

Fire Station _____

Date _____

Fitness Equipment List and Guidelines

The Fitness Equipment Fund Committee convenes and processes all station requests for equipment. Each station has a fund balance based on the number of people working at that station and the amount of equipment already purchased. The guidelines for ordering equipment are as follows:

1. Requests must come from personnel assigned to that station.
2. Before equipment is distributed, all station fitness equipment allocated to that station must be inventoried and the necessary paperwork (i.e. LSD) completed on all lost or missing equipment.
3. No electrical equipment ordered will be place outside. The persons submitting the request must ensure sufficient room in the gym.
4. The request should be as detailed as possible and multiple equipment requests should be **placed in order of importance.**
5. To request equipment, all three station captains, with the approval of their crew, must sign this request order and forward to: Captain **Jim Newman, c/o The Fitness Center**

			Qty.
	45° Leg Press	Olympic Plates 2 1/2 lbs.	
	Adjustable Bench	Olympic Plates 5 lbs.	
	Back Stretcher	Olympic Plates 10 lbs.	
	Bench Press	Olympic Plates 25 lbs.	
	Dual Pulley Machine	Olympic Plates 35 lbs.	
	Elliptical Trainer	Olympic Plates 45 lbs.	
	Decline Bench	Olympic Plates 100 lbs.	
	Dip Leg Combo	Olympic Weight Tree	
	Olympic EZ Curl Bar	Pec Dec	
	Flat Exercise Bench	Power Blocks	
	Heart Rate Watch and Transmitter	Power Blocks Stand	
	Hand Gripper	Preacher Curl	
	Hyperextension Bench	Quickie Collars	
	Lat Machine Chin Bar	Recumbent Bike	
	Lat Machine Rope	Rower	
	Lat Machine Standard Bar	Seated Calf machine	
	Lat Machine Straight Bar – 14 inch	Stairmaster	
	Lat Machine V-Bar	Smith Rack	
	Lat Machine with Low Row	Stepmill	
	Leg Extension/Curl Machine	Treadmill	
	Olympic Bar – 7 Foot	Exercise Balls	
	Olympic Bar – 5 Foot		

Desired Equipment

Station Captain Signatures

1. _____

A Shift _____

2. _____

B Shift _____

3. _____

C Shift _____