

Fitness Equipment Toolbox (FET)

The Coast Guard Fitness Equipment Toolbox (FET) is a suggested list of fitness equipment that is easily portable, relatively inexpensive and easy to procure. The FET is meant to be used when a fully outfitted fitness center or exercise facility is not available. The FET is a “gym in a box” that is ideal for the underway environment.

Equipment	Average Cost	Suggested Source*
Jump Rope 	<\$10	www.power-systems.com
Kettlebells 	\$25-\$50	www.power-systems.com
Medicine Balls 	\$10-\$25	www.power-systems.com
Cones 	\$2-\$5	www.power-systems.com
Dumbbell Hand weights 	\$10-\$25	www.power-systems.com
Exercise Mat 	\$10-\$20	www.power-systems.com
TRX Suspension Trainer 	\$180	www.fitnessanywhere.com
Resistance Tubing 	\$10-\$15	www.spri.com

* Source recommendation does not imply Coast Guard endorsement of the supplier or its products.