

# Squat

FSW40600



Grâce à sa charge réglable, Squat offre un entraînement essentiel pour les jambes et divers groupes musculaires de soutien. Squat est remarquablement simple d'utilisation et ne nécessite aucun réglage autre que celui de la charge. La barre reproduit le mouvement d'une barre libre, mais de manière plus sûre et mieux contrôlée. Le banc intégré permet aux

utilisateurs de petite taille ou à ceux qui souhaitent descendre plus bas de s'entraîner efficacement. Grâce à sa conception polyvalente, cet appareil convient également à toute une série d'exercices, tels que les développés épaules, les fentes, etc.

Référence FSW40600-0001

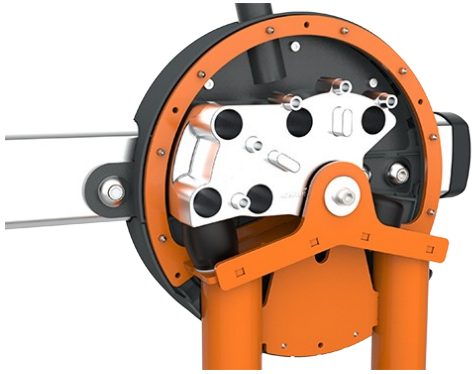
## Informations générales

Dimensions LxPxH	125x145x138 cm
Age minimum	13+
Capacité d'accueil (utilisateurs)	1
Options de couleurs	



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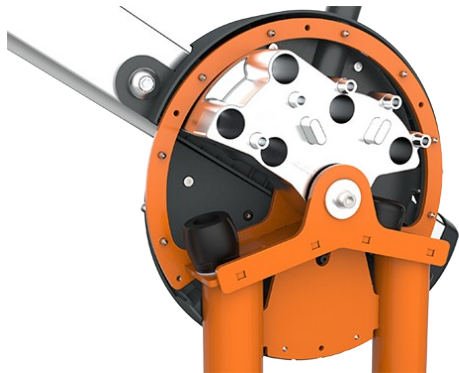
All mechanical stops are fully enclosed within the cover. The adjustable weight, featuring internal end stops and indexed positions, moves on rollers within an enclosed groove in an aluminium profile. As a result, entrapment is not possible, making it extremely safe to use and providing protection against the elements and unwanted abuse.



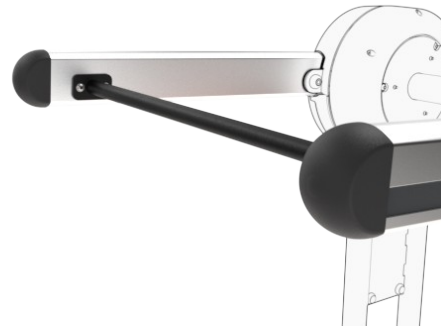
The weight on each side can be adjusted in 8 steps of 5 kg, providing a training weight from 10 to 80kg. The patent pending system is intuitive to use, eliminating the need for traditional pins that can get lost or stuck. Pull the handle and move the weight to quickly select the desired load.



The integrated 20 cm step bench allows shorter users or those wanting a deeper bottom position to train effectively. Varying the foot placement enables multiple exercise variations and targeting different muscle groups.



The machine features low operating noise thanks to an internal end stop made from TPE (thermoplastic elastomer). The damper absorbs impact energy from the weight with minimal rebound, reducing noise and vibration and ensuring a quieter, more controlled training experience.



**Barbell**  
The 120 cm high bar mimics the natural movement of a free barbell while offering a safer and more controlled training experience, allowing users to perform a wide range of strength exercises with improved stability and confidence.

The information sign is made of Polycarbonate and shows the most relevant exercise and a QR code. The QR code links to a video of the exercise in the KOMPAN sports & fitness App, which will provide a large amount of exercises and training.

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## Installation

Hauteur de Chute Max.	20 cm
Zone de sécurité	17,0 m <sup>2</sup>
Temps total d'installation	7,3 heures
Volume d'excavation	0,00 m <sup>3</sup>
Volume de béton	0,00 m <sup>3</sup>
Profondeur ancrage	0 cm
Poids d'expédition	368 kg
Options d'ancrage	

## Garantie

Métal galvanisé / peint	10 ans
Aluminium	15 ans
Pièces mobiles	2 ans
EcoCore HDPE	Garanti à vie
Dispo pièces après arrêt fab.	10 ans

**EN**  
**16630**  
compliant

# Données sur le développement durable

FSW40600



## Independent review certificate

Kompan A/S  
C. F. Tietgens Blvd. 32C, 5220 Odense SØ

Bureau Veritas hereby attests that the CO<sub>2</sub>e-calculations (covering materials, processing, waste and transport) done by Kompan for "Fitness", meet the requirements set by the listed standard.

Kompan A/S uses a selection of EPDs and emission factors from the Life Cycle Assessment database Ecoinvent 3.11. These values are reported as kg CO<sub>2</sub>e, with all other impact categories excluded in line with the scope of ISO 14067:2018. The emission factors cover, material use, manufacturing processes, transport to Kompan, and electricity used during manufacturing. The presented emissions fall under GHG Protocol scope 3 emissions. Scope 1 and 2 are not presented. Scope 3 emissions include emission sources in the upstream value chain of a company, downstream emissions are excluded in this analysis.

Method: ISO 14067:2018 using GHG protocol guidance documents, reported as kg CO<sub>2</sub>e.

### Object

The verification has been done on the one pager "FAZ10100-0900" version: 27-10-2025. The supporting documentation "KOMPAN data\_updated emissions factors\_2025\_V2" and "Emissions factors, EPD's and ecoinvent 3.11\_2025" was also reviewed and approved.

### Declaration

The review has been completed as a critical review with a limited assurance. I hereby confirm that nothing has come to the reviewer's attention which would lead to conclude that the study does not give an accurate depiction or isn't completed following method of the CO<sub>2</sub>e calculation, the requirements of ISO 14067:2018, and 14071:2024, in the above referenced documentation.

**Note:** This verification only covers calculation elements according to method described in ISO 14067:2018 and may not be seen as a Life Cycle Assessment according to ISO 14067:2018.

**Ref.:** Kompan\_Verification report 2025, 28-10-2025

**Date of certificate:** 29-10-2025

**Expire date:** 29-10-2027

**Verified by:** Julie Marie Vejsgaard Larsen, Environmental Auditor

**Signature:** 

Berceau à porte A1-A3	Émissions totales de CO <sub>2</sub>	CO <sub>2</sub> e/kg	Matériaux recyclés
	kg CO <sub>2</sub> e	kg CO <sub>2</sub> e/kg	%
<b>FSW40600-0001</b>	1.402,81	5,79	45,78

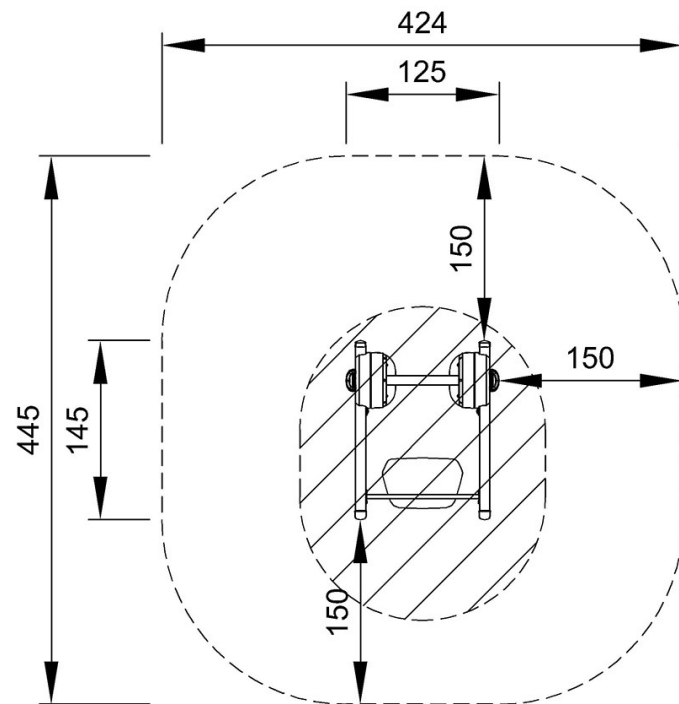
Le cadre général appliqué est la Déclaration Environnementale Produit (DEP), qui quantifie « les informations environnementales sur le cycle de vie d'un produit et permet des comparaisons entre produits remplissant la même fonction » (ISO, 2006). Cela suit la structure et applique une approche d'évaluation du cycle de vie à l'ensemble de l'étape du produit, de la matière première à la fabrication (A1-A3))

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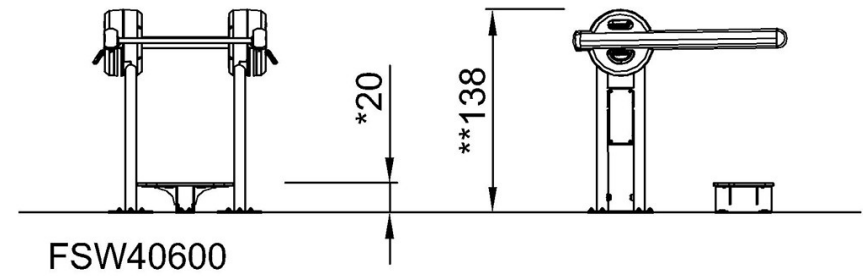
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\* Hauteur de chute maximale | \*\* Hauteur totale | \*\*\* Zone de sécurité

\* Hauteur de chute maximale | \*\* Hauteur totale



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\*20cm  
\*\*138cm  
\*\*\*17m<sup>2</sup>



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