Push Up Bars

FSW209

KOMPAN
Let's play®

General Product Information	
Dimensions LxWxH	335x12x140 cm
Age group	13+
Play capacity (users)	3
Colour options	

See KOMPAN Fit app for more

The push up bars are specifically designed for upper body training. The chest and arms can be trained through exercises such as rows or dips. If you do not mind getting dirty you can 'belly crawl' underneath the bars. Otherwise a single hurdle can also be used for exercises on the spot such as push ups and high jumps. The Push up Bars have a clear instruction sign showing the basic exercise and a QR code. By clicking on the QR code users can connect to the KOMPAN fitness App, where they will find multiple exercises and workouts at every level.

Data is subject to change without prior notice.
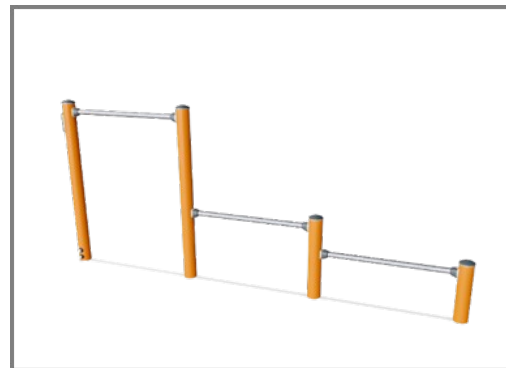
Push Up Bars

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Post are made of Ø101.6 x 2mm, pre-galvanized carbon steel and powder coated, a great protection to all conditions.

The connectors are made of die-cast aluminium, specially alloyed for the outdoor environments and heavy usage. The screws attaching the connectors are stainless steel and protected by zinc washers.

The FSW 209 features three 38 x 2mm push up bars at three heights of respectively 38cm, 58cm and 133cm.

Item no. FSW20900-0901		
Installation Information		
Max. fall height		133 cm
Safety surfacing area		18.0 m²
Total installation time		2.7
Excavation volume		0.11 m³
Concrete volume		0.03 m³
Footing depth (standard)		90 cm
Shipment weight		72 kg
Anchoring options	In-ground	✔
	Surface	✔
Warranty Information		
Connectors		10 years
Hot dip galvanised steel		Lifetime
Post		10 years
Spare parts guaranteed		10 years

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.

The information sign is made of a PA6 (Polyamide) and shows the most relevant exercise and a QR code. When scanned the QR code will link to an animated illustration of the exercise and offers the possibility of downloading the KOMPAN sport & fitness App, which will provide a large amount of exercises and workouts.
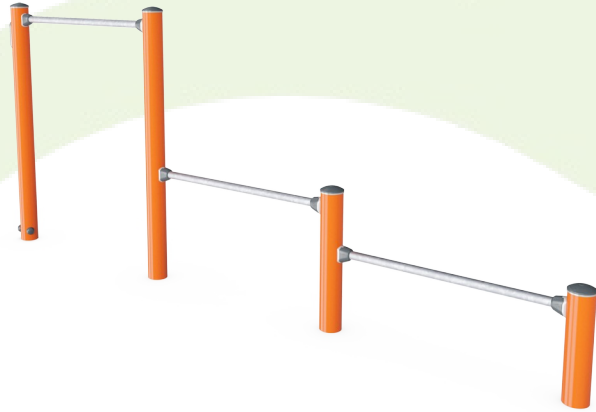

KOMPAN fitness products are standard available in Orange, Anthracite Grey, Medium Grey, Dark Grey, Night Sky Blue, Light Blue, Yellow, Red, Black, Moss Green, Lime Green, Medium Green, Sand and Nut Brown. All other RAL colours are available on request. It will always be possible to match the surroundings or colour theme!

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Sustainability Data

FSW209

Cradle to Gate A1-A3	Total CO_2 emission	CO_2e/kg	Recycled materials
	kg CO_2e	kg CO_2e/kg	%
FSW20900-0901	160.81	3.61	48.50

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))

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Verification of CO_2 calculation of:
Fitness

Data version no. 2023-10-05

The CO_2 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 CO_2 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

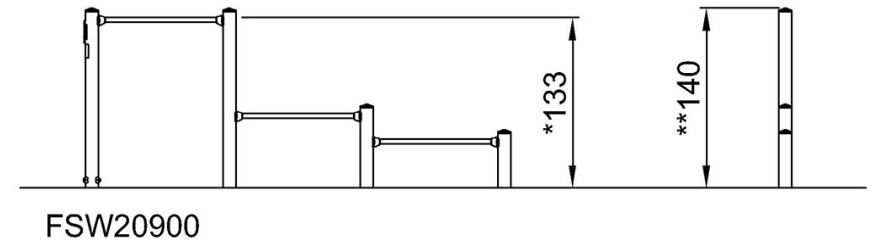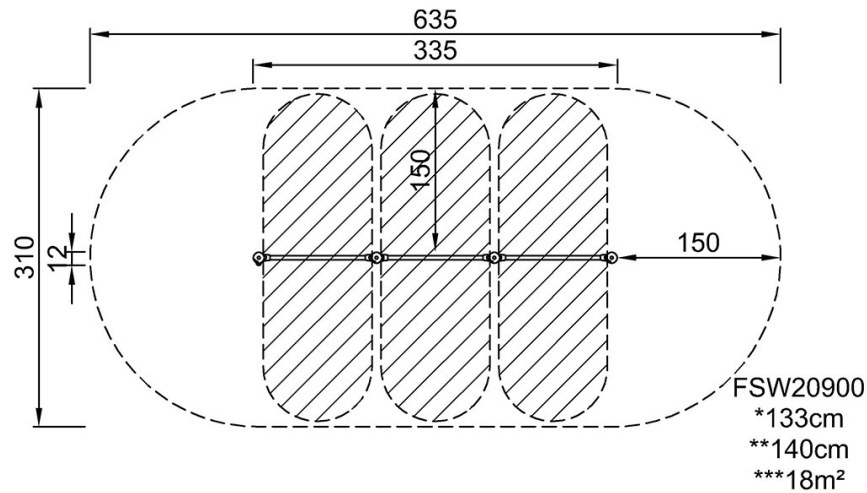**By Bureau Veritas HSE**
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Push Up Bars

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KOMPAN
Let's play

635

335

150

150

310

12

FSW20900
*133cm
**140cm
***18m²

*133

**140

FSW20900

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