

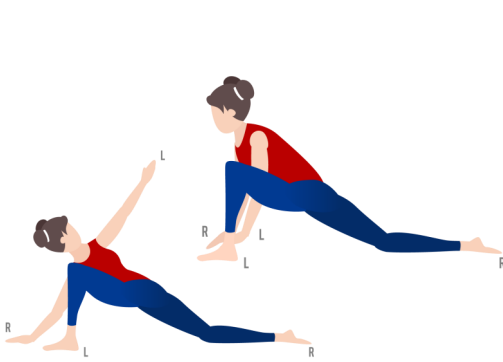
# HEAVY LIFTING CHEAT SHEET

## FUNCTIONAL TIPS FOR SAFE AND HEALTHY LIFTING

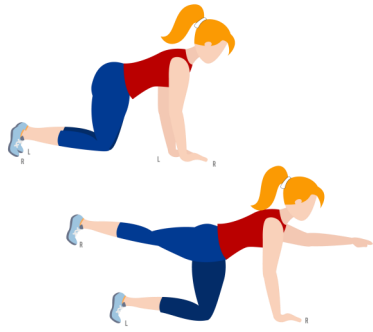
Functional training involves teaching and preparing your muscles to work together to efficiently and effectively perform daily tasks. Lifting heavy objects safely involves 3 foundational focus areas: Overall **mobility**, **strength**, and **technique**.

### MOBILITY

Mobility is the ability of your joints to move actively through a range of motion. You can improve your mobility through **dynamic stretching** routines. Not sure where to start? Try this one out!



1 WORLD'S GREATEST STRETCH



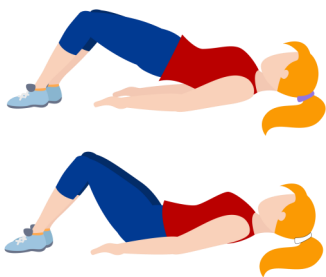
2 BIRD DOGS



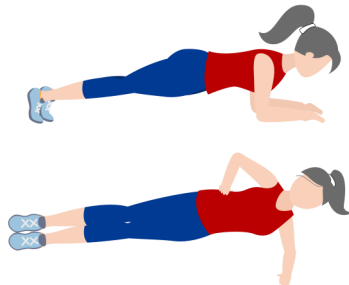
3 HAMSTRING STRETCH TO SQUAT

### STRENGTH

Strength is critical to successful lifting. Strength in your arms and legs are good but a **strong core** and **back** is critical! Try adding these core-building exercises to your routine. Add weights for an extra challenge.



1 HIP BRIDGES



2 FRONT & SIDE PLANKS



3 SPLIT SQUATS

### TECHNIQUE

Your form and technique is the final element to a safe and proper lift. Here are some tips to ensure you set-up properly and maintain proper form: 1) Keep your **chest up**. 2) Use a **wider** than normal stance. Use the **muscles in your feet** to build a solid foundation by getting your **toes** involved.

FOR MORE INFO & DEMONSTRATION VIDEOS GO TO [WWW.TRIFITNESSGYM.COM/BACK-AND-CORE](http://WWW.TRIFITNESSGYM.COM/BACK-AND-CORE)