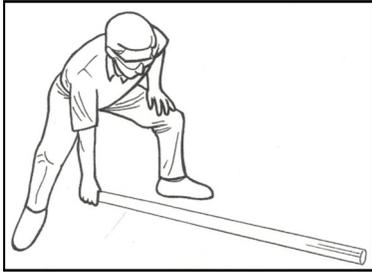


# **POWERLIFT®**

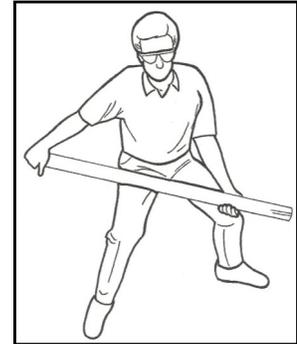
*Lifting Training that Works!*



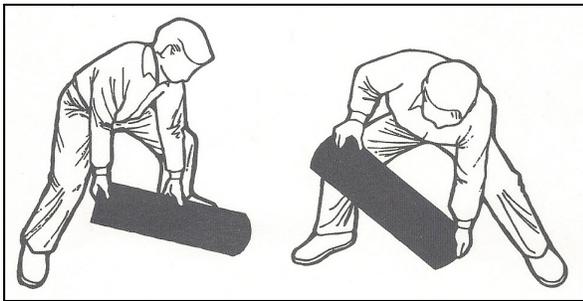
1). Lift at a 45 degree angle to the load.



2). Tip the load to get under it.



3). Pivot the load up on your leg.



Once the load is tipped, step around it to the opposite side and use a POWERLIFT® to raise it from the floor or ground.



A Tripod Lift also works well for long objects lying on the floor or ground. Just remember to swing your leg under the load once it is up. Then you can rest it on your leg as you rise.

Most people, when they lift long objects from the floor or ground, will tend to tip the load. This is good technique. However, to tip the load we generally approach from the end of the object and most often end up using a squat dead lift to lift and tip. To avoid this, stand over the object with a wide stance and at a 45 degree angle to the long axis of the load. Then, going down with your legs and forward with your hips use POWERLIFT® to lift one end up, tipping the load. You can then use one of two methods shown below to finish the lift. First you can step around the end of the load that is still on the floor and again in wide stance take your opposite hand to lift. Or you can step into the load and let it rest on your thigh allowing it to pivot up on your leg. Once it is up on your leg, then it is a simple matter to finish with a POWERLIFT®. Practice POWERLIFTING long objects such as a pipe, shaft or board. Try also finishing the lift with the two methods outlined below, where you either step over the end of the load and finish with a POWERLIFT® or let the load pivot up on a your thigh before finishing the lift.

## **LIFTING LONG OBJECTS**