

PICKING FAST, EASY & SAFELY

If you want to work faster, safer and less hard, <u>learn to bridge as you pick</u>. When you enter a slot, <u>bridge one hand to your thigh and the other to the rack</u>. That way your <u>thigh</u> <u>carries your body weight</u> and your <u>upper body strength pulls you into the slot</u>. You will be using your entire body to pick instead of just your lower back to make it fast and easy!