

PROP LIST

For each 10 people in the POWERLIFT® class you will need:

- One empty flat tub. This is for lifting restricted people.
- Two 10 lb. flat tubs (with a light amount of UBBS mail).
- One 35 lb. flat tub (fill it with UBBS mail). This is used for most people when they are practicing hands-on.
- Two letter trays filled with mail.
- One cage with foldable shelves.
- One cage with webbing.
- One U-Cart (WUK).
- One orange hamper (pumpkin).
- One tall parcel (tape two medium size boxes together to create one tall box).
- DVD player and TV.
- Copies of the stretches (one copy for each attendee if you will be teaching the stretches).