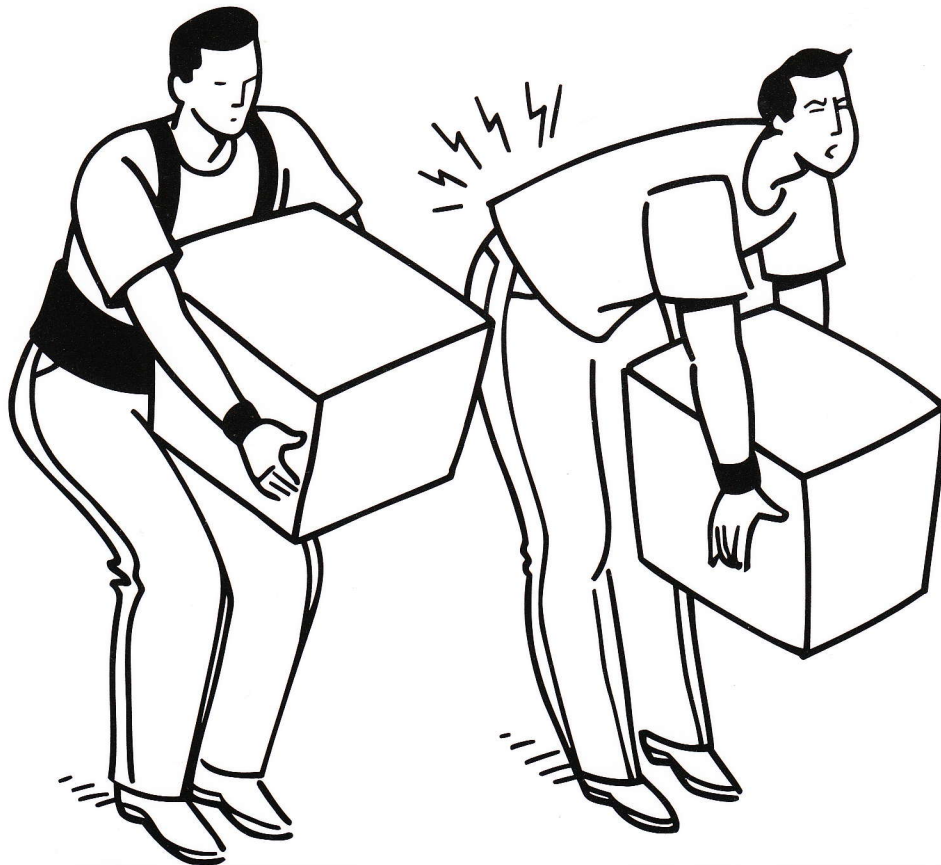


# LIFT WITH YOUR LEGS



# NOT WITH YOUR BACK