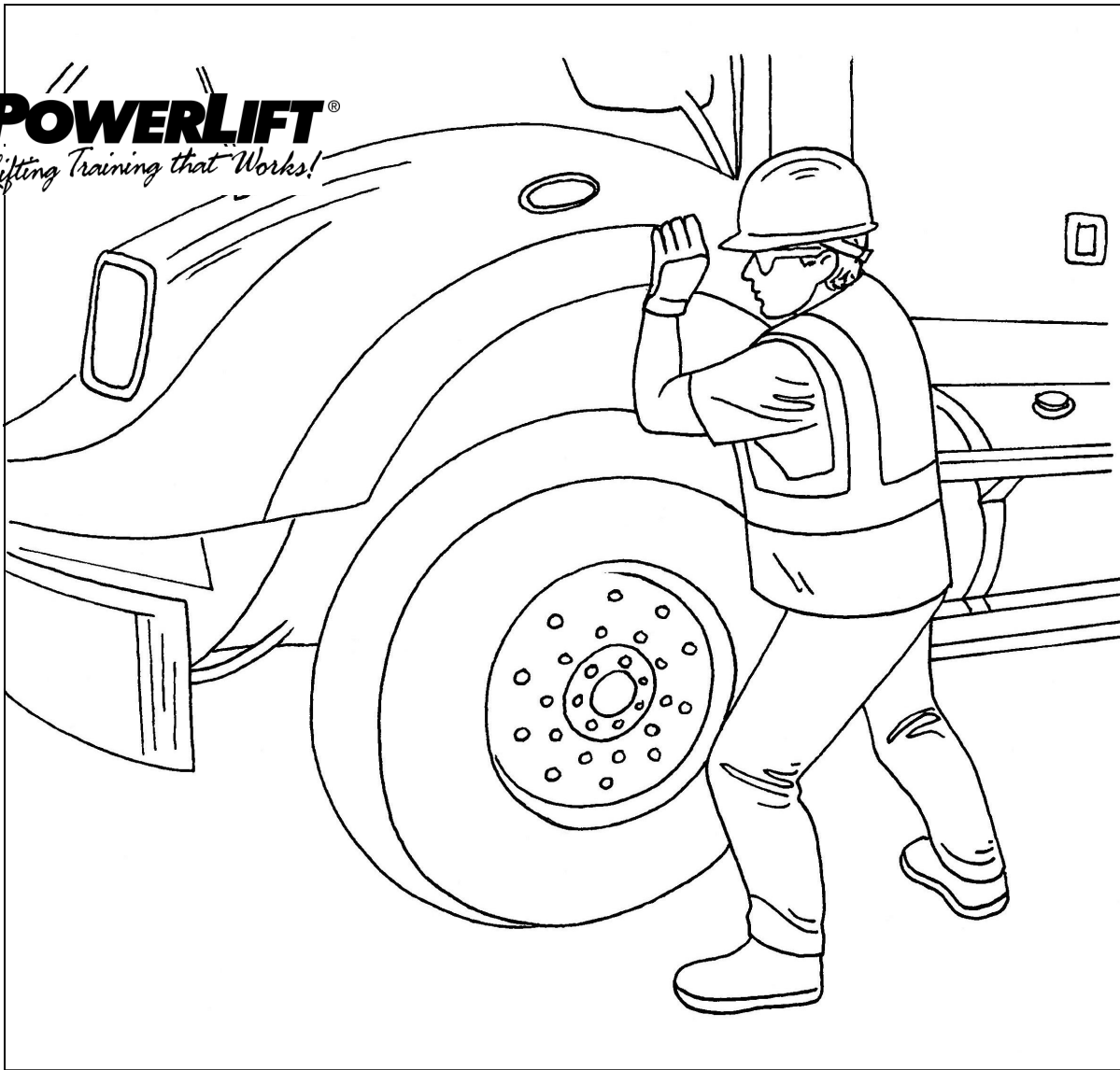


**POWERLIFT**<sup>®</sup>  
*Lifting Training that Works!*



## OPENING THE HOOD

Most drivers seem to want to open the hood by stretching up and pulling it open from the front. Do you know that pushing is almost always easier than pulling? To push open the hood, come around the side of the truck, step into a wide stance and push the hood open with your legs. This is much safer than going to the front and overstretching yourself to pull the hood open. If you have a tight muscle somewhere in your back, you may come to know it quite personally if you strain it and it causes you a back injury. Compare the two methods and you will find that pushing beats pulling almost every time!