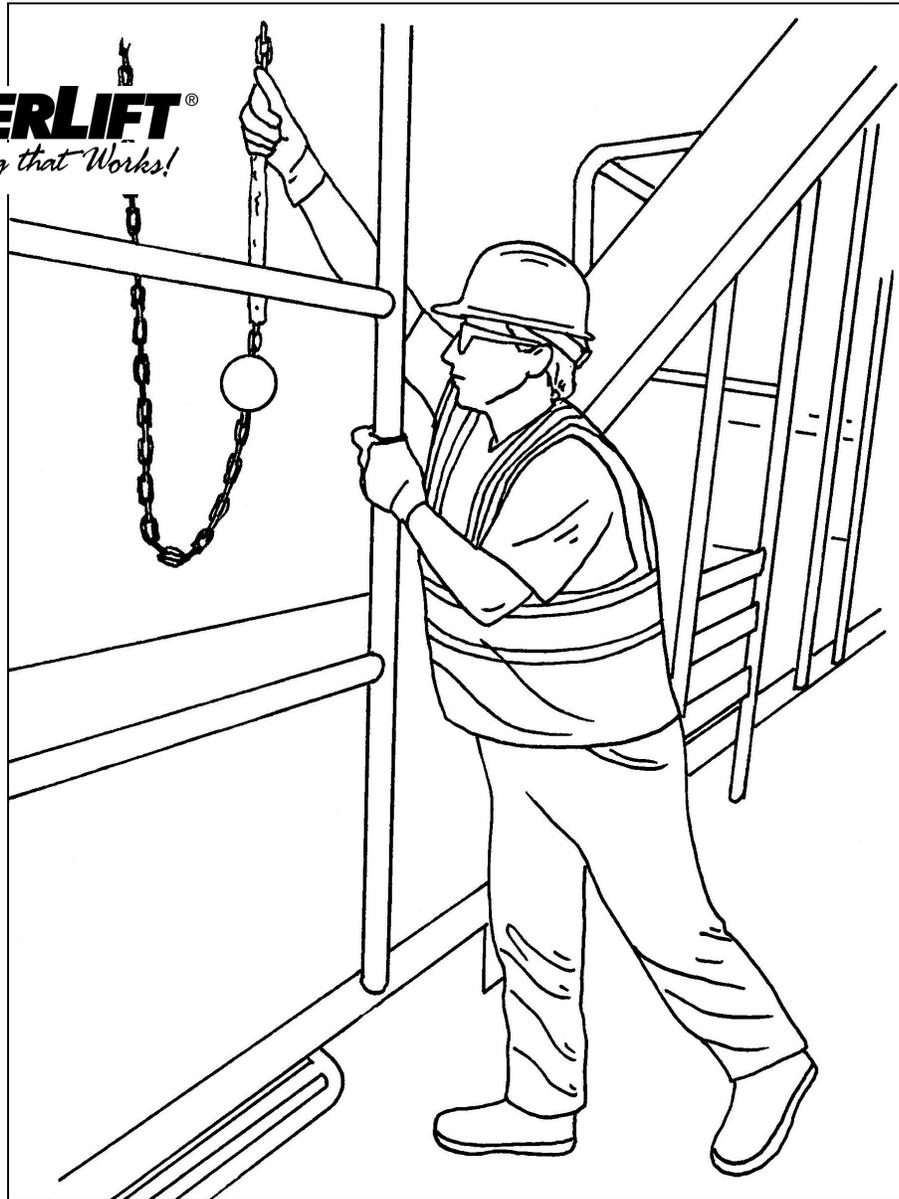


POWERLIFT[®]
Lifting Training that Works!



REACHING TO OPEN VALVES

Your job probably requires you to reach out many times each day for any number of tasks. The best way to reach is to use a Golfers Bend. Most people think that a Golfers Bend is used only to down for things but it also works great for reaching up high. Just the simple act of letting one foot come up as your reach takes the twisting out of the back and puts it on your hips. This is really important because ligaments get worn and torn from any kind of twisting. The Golfers Bend will also extend your reach and make it easier to get to the load. Use the Golfers Bend, it takes the twist out of your back.!