



There is a very effective technique you can use when pushing heavy loads. To do it, you must take extra long steps with your feet, keeping your knees bent. In this way you are actually accentuating the action of your legs. Using your legs in this way will give you about twice the pushing power over other methods.

- ▶ Attempt pushing a heavy BMC the way you have been and the new way. It will quickly become apparent that accentuating the action of the legs by taking long steps with your knees bent will give you much more pushing power than the old way.

PUSHING HEAVY LOADS