



PFT Class Fitness Equipment

- 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 with Safety Collars
- Bumper Plates
 - 3 pair/10 lb
 - 3 pair/25 lb
 - 3 pair/45 lb
- 5-10 Wood Dowels 4-5 feet long x 1¼-1¾ inch diameter (Host site responsible to acquire – **this will NOT be sent with package**)
- 9 Kettlebells
 - 3 kettlebells/26 lb
 - 3 kettlebells/35 lb
 - 3 kettlebells/44 lb
- 9 Rubber Hex Dumbbell Pairs
 - 3 pair/15 lb
 - 3 pair/30 lb
 - 3 pair/50 lb
- 3 Black 10 lb Med Balls
- Resistance Bands
 - 6 Mini-Red ½”
 - 6 Monster-Mini Blue ½”
 - 6 Light-Green 1 ½”
 - 6 Average-Black 1 ¾”
- 3 Utility Benches with IAFF Logo
- 3 Squat Stands with Pull-Up Bar and Wheel Kits
- 15 ½” Exercise Mats 24” x 68” with IAFF Logo