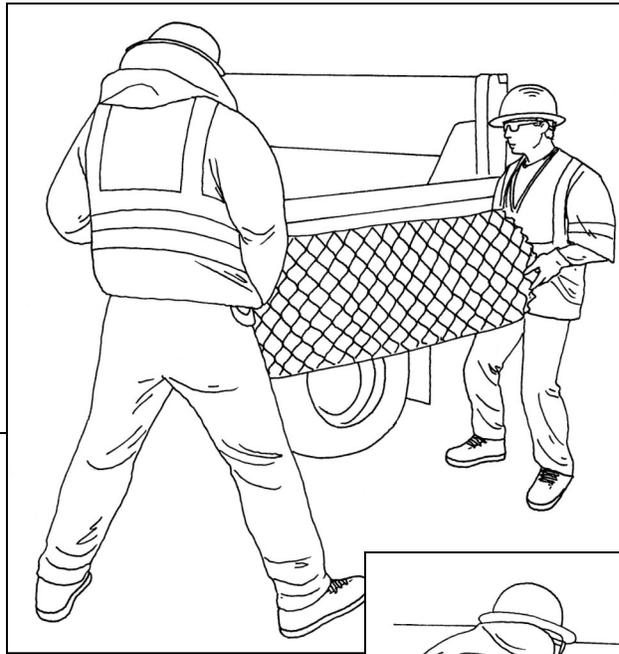


POWERLIFT[®]
Lifting Training that Works!



LOADING CHAIN LINK TO THE TRUCK

Lifting a roll of chain link fencing up to the back of the truck is a heavy lift and should only be done with your legs. You will get the greatest strength out of your legs with a wide stance **POWERLIFT**[®]. This lift is based on a 'Sumo-style dead lift' and is the strongest lifting position a human body can obtain. Using this lift takes every bit of stress off of your back and puts in on your legs. This is the way to go through your work day in order to feel good at the end of today and every day!