



THROWING THE NETTING

Don't reach for netting that is lying on the ground with both hands at once. That forces your back to do the work. Instead, reach for the netting with one hand while you bridge to your leg with your other hand. Then when you throw the net, never stand with your feet together. That puts a big twist into your back which can hurt you. To throw the netting, stand in a really wide stance and let your legs do the work. You will be saving your back for your retirement years if you learn to use your legs!