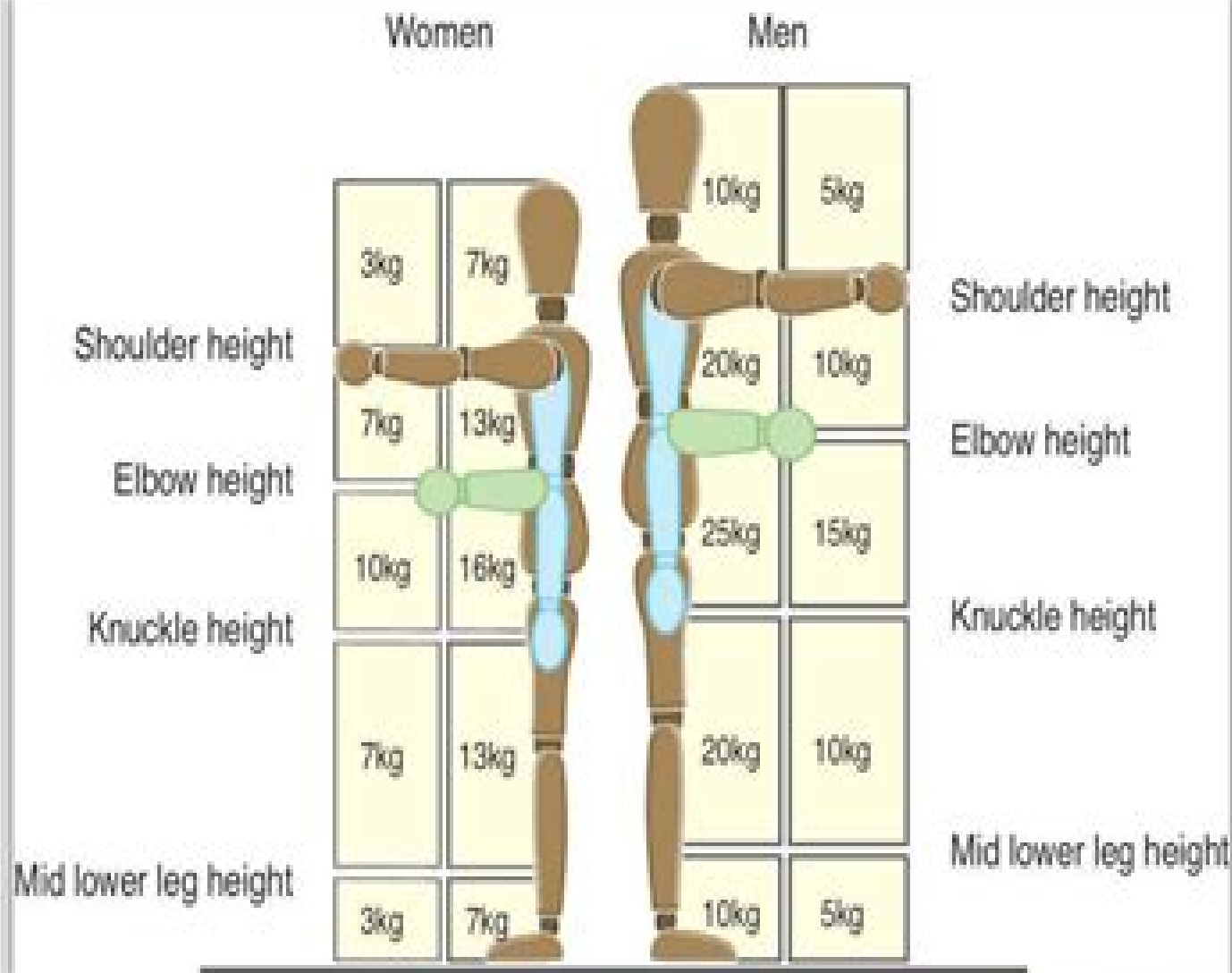


# Recommended Maximum Lifting Weights



## TIPS

**Keep the load close to the waist:**

Keep the load close to the body for as long as possible while lifting.

Keep the heaviest side of the load next to the body.

**Adopt a stable position:**

Feet should be apart with one leg slightly forward to maintain balance.

Be prepared to move your feet during the lift to maintain stability.

**Start in a good posture and maintain it throughout the lift:**

At the start of the lift, slight bending of the back, hips and knees is preferable to fully flexing the back (stooping) or fully flexing the hips and knees (squatting).

Don't flex the back while lifting.

Avoid twisting the back or leaning sideways.

Keep the head up when handling.

Move smoothly.

# Maximum Manual Lifting Weight

**Ian Pickup**



**Maximum Manual Lifting Weight:**

## Decoding **Maximum Manual Lifting Weight**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Maximum Manual Lifting Weight**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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