



Fitness Tip

Powerlifting Technique

Anytime Fitness Englewood provides gym membership at reduced costs PLUS additional resources and benefits at no cost to ASAC Members. Convenience is the number 1 barrier to gym membership and with over 3900 gyms and 24 hour access it eliminates that barrier.

Contact James Worrell, Owner
Englewood Anytime Fitness at 303.663.1348 or
EnglewoodCo@AnytimeFitness.com.

Proper Lifting Technique:

Too often, we are lifting heavy items throughout the day by loading our back instead of our legs. Not only are we lifting these items incorrectly, we are most likely moving them from point A to point B by twisting/turning the torso. By doing this, we are compromising our back (specifically lower back), which may cause back pain in the future regardless of how strong your core is. That is why it is crucial to develop good habits now. It is also important to make sure that we are working on developing our leg and core muscles daily to ensure that our bodies are meeting the demands we put on them. The following workout includes daily exercises/stretchers that can be done and includes a demonstration on how to do a proper "Deadlift" and "Front Squat." You should apply the same form as shown in the demonstration when lifting heavy items at work or at home.

[CLICK HERE](#) to download Demonstration on How to do Deadlift and Front Squat Powerlift.

Winter Safety Series 2018
Issue 1 | January 19, 2018

American Subcontractors Association Colorado
3575 South Sherman Street, Suite 3 | Englewood, CO 80113
303.759.8260 | DScifo@ASAColorado.com