

Lower Back Bench Pro

FAZ607



With the adaptable foot, calf and thigh support, the bench facilitates back extension exercises in various forms thereby strengthening hip extensor, lower back and upper back muscles. The strength machines and benches allow for simple, safe, and effective strength training for all major muscle groups. This increases daily functional capacity, especially for the elderly,

sports performance, aesthetic appearance, and metabolic fitness.

| | |
|------------------------------------|--------------|
| Item no. FAZ60700-0001 | |
| General Product Information | |
| Dimensions LxWxH | 73x105x89 cm |
| Age group | 13+ |
| Play capacity (users) | 1 |
| Colour options | |



See KOMPAN Fit app for more

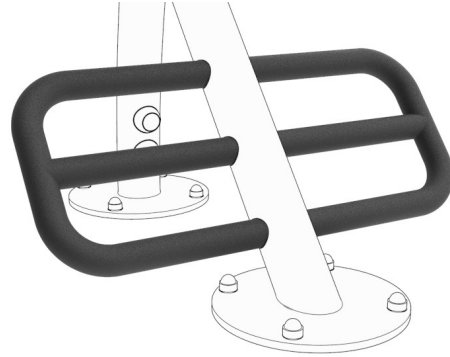


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The distance between the two handles is 667mm. The handles make it easier for the user to get on and of the equipment and allow alternative exercises like dips.



The Bench has 3 footrest positions to fit users of all sizes and to vary exercises.



The Grip Powdercoating, used on the support handle, is highly durable against wear and tear, offers isolation, and simultaneously gives users an outstanding grip during their workout.

| Item no. FAZ60700-0001 | |
|--------------------------|---------------------|
| Installation Information | |
| Max. fall height | 89 cm |
| Safety surfacing area | 9.5 m ² |
| Total installation time | 3.4 |
| Excavation volume | 0.00 m ³ |
| Concrete volume | 0.00 m ³ |
| Footing depth (standard) | 0 cm |
| Shipment weight | 93 kg |
| Anchoring options | Surface ✓ |
| Warranty Information | |
| Hot dip galvanised steel | Lifetime |
| PUR components | 10 years |
| Spare parts guaranteed | 10 years |



The rotating rollers are Ø 110mm and made from PUR (Polyurethane Rubber, compact foam). The rollers have a steel insert that is electro galvanized. They provide support and ensure a comfortable position.



All Steel components are made from carbon steel, with a hot-dip galvanized surface according to ISO1461, and a powder coating corrosion class C3 according to ISO12944-2. Lead content for surfaces is below 90ppm, and below 100ppm for base material.



All KOMPAN fitness products are compliant with the ASTM F3101 & EN16630 Outdoor Fitness Standards. Load tests are performed as a static test by adding dynamic factors as well as safety factors to the specified load of 78kg per user. A product intended for 1 user is loaded with 420kg.

**ASTM
F3101
compliant**

Sustainability Data

FAZ607



| Cradle to Gate A1-A3 | Total CO ₂ emission | CO ₂ e/kg | Recycled materials |
|----------------------|--------------------------------|-------------------------|--------------------|
| | kg CO ₂ e | kg CO ₂ e/kg | % |
| FAZ60700-0001 | 150.52 | 3.15 | 40.00 |

The overall framework applied for these factors is the Environmental Product Declaration (EPD), which quantifies "environmental information on the life cycle of a product and enable comparisons between products fulfilling the same function" (ISO, 2006). This follows the structure and applies a Life-Cycle Assessment approach to the entire Product stage from raw material through manufacturing (A1-A3))

Kompan A/S
C.F. Tietgens Boulevard 32C
DK-5220 Odense SØ
Denmark



Verification of CO₂ calculation of: Fitness



Data version no. 2023-10-05

The CO₂ calculation and data are in compliance with the principles of a carbon footprint impact according to the GHG protocol (Greenhouse Gas Protocol), Scope 3, cradle to gate related to all individual components in the product category: "Fitness" represented by item no.: FAZ10100-0900.

(Scope 3 emissions include emission sources in the upstream and downstream value chain).

Date: 30. October 2023 | Valid until: 30. October 2025

Verified by:

Julie Marie Vejsgaard Larsen, LCA & EPD Consultant

Verification based on report: Validation of CO₂ calculation of 9 categories of Kompan product line, version 1.0, prepared by: Bureau Veritas HSE, Denmark: Julie M. V. Larsen.

Publication date: 30. October 2023

By Bureau Veritas HSE
www.bureauveritas.dk
+45 7731 1000

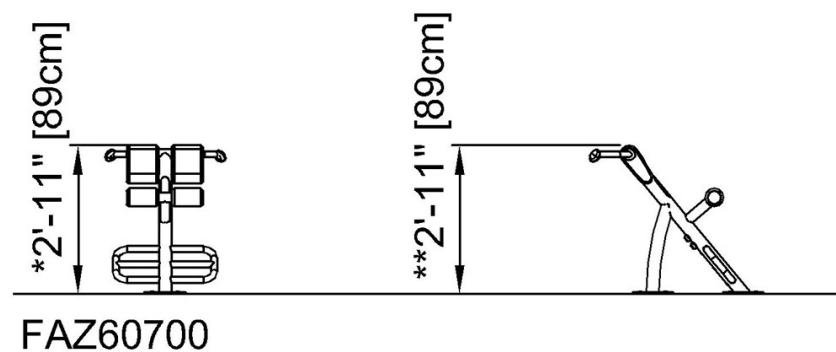
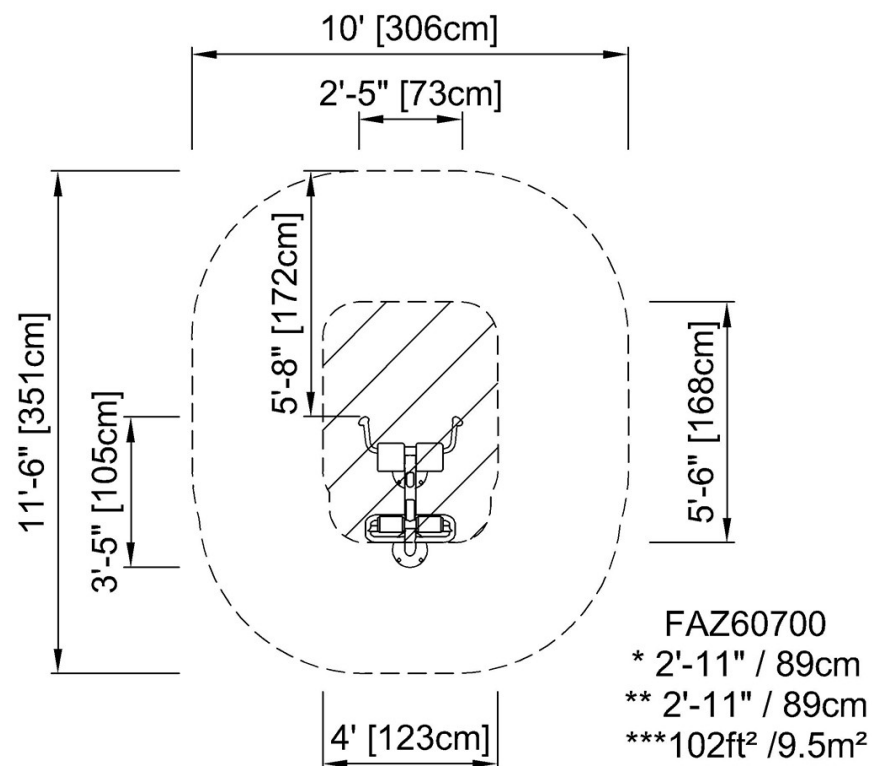


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* Max fall height | ** Total height | *** Safety surfacing area

* Max fall height | ** Total height



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[Click to see SIDE VIEW](#)