

# **Powerlifting Manual**

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### **Manual handling of loads - wikipedia, the free**

Manual material handling entails lifting, but also usually includes climbing, pushing, pulling, and pivoting, all of which pose the risk of injury to the back

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Manual Lifting: A Guide to the Study of Simple and Complex Lifting Tasks. Daniela Colombini, Enrico Occhipinti, Enrique Alvarez-Casado, Thomas R. Waters

### **Manual lifting - slideshare**

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