



## F2T 101 EQUIPMENT PACKAGE DETAILS

This document details all equipment included in the BASE course fee of \$24,975 USD. It also outlines the potential savings should exemptions be granted, and the price of additional equipment that is available for purchase. Details regarding equipment exemptions can be found [HERE](#).

The BASE equipment package has been priced at \$5,000 USD for host departments (IAFF pays taxes and shipping), and includes all equipment listed below (packages A-G). It can easily be divided into 3 identical 'mini-packages' such that 3 stations could be outfitted. Departments interested in purchasing additional equipment can find more information on pages 2 and 3 of this document.

All equipment is ordered through Rogue Fitness (Columbus, Ohio). Where possible, it is also American made.

**Equipment exemptions are granted at the IAFF's discretion. To ensure student safety, any equipment may be deemed unsuitable for use during the course regardless of video documentation or evidence provided in course request**

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### Equipment Package A – Kettlebells

This package contains:

- 3 X 26 lb kettlebells
- 3 X 35 lb kettlebells
- 3 X 44 lb kettlebells

Departments exempt from this equipment requirement will have their course fee reduced by \$520 USD

### Equipment Package B – Dumbbells

This package contains:

- 6 X 15 lb dumbbells (3 sets)
- 6 X 30 lb dumbbells (3 sets)
- 6 X 50 lb dumbbells (3 sets)

Departments exempt from this equipment requirement will have their course fee reduced by \$1020 USD

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### Equipment Package C – Bumper Plates

This package contains:

- 6 X 10 lb bumper plates (3 sets)
- 6 X 25 lb bumper plates (3 sets)
- 6 X 45 lb bumper plates (3 sets)

Departments exempt from this equipment requirement will have their course fee reduced by \$885 USD

### Equipment Package D – Resistance Bands

This package contains:

- 6 X 1/2" red bands (30 lb resistance)
- 6 X 1/2" blue bands (50 lb resistance)
- 6 X 1 1/8" green bands (65 lb resistance)
- 6 X 1 3/4" black bands (100 lb resistance)

Departments exempt from this equipment requirement will have their course fee reduced by \$385 USD



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### Equipment Package E – Exercise Benches

This package contains:

- 3 X exercise benches

Departments exempt from this equipment requirement will have their course fee reduced by \$905 USD

### Equipment Package F – Medballs

This package contains:

- 3 X 10 lb medballs

Departments exempt from this equipment requirement will have their course fee reduced by \$275 USD

### Equipment Package G – Barbells

This package contains:

- 3 X 20 kg barbells
- 6 X barbell collars (3 sets)

Departments exempt from this equipment requirement will have their course fee reduced by \$1010 USD

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## Purchasing Additional Equipment

Departments interested in purchasing equipment to supplement the BASE package can do so at the retail cost of the equipment (including taxes and shipping).

Items must be purchased as they are listed. For example, to order additional Kettlebells (KB), the department must purchase at least one 26, 35 and 44 lb KB. Similarly, additional bumper plates require at least one set of 10, 25 and 45 lb plates be purchased. No mixing and matching is permitted (e.g. 1 X 26 lb KB and 1 pair X 10 lb Dumbbells, or 2 X 26 lb KB, 1 X 35 lb KB and 3 x 44 lb KB).

Please see the following page for equipment details and pricing information.



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## Estimated Costs for Additional Equipment

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### Kettlebell Add-on

This package contains:

- 1 X 26 lb kettlebell
- 1 X 35 lb kettlebell
- 1 X 44 lb kettlebell

The estimated cost for this package is \$195 USD (plus taxes and shipping)

### Dumbbell Add-on

This package contains:

- 2 X 15 lb dumbbells (1 pair)
- 2 X 30 lb dumbbells (1 pair)
- 2 X 50 lb dumbbells (1 pair)

The estimated cost for this package is \$390 USD (plus taxes and shipping)

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### Bumper Plate Add-on

This package contains :

- 2 X 10 lb bumper plates (1 set)
- 2 X 25 lb bumper plates (1 set)
- 2 X 45 lb bumper plates (1 set)

The estimated cost for this package is \$335 USD (plus taxes and shipping)

### Barbell Add-on

This package contains:

- 1 X 20 kg barbell
- 2 X barbell collars

The estimated cost for this package is \$380 USD (plus taxes and shipping)

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### Exercise Bench Add-on

This package contains:

- 1 X exercise bench

The estimated cost for this package is \$345 USD (plus taxes and shipping)

### Medball Add-on

This package contains:

- 1 X 10 lb medball

The estimated cost for this package is \$105 USD (plus taxes and shipping)

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### Resistance Band Add-on

This package contains:

- 2 X 1/2" red bands (30 lb resistance)
- 2 X 1/2" blue bands (50 lb resistance)
- 2 X 1 1/8" green bands (65 lb resistance)
- 2 X 1 3/4" black bands (100 lb resistance)

The estimated cost for this package is \$145 USD (plus taxes and shipping)

### Squat Rack Add-on

This package contains :

- 1 X Free standing squat rack with pull-up bar attachment

The estimated cost for this package is \$600 USD (plus taxes and shipping)

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### IAFF Exercise Mat Add-on

This package contains:

- 15 X IAFF branded exercise mats

The estimated cost for this package is \$300 USD (plus taxes and shipping)