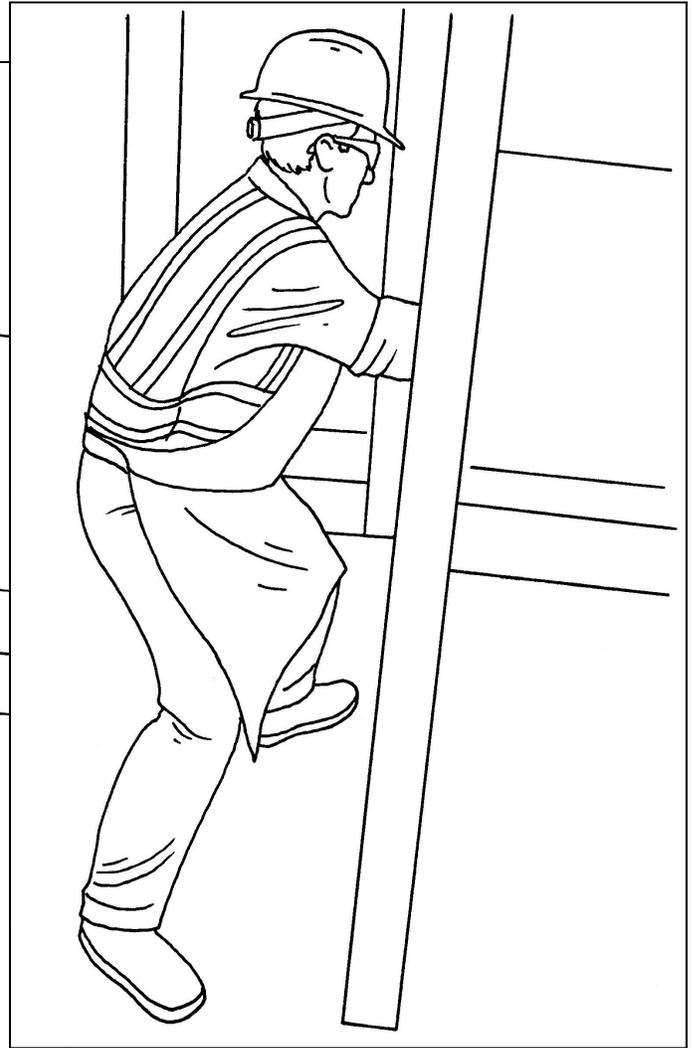


POWERLIFT[®]
Lifting Training that Works!



REMOVING CHUNKS FROM THE MIXER

Reaching into tight areas like this can easily force your back to bend and twist. That is the fastest and most sure fire way to tear up ligaments in your low back. Instead of that, put the bending and twisting on your hips and legs with either of these two methods. You can use a wide stance with your knees bent because that allows both of your hips to take up the bending and twisting. Or you can also use a simple Golfers Bend, because when one foot comes up the bending and twisting takes place in your standing hip, which is made for the job. If you want to enjoy a good quality of life after to retire, get into the habit of using your legs and hips instead of your low back!