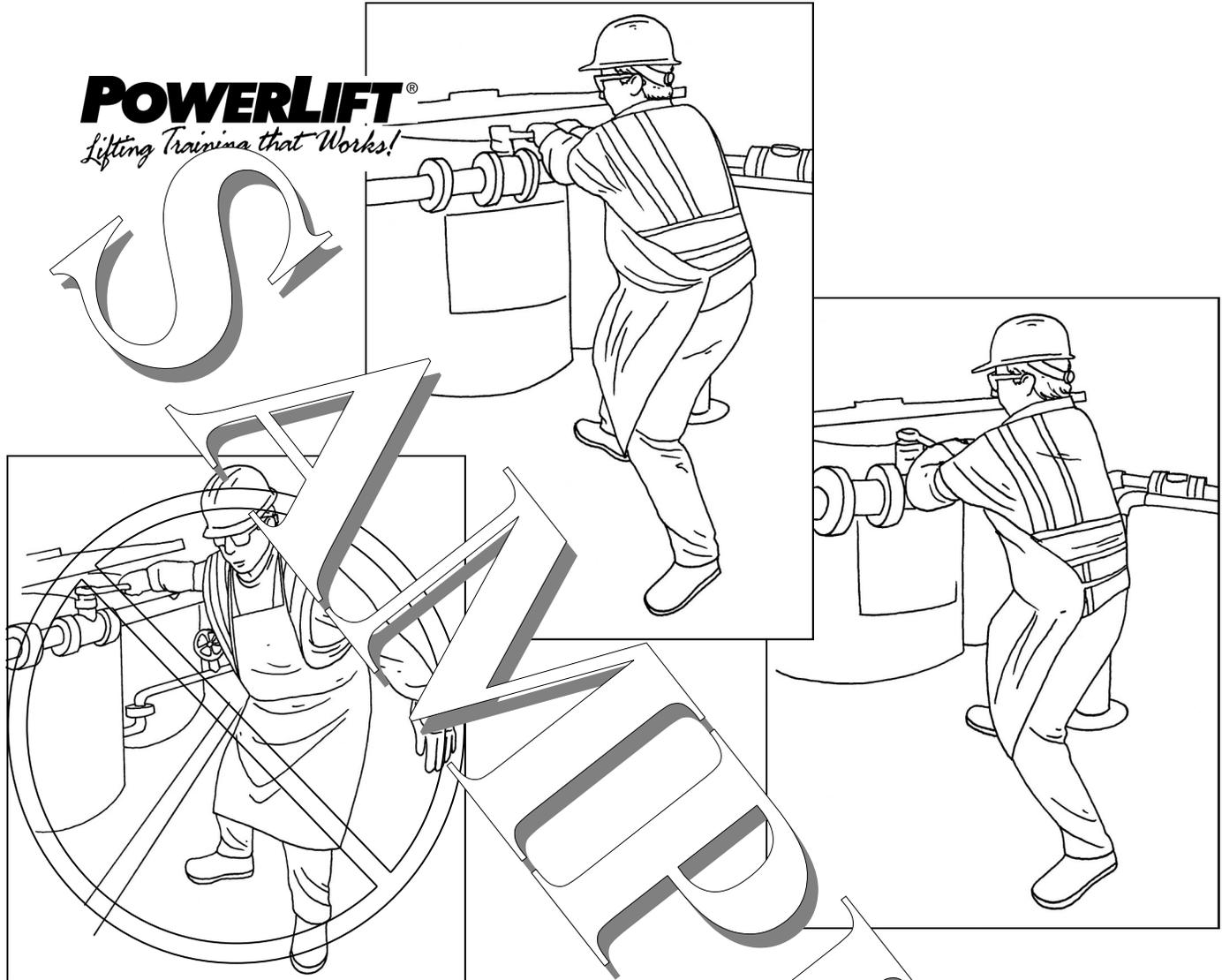


**POWERLIFT**<sup>®</sup>  
*Lifting Training that Works!*



## OPENING AND CLOSING VALVES

Don't be pulling on valves with one arm like you see above. As a result, the rotator cuff that holds your shoulder together begins to get worn down and easily torn. Rotator cuffs do not heal very well and you can easily end up with an arthritic shoulder which makes it hard to raise that arm up. Besides that, rotator cuff tendinitis can be extremely painful. Try to distribute the stress of opening and closing valves to both shoulders by using your legs to do the pulling and pushing. That way you can hold the shoulder almost stationary as your legs move your body and arms as a unit. Once you have shoulder trouble you will forever wish that you would've used your legs!