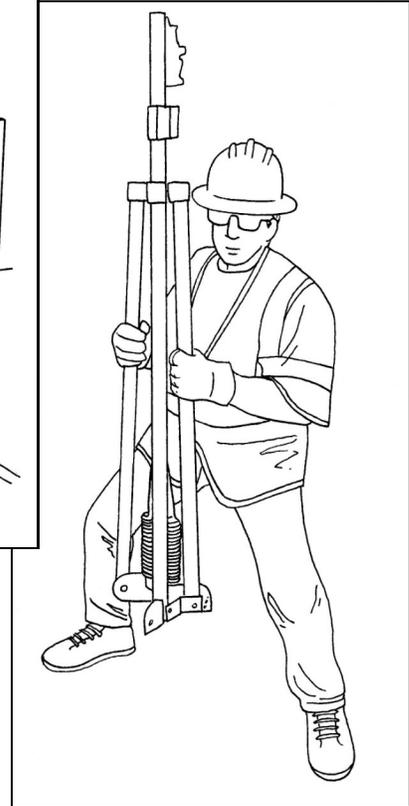
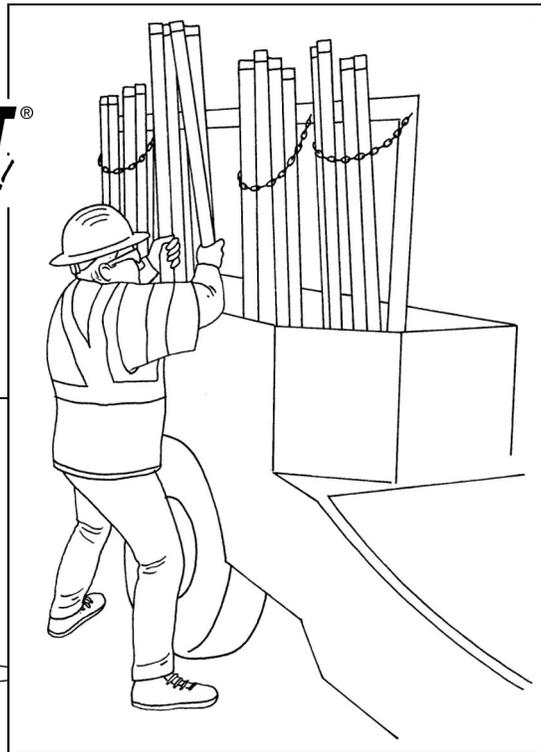
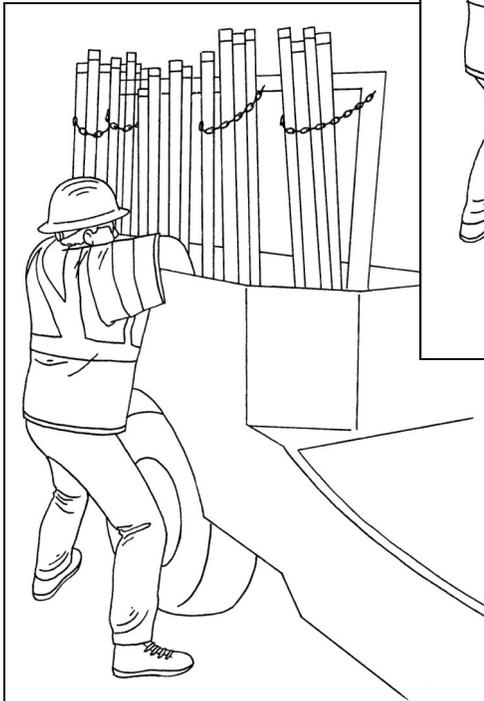


POWERLIFT[®]
Lifting Training that Works!



UNLOADING THE WIND-MASTER

Pulling the Wind-Master and other like signs out of the truck is a job that can be done with your legs or with your back. You need to decide which you want! If you want to use your legs, then begin using them just as soon as you reach in to lift the sign out of its storage slot. Using your back for a job like this is not a good idea and can end up hurting you and hurting you ability to work. Use your legs for the rest of the job also. Setting the sign down on the ground and assembling it all can be done with your legs. Make up your mind - do you want to use your legs or your back? Your life will be much better with a good back!