

HOW TO LIFT SAFELY

DON'T DO THIS



=



PAIN

DO THIS



Widen your stance to increase your **BASE OF SUPPORT**.



Bend with your **KNEES** and keep your back **STACKED**.



Push up with your **LEGS**, keeping load close to your body.

AND THEN DO THIS once a day

EXTENSIONS

01

Place your hands under your forehead.

02

Tuck in your chin.

03

Lift your upper body off the ground.



WALL SQUATS

Hold a squat position with your back against a solid wall.



Hold:

30-60

seconds