Tampa Construction Specifications
Contract RFQ-26-D-00044 Assessment of Fire Station 10 Renovation

CITY OF TAMPA, FLORIDA

REFERENCE DOCS

Contract RFQ-26-D-00044 Assessment of Fire Station 10 Reference Docs

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City of Tampa

Contract Administration Department

Tampa Municipal Office Building

306 E Jackson Street #280A4N Fourth Floor

Tampa, Florida 33602

OCTOBER 2026

5 Rounds
20 CAL Bike
35 Push Ups
20 KBS
20 Alt. Dumbell Snatch
50 Flutter Kicks
20 Shoulder Press

INSIGNIA

Tide

GUARDIAN
by GENERAC POWER SYSTEMS

niagara

SUSPENSION WOR
UPPER BODY
Alligator Pull
Chest Press
Cross Chest Curl
Scarecrow
Straight Arm Pulldown
Shoulder Press
CORE
Half Crunch
Pull Crunch
Hip Dip
Standing Torso Rotation
Leg Raise
Oblique with Reach
BACK
Bent Over Lat Pull
Frontal Plane Lat Pull
Low Rear Fly
LOWER BODY
Alternating Side Lunge
Curtsy Lunge
Hamstring Curl
TOTAL BODY
Lunge Chest Press
Power Jump Squat
Shuffle to Squat
QUICKFITPOSTERS.COM

HEROES
WEAR
MAIX
www.haix.com

CO BORTSI
HUSKY
Scotsman

EXIT

MACH ALERT
A
B
C
10
FLATS MAFIA
TAMPA
FIRE
RESCUE

WELCOME TO

TAMPA

BELMONT HEIGHTS

ENG CO 10

MIRACLE ON 34TH ST

"THE HEIGHTS"

EXIT

3108

GREENHECK
FIRE
WARNING
VULCAN

YOU MA
DE IT !
NO
POOP
ZONE

FLORIDA
DISCRIMINATION
DISCRIMINACIÓN
Workers' Comp Works For You
If you are injured on the job:
FIRE ALARM LOG BOOK
everON
CDVI
CORNING
APC
730

DISCRIMINACIÓN
Workers' Comp Works For You
If you are injured on the job:
FIRE
RTIC

RELAY

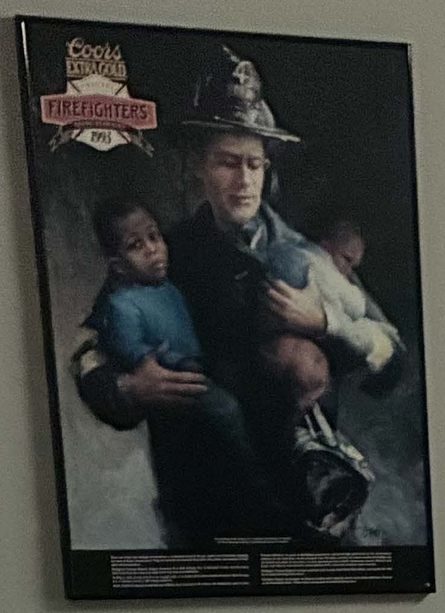
RESTROOM

VACANT

Gojo

KURT RUSSELL • W
JENNIFER JASON
DONALD SUTHE
BACK

FLORIDA
AVENUE


Coors
FIREFIGHTERS

TAMPA BAY
CAPTAIN
K. GREENE
FLORIDA AVENUE

FIRE FIGHTER
TAMPA
FIRE RESCUE
brother
TN-770
brother
at your side
SEASON SCHEDULE
brother
TCL
Fellowes

FIRE
PUSH IN
PULL DOWN