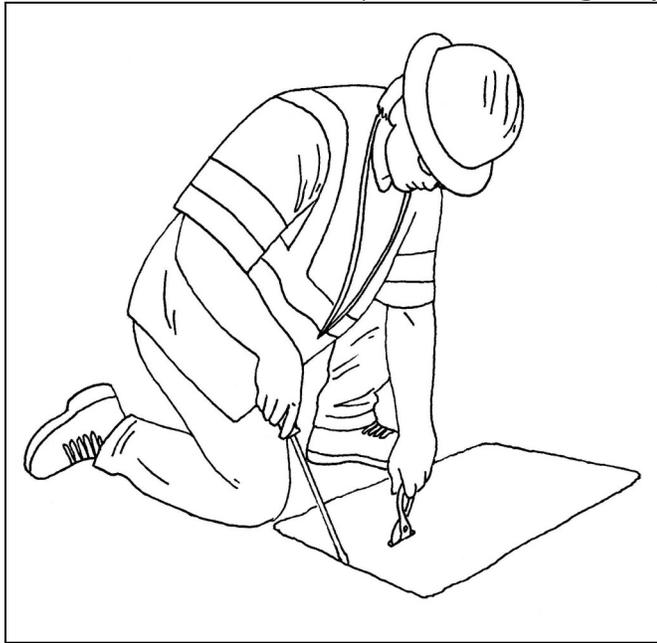
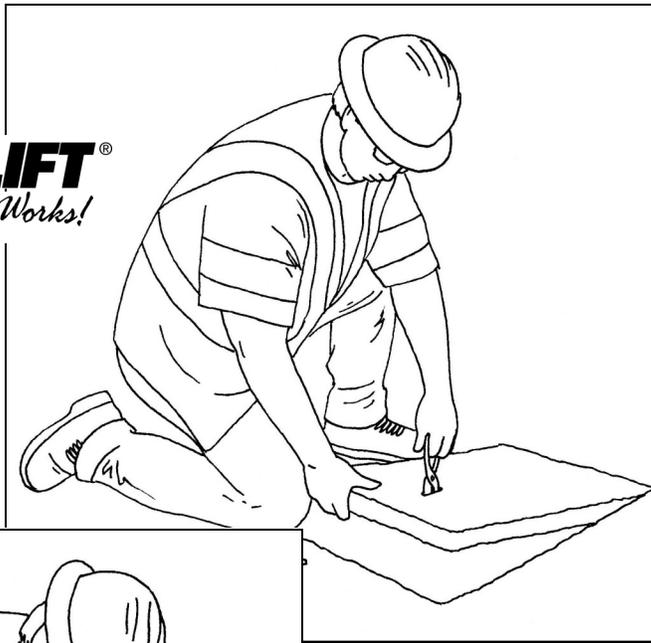


POWERLIFT[®]
Lifting Training that Works!



OPENING A #7 BOX LID

To open a box lid like a #7, you have to get both of your hands down to the ground for the job. The best way to do this, while putting the least amount of stress on your back, is to get down on one knee in a Tripod position. Being down on one knee lets you use both of your hands down near the ground without much bend in your back. Remember also to bridge your hands to your thigh as you go down and come up off of your knee. The bridging allows your upper body strength to help move your body weight as you go up and down with your legs. This is working in a smart way and will make it easier on your back, by knowing how to use your legs and your upper body to help with the task!