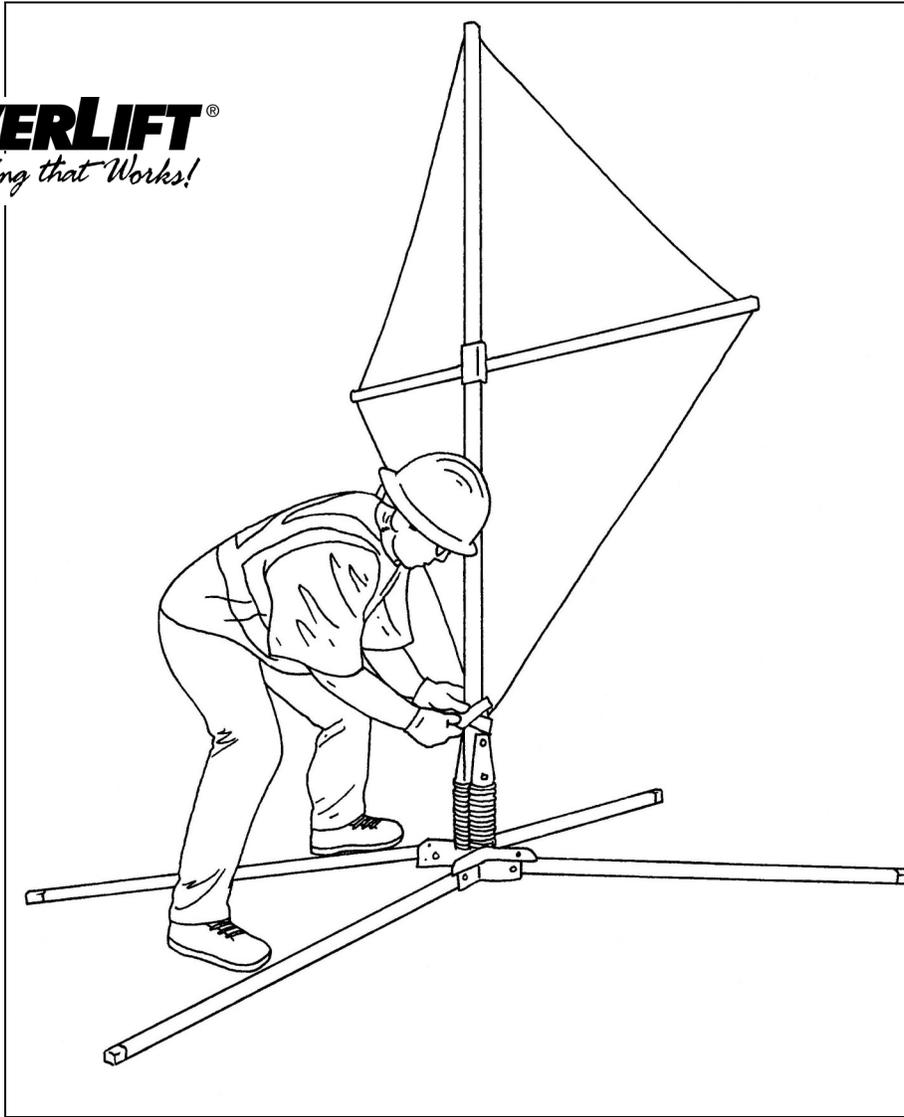


**POWERLIFT®**  
*Lifting Training that Works!*



## TYING DOWN THE WIND-MASTER

Attaching the Velcro in order to tie down the sign seems like the easiest job in the world, until you consider one important thing. It is not the weight of the Velcro that is loading your back but rather the weight of your upper body. It does not make much sense to load your lower back with 80 to 120 pounds of upper body weight just to attach some Velcro that weighs next to nothing. Every time you bend to lift you are lifting your upper body weight and hurting your spine. Keep your body weight off of your back by standing in a wide POWERLIFT® stance. Taking the weight off of your back and putting it on your legs is a smart thing to do!