

Metadata: <https://www.youtube.com/watch?v=8qbLYj67cgs>

Another thing I can do, you know, you get this, put it on my knee and I pull down, you know, we're here and I can't get this other hand in to pull this way so I have to, my lever is on this side so I have to go toes down, put it on the knee, pull down, you know, because if I don't, this is nothing good for me.