

Combi 4

FPW104



Compact and complete street workout and callisthenics combination for training and competition. It features an incline bench, parallel bars, push up bar, decline press, Swedish ladder and pull up station. Seven workout stations in one, and all within only 41 m². The 138cm wide pull up bars are designed to give plenty of space for dynamic exercises

and promote sideways exercises such as the typewriter pull up. The wide bars also allow for users to do pull ups next to each other and thereby compete or motivate each other.



Item no. FPW10400-0900

General Product Information

Dimensions LxWxH 345x434x240 cm

Age group 8+

Play capacity (users) 8

Color options

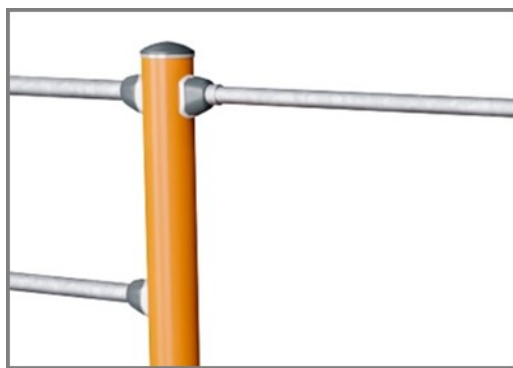


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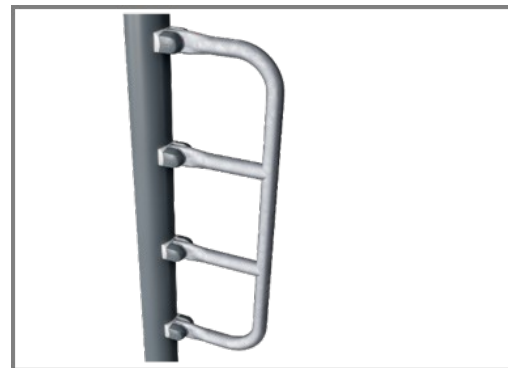
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The connectors are made of die-cast aluminium, specially alloyed for the outdoor environments and heavy usage. The screws attaching the connectors are stainless steel and protected by zinc washers.



All bars intended for pull ups are made of solid, $\varnothing 32\text{mm} \times 138\text{ m}$, hot dip galvanised, S235JR steel bars. This diameter gives the right grip for everyone.



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

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Installation Information

Max. fall height	233 cm
Safety surfacing area	40.5 m ²
Total installation time	6.7
Excavation volume	1.02 m ³
Concrete volume	0.48 m ³
Footing depth (standard)	90 cm
Shipment weight	318 kg
Anchoring options	



Post are made of $\varnothing 101.6 \times 2\text{mm}$, pre-galvanized carbon steel and powder coated, a great protection to all conditions.



The surface is made of Ekogrip™ panels, consisting of 15mm polyethylene with a 3mm top-layer of thermoplastic rubber. The Ekogrip™ panels have a non-skid effect for comfortable and safe training at all weather circumstances.



Sustainability Data

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Cradle to Gate A1-A3	Total CO ₂ emission	CO ₂ e/kg	Recycled materials
	kg CO ₂ e	kg CO ₂ e/kg	%
FPW10400-0900	684.50	3.47	46.10

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 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

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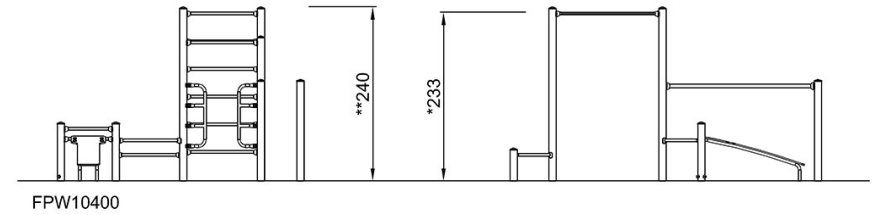
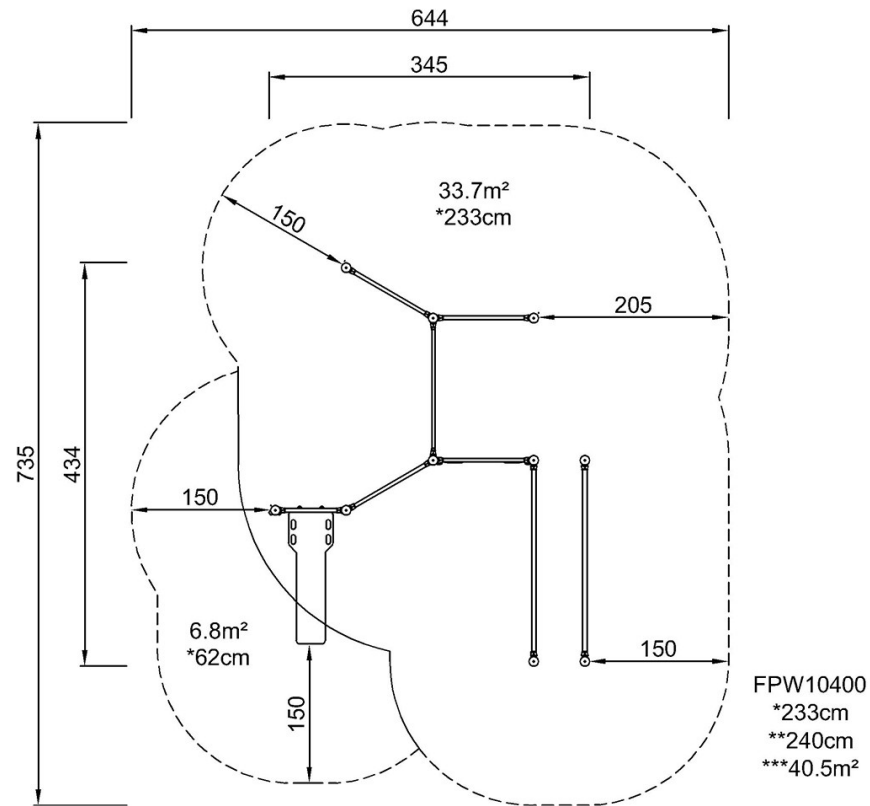


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* Max fall height | ** Total height | *** Safety surfacing area

* Max fall height | ** Total height



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[Click to see SIDE VIEW](#)