



A good approach when faced with raising or lowering hard to reach panels such as in the illustration above is to use a Golfer's Bend. A Golfer's Bend will increase your reach and effectiveness considerably especially if you are short in height. Very importantly, when reaching with both hands as you use the Golfer's Bend technique, be sure to lean the thigh or hip of the standing leg against the base of the machine for stability. Reaching out like this allows your low back to retain its normal forward running curve even though you are reaching out quite far in front of you. Use this technique whether you are lifting up to raise a panel or lowering to close a panel.

## **RAISING HARD TO REACH PANELS**