



## USING THE GOLFERS BEND TO PICK

Here is a quick easy way to pick without using your back. To reach for the next box of product, come up on one foot and do a Golfers Bend. But as you reach with one hand be sure to bridge your opposite hand to the stack for balance and for strength. Now as you pull the load to you with one hand, transition into a POWERLIFT® stance by bringing your raised leg down into a wide stance as you engage your other hand for the lift. This is simply a transition from a Golfers Bend to a POWERLIFT®. You will be surprised at how fast and less fatiguing this method is. Always work smarter, not harder!!