



PULLING ON A VALVE ARM

If you are going to pull on a valve arm or any sort of lever for that matter, use your legs just like as if you were going to wrestle with someone. Pulling with your feet together puts the stress of the pull on your back and also on your shoulders. That 's because with your feet together your body tends to stay stationary and all the motion of pulling has to be borne by your shoulders. Keep your shoulders still and strong by keeping your stance wide with your knees bent. That way your legs and hips take up the motion while your shoulders are locked in. Work smart, use your legs!