



ROLLING A TIRE ONTO YOUR THIGH

Here is a way to roll a tire up onto your thigh without using your back. Open up your stance so your feet are placed wide apart and position the tire at an angle to your legs (see above). In this stance, when you bend your knees, you will be able to roll the tire up onto your thigh without stressing your back. Once the tire is up on your thigh you can either lift it up to the rack with your arms or you can use your leg to boost it up to the rack. The method you use will depend on your strength and what you are comfortable with. The main thing to remember is, don't use your back for a job like this because that will be asking for trouble. Always protect yourself and use your legs and POWERLIFT[®] to get the job done!