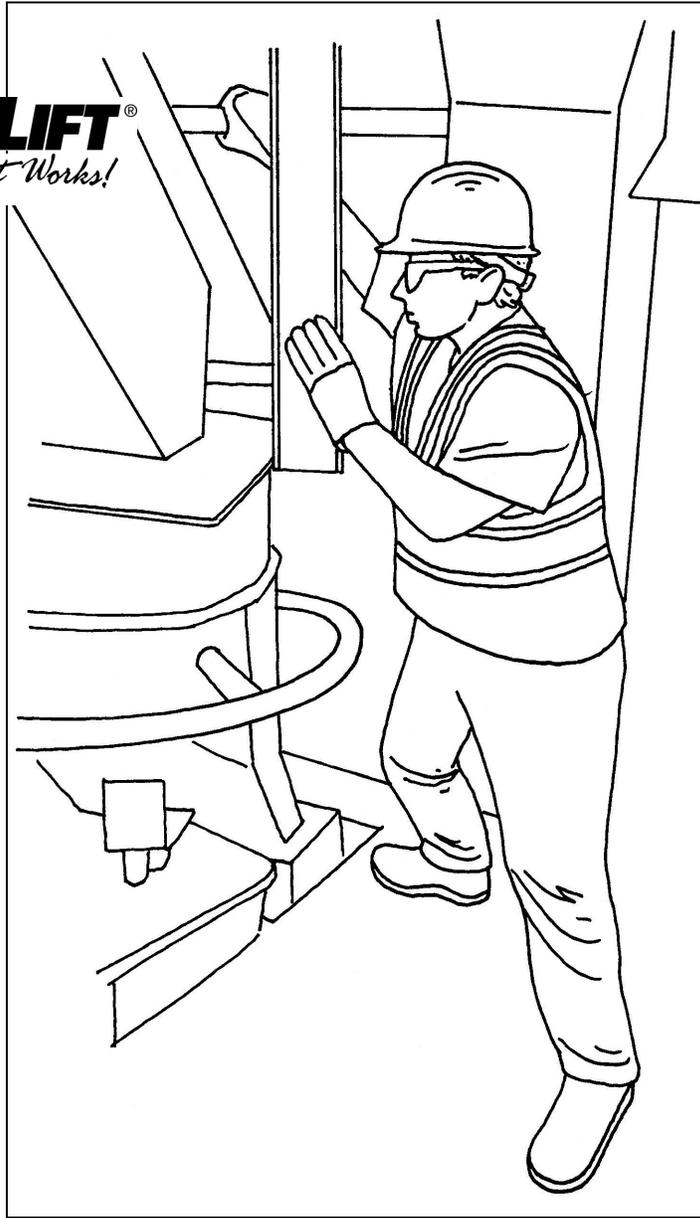


POWERLIFT[®]
Lifting Training that Works!



PUSHING TO MOVE MACHINERY

Whenever you push machinery around there are two things you want to happen. First, you want to be as strong as possible for the job and second, you don't want to twist your back as you push. You can accomplish both by using a wide stance to lower your center of gravity and bending your knees so your leg muscles can provide the strength. There just is no better way of handling yourself other than to become as safe and strong as possible by using your legs. Back users generally age faster and get arthritis in the back sooner. Stay young and strong by always using your legs for the job!