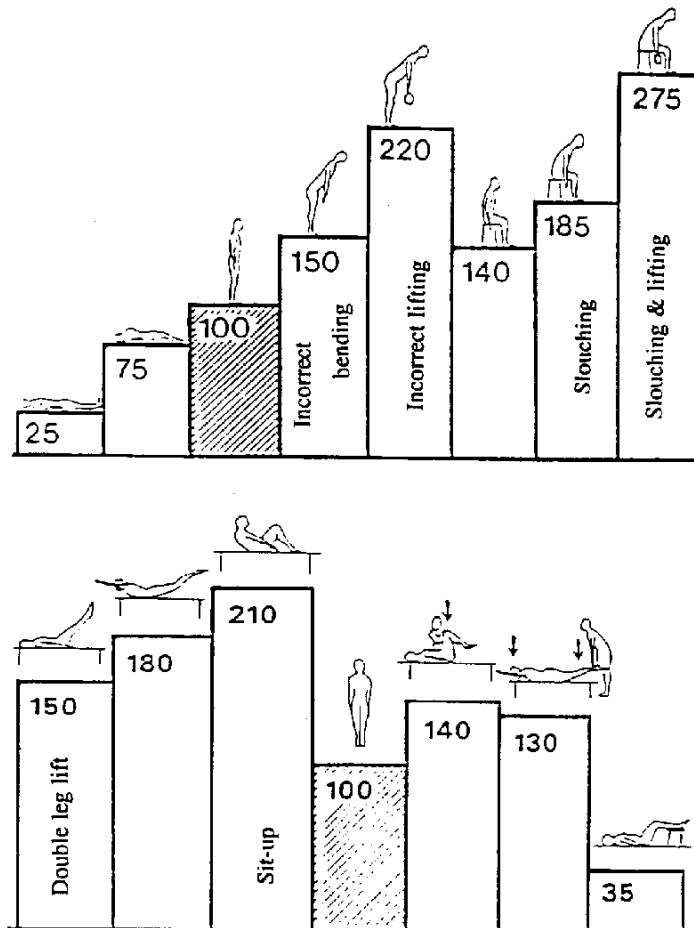


Spine Workload Chart

Relative Change in Pressure in the 3rd Lumbar Disc in Various Positions

Remember: Keep the curves in your back, bend from your hips and knees, and control your movements in order to avoid dangerous pressures in the disc.



Nachemson, A., M.D. The Lumbar Spine: An Orthopedic Challenge, *Spine*, Vol. 1, No. 1, March 1976

...for muscles that work smarter, not harder...