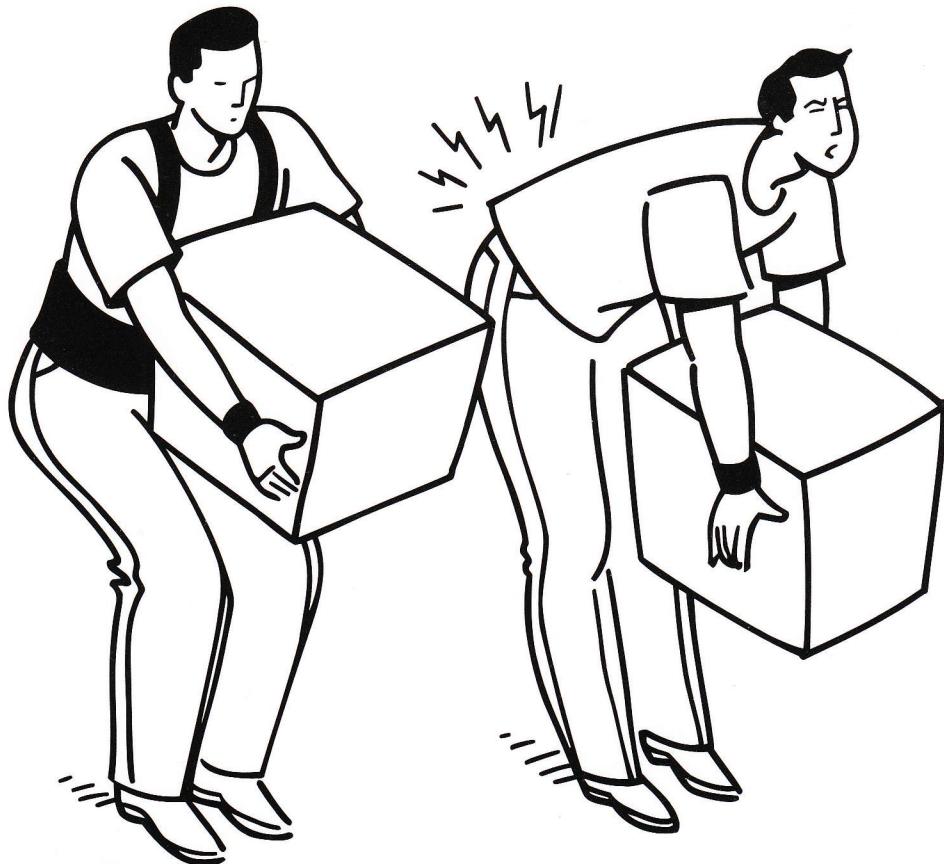


LIFT WITH YOUR LEGS



NOT WITH YOUR BACK