

PHASE 2.

LIFT AND UNLOAD



SMOOTH - SWEEPING ACTION MOVEMENT COMING FROM LEGS ALLOWS FOR REPETITION WITH LESS STRESS.

- [ LESS WORK WHILE BACK STABILIZES ]

• POWER TO LIFT AND UNLOAD COMES FROM GLUTEALS, QUADS, CALVES AS THE LEGS STRAIGHTEN

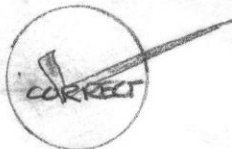
• GLUTEALS ENGAGING

• QUADS ENGAGING

• CALVES ENGAGING

• LOAD IS SWIFTED AND DISPLACED THROUGHOUT THE STRUCTURE

PHASE 1. INITIAL SET UP AND LOAD



• HEAD, NECK, SHOULDERS RELAXED

• TRUNK FLEXION RE-DISTRIBUTES LOAD BEARING TO LEGS AND GLUTEALS

FRONT LOAD COUNTER-BALANCED WITH TRUNK FLEXION AND KNEE BEND

• QUADS, GLUTEALS, AND HAMSTRINGS ARE IN SET POSITION TO LOAD AND RESPOND