



Loaded Carries



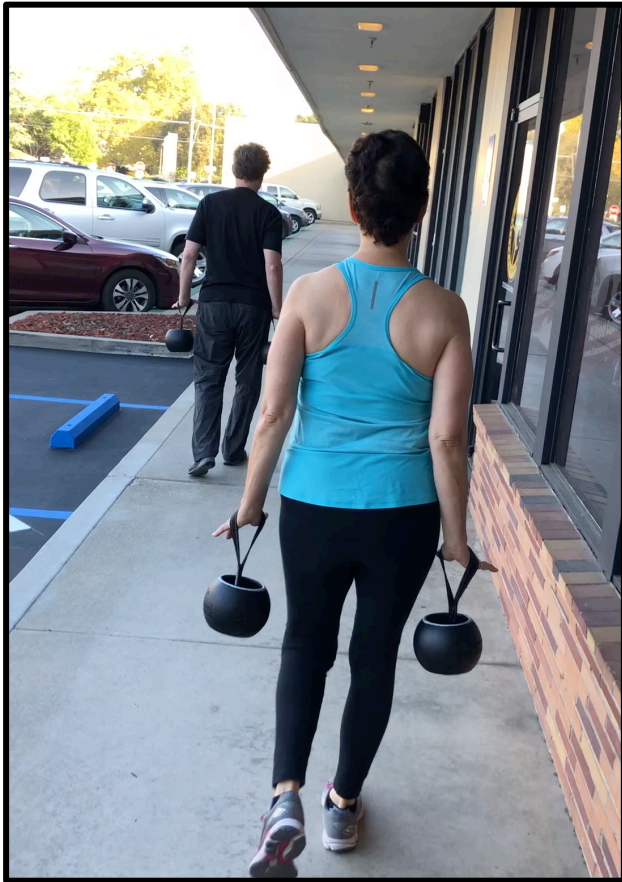
With Robert Linkul

The Loaded Carry Progression

- 100+ Hinges Per Day
- 50+ Transfers Per Day
- Overloaded Weight
 - Usually Not-Equal
- During Transfer
 - Up & Down Stairs
 - Around Counters
 - Avoid the Dog
 - Don't Trip on the Rug



The Loaded Carry Progression



The Loaded Carry Progression



The Loaded Carry Progression

- Band Tension Holds
(lateral)
- Band Tension Holds
(anterior & posterior)
- Proper Pick Ups
- Goblet Carry
- Suitcase Carry
- Waiter Carry
- Farmer Carry
- Don't Touch It Carry
- Earthquake Carry
- Sling & Carry
- Dual Waiter Carry
- Zurcher Carry
- Plate Overhead Carry
 - Steering Wheel Carry
- Bottoms Up Carry
- Single Arm Overhead Carry
- Sandbag Farmer Carry
- Sandbag Shopping Cart Carry
- Hexbar Front/Back Loaded Carry