



# F2T | FIT TO THRIVE

More Fire Fighters. More Active. More Often.

PERFORMANCE REDEFINED

## F2T 101 REQUIRED COURSE EQUIPMENT

This document details the base equipment package that host departments will receive if they request the IAFF to order on their behalf. Host departments are responsible for all costs associated with ordering the package (including applicable taxes and shipping). If a host department requests the IAFF only order part of the equipment detailed below, it must be purchased in the packages as they are listed (i.e. no ordering partial packages or mixing/matching).

If a department already possesses the required equipment and would like to apply for an equipment exemption or decides to order equipment on their own, they will be required to provide video proof to the IAFF for verification. Details on video submissions can be found [HERE](#).

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

### 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)

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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)

### 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)

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### Equipment Package E – Exercise Benches

This package contains:

- 3 X exercise benches

### Equipment Package F – Medballs

This package contains:

- 3 X 10 lb medballs

### Equipment Package G – Barbells

This package contains:

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

To learn more about hosting an F2T 101 course, please click [HERE](#)