



## PROTECT YOUR SHOULDERS

When you pick with one hand using your back, you also force the shoulder to take all of the stress of the pulling and lifting action. To protect your shoulder you need to get your entire body involved with the pick by using a wide stance and bridging your free hand to your thigh. That will shorten the lever arm, your shoulder will not have to move nearly as much and your legs will do most of the work. Once you are good at it, you will be able to pick even faster as you won't get as worn out and you certainly won't have to go home with an aching shoulder. Remember, use **POWERLIFT®** and **Bridge** as you pick!