



F2T 101: Fitness Principles and Practice PFT Certificate Class (In-person) Exercise Equipment Package

- 7 Wall Posters (Fundamental Movement Patterns & Key Features) – **this will NOT be sent with package from vendor. IAFF will send directly to you.**
- 3 Olympic Barbells w/ Safety Collars
- Bumper Plates
 - 3 pair/10lb
 - 3 pair/25lb
 - 3 pair/45lb
- **5 – 10 Wood Dowels 4-5ft long X 1¼-1½ inch diameter (Host site responsible to acquire – this will NOT be sent with package)**
- 9 Kettlebells
 - 3 kettlebells/26lb
 - 3 kettlebells/35lb
 - 3 kettlebells/44lb
- 9 Rubber Hex Dumbbell Pairs
 - 3 pair/15lb
 - 3 pair/30lb
 - 3 pair/50lb
- 3 Black 10lb Med Balls
- Resistance Bands
 - 6 Mini-Red 1/2"
 - 6 Monster-Mini Blue 1/2"
 - 6 Light-Green 1 1/8"
 - 6 Average-Black 1 3/4"
- 3 Utility Benches
- 3 Squat Stands w/ Pull-up Bar and Wheel Kits
- 15 1/8" Exercise Mats 24" x 68"