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# BACK TWIST INJURY



**PROBLEM:**  
WHEN LIFTING SOMETHING HEAVY,  
A SUDDEN TURN CAN CAUSE PULLED  
MUSCLES OR A DISLOCATED SPINE!

**LOOK**



**LISTEN**

SO, TO AVOID SERIOUS  
BACK INJURIES,

**REMEMBER:**

**DON'T TWIST  
WHEN YOU LIFT!**

**ORDER  
#GG81**

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