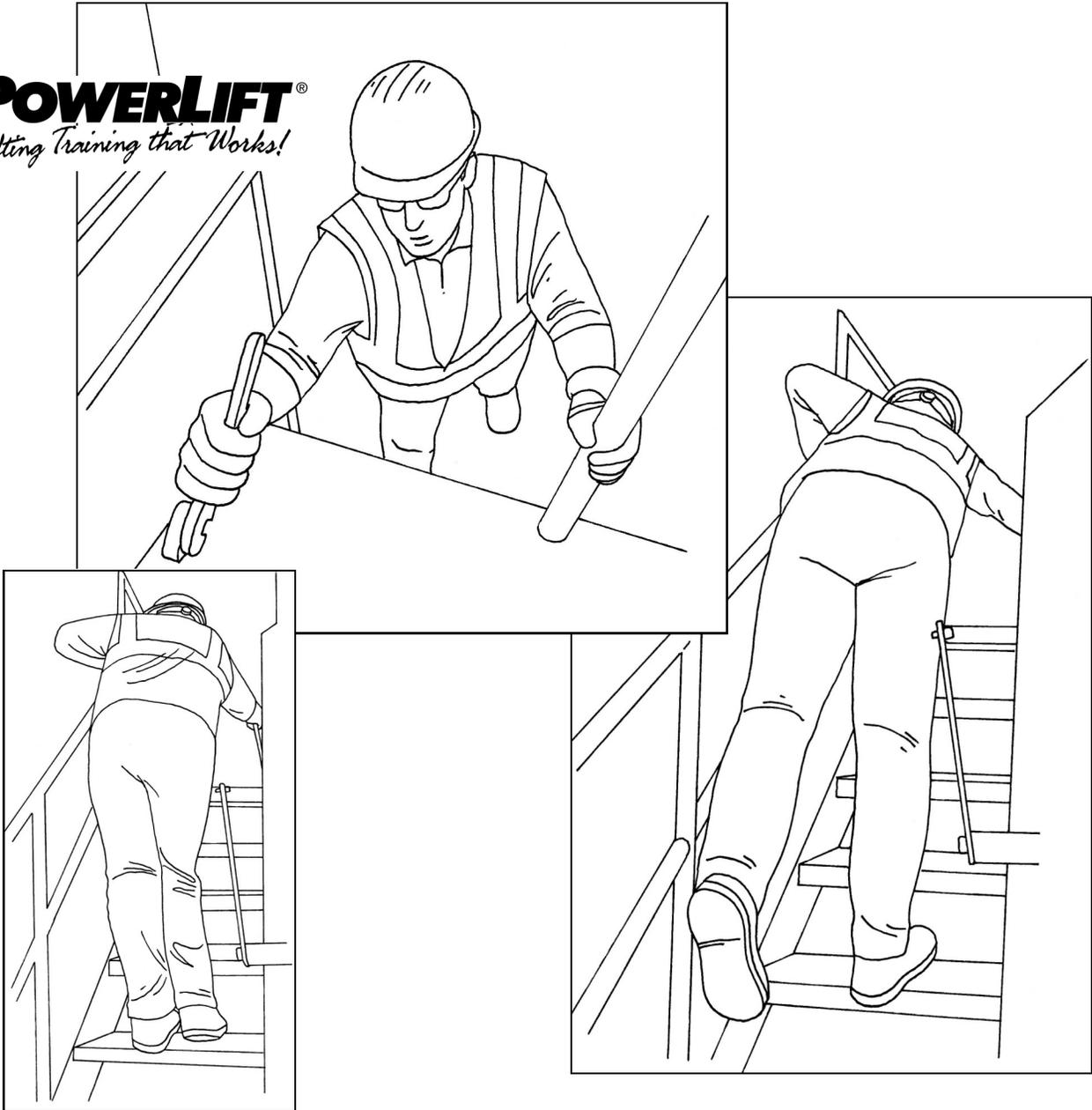


**POWERLIFT**<sup>®</sup>  
*Lifting Training that Works!*



## MOVING THE TRIPPER FLOP GATE

When you are working in a cramped space such as on a narrow set of steps, get creative with the way you reach out to work. In this case keeping both feet on the same step forces your back to bend and twist as you push and pull on the lever. Instead, this would be a great place to use a Golfers Bend. By letting one foot come up off the floor you are allowing your hip to do the pivoting instead of your back doing the bending and twisting. A Golfers Bend is a great tool to have on hand when you have to reach out to work!