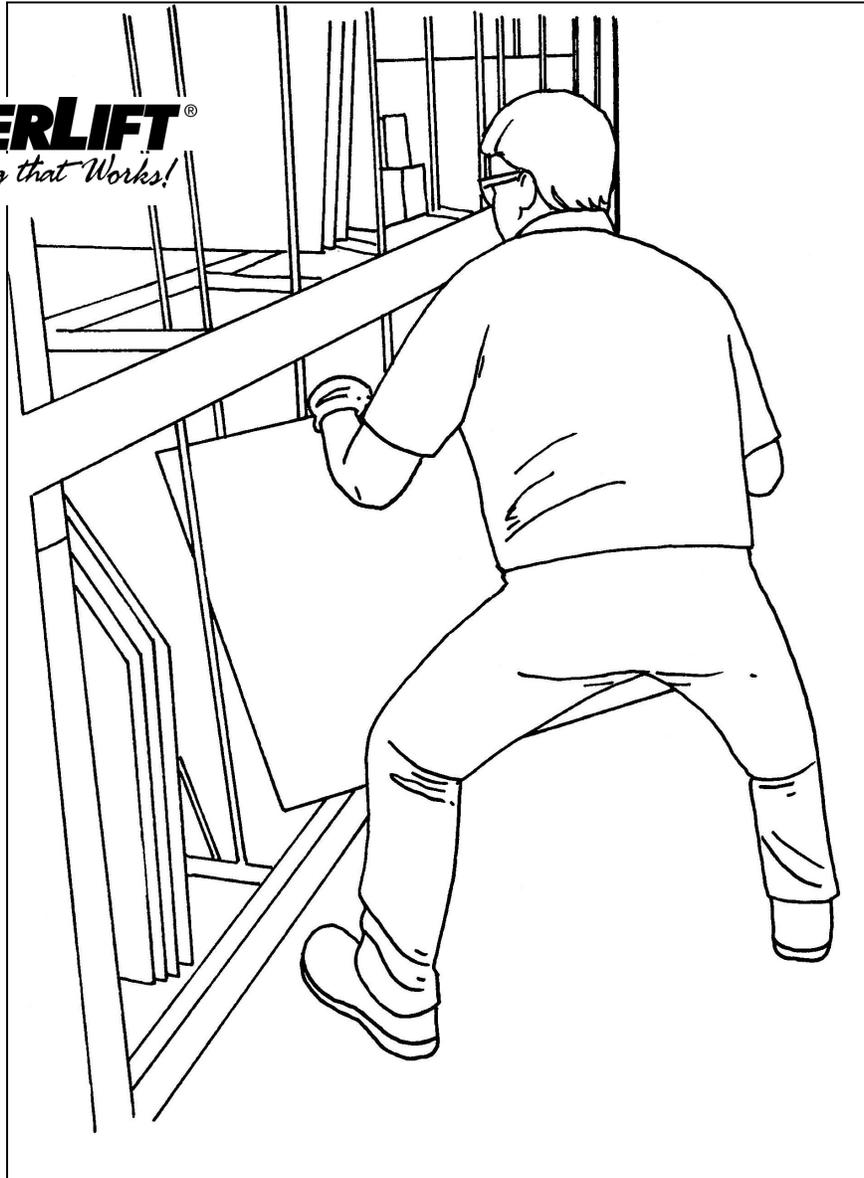


POWERLIFT[®]
Lifting Training that Works!



PULLING PANELS FROM THE RACK

To pull a panel of any kind from a rack, you need to use a wide stance *and* open your stance, so you are facing the rack at an angle. Facing at an angle gives you room to pull the panel out towards you and gets you close to it, all at the same time. Keeping your knees bent and pulling with the bottom half of your body in this solid position, allows your core muscles to help you which makes you stronger. Using your body like this when you work is the safest and strongest way to handle yourself and the material you work with. Do it the easy way and use wide stance always!