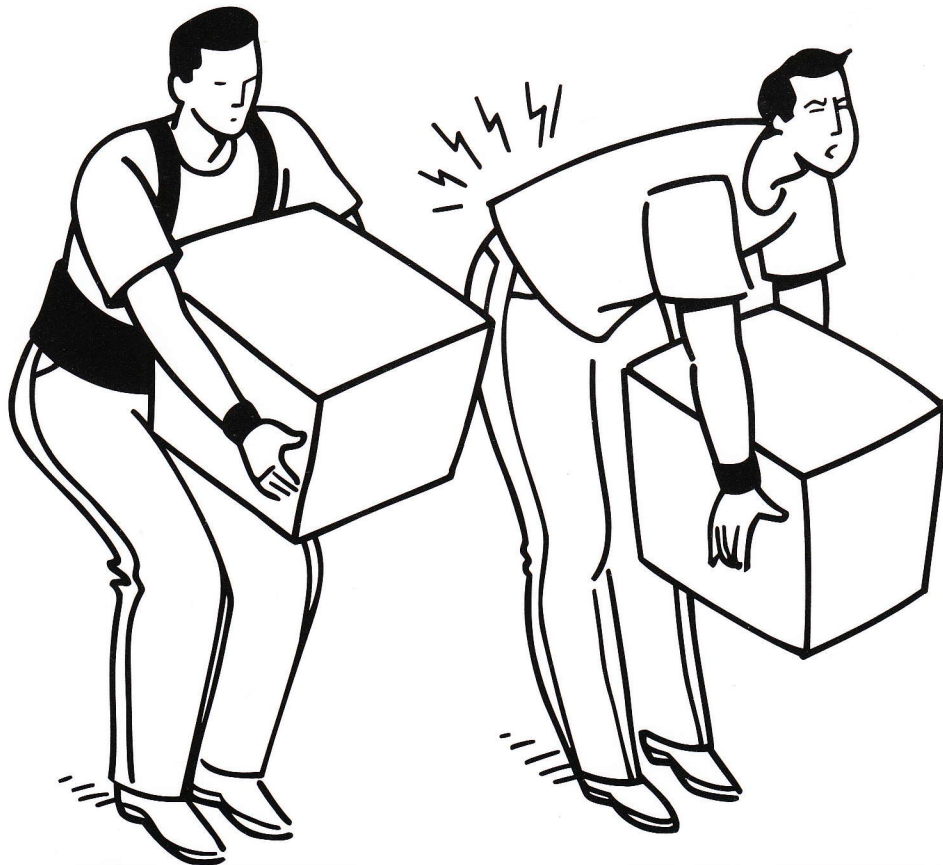


**LIFT WITH  
YOUR LEGS**



**NOT WITH  
YOUR BACK**