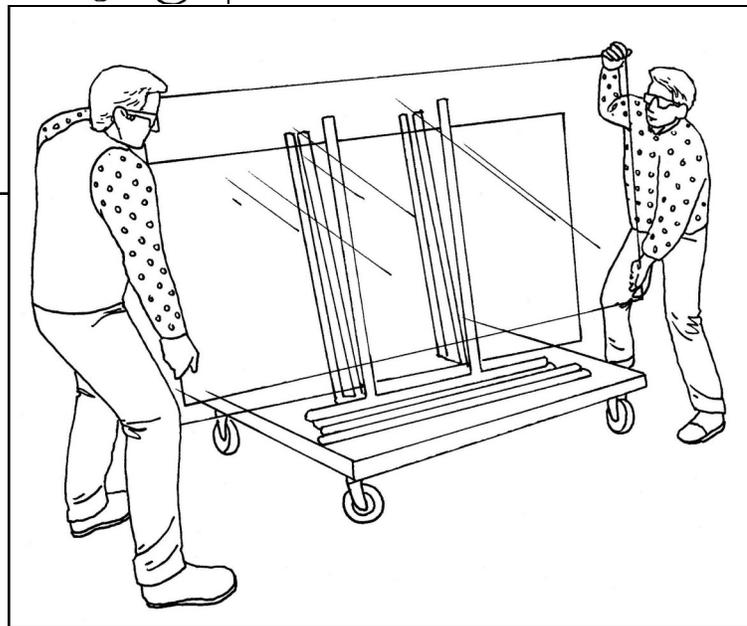
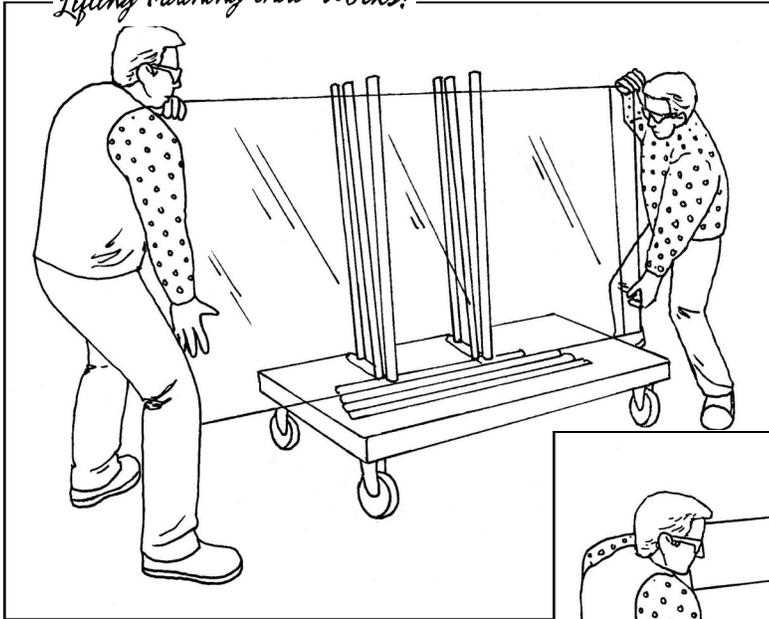


**POWERLIFT**<sup>®</sup>  
*Lifting Training that Works!*



## OFF-LOADING FINISHED IG - 2 PERSON

Off loading finished IG from the cart can be done super easily if you use your legs. The only thing to remember is to position yourself close to the glass and in a wide stance with your knees bent. Then just grasp the glass with your hands and lift it with your legs. It is very easy to bend, twist and use your back as you go down for the glass but don ' t do it! Protect your back always by using your legs. It is easy to do and will keep you capable of working for years to come!