



# Log Lift



- a. In pairs, **A** lies on his/her back, **B** lifts partner by the feet - **A** keeps a straight, tight body.
- b. Swap roles.
- c. Correct lifting technique must be revisited.
- d. Bend the legs and use them to power their lifting effort.
- e. Keep arms straight and do not bend the back.
- f. Partners being lifted should keep their bodies as '*stiff as logs.*'