

DEADLIFT

THE AVERAGE UNTRAINED MALE CAN DEADLIFT 135 POUNDS. AN INTERMEDIATE LIFTER MAYBE 3 - 400 POUNDS. BUT THE STRENGTH OF A GRIZZLY IS EQUAL TO 2.5 - 5 HUMANS. RESPECT A BEAR'S SPACE, NEVER APPROACH OR FEED ONE, LEAVE CUBS ALONE **OR THEY MAY DEADLIFT YOU.**



**YOU MAY BE SMARTER
THAN THE AVERAGE BEAR
BUT YOU'RE NOT STRONGER**