

# LIFT Training Checklist



**Review the Website before every training for Updated Resources!**

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## Training Power Point

### Room Requirements

- Space for movement
- Tables and chairs
- Internet access
- Projector

### Equipment

#### Functional Fitness Assessment Items:

- Clipboard
- Stopwatches or use of phones
- Writing Implement
- Functional Fitness Assessment Score Sheet
- Yard Stick
- Chair with no wheels or arms
- Small Cones
- 5 pound weight (women)
- 8 pound weight (men)

#### LIFT Practice Class

- One Weight per trainee
- One chair with no wheels or arms per trainee

### Print or Digital

- Pre Training Survey
- Post Training Survey
- Manual (it is easily downloadable as individual elements)
  - 16 Classes - Session by Session Guide
  - 16 Classes - Group Dynamics
  - 8+5 Core Exercises
  - Modifications for Ease
  - Modifications for Challenge
- Program Paperwork
  1. LIFT Program Paperwork Overview
  2. Pre Program Survey
  3. Functional Fitness Assessment Instructions
  4. Functional Fitness Assessment Scoring Sheets
  5. PAR-Q+
  6. Physician Authorization
  7. Participant Consent
  8. Post Program Survey
  9. Weekly Process Evaluation
  10. Six Month Survey