Sit Up Bench

FSW203

KOMPAN
Let's play®

Item no.	
General Product Information	
Dimensions LxWxH	5'0"x2'11"x2'8"
Age group	13+
Play capacity (users)	1
Color options	

See KOMPAN Fit App for More Information

The Bench provides a perfect training for the core and lower back muscles by doing exercises such as leg lifts and sit ups. Easy grips are created to make sure anyone can do the exercise in a correct way. The durable Ekogrip® surfacing offers perfect grip, allowing the bench to be used as a jump box for performing various step and jump exercises under all weather conditions. The Bench has 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.

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Post are made of 101.6 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 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.

Item no.	
Installation Information	
Max. fall height	2'1"
Safety surfacing area	110ft²
Total installation time	
Excavation volume	
Concrete volume	
Footing depth (standard)	
Shipment weight	
Anchoring options	In-ground ✔
	Surface ✔
Warranty Information	
Connectors	10 Years
EcoCore HDPE	Lifetime
Hot dip galvanized steel	Lifetime
Post	10 Years
Spare Parts Availability	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.
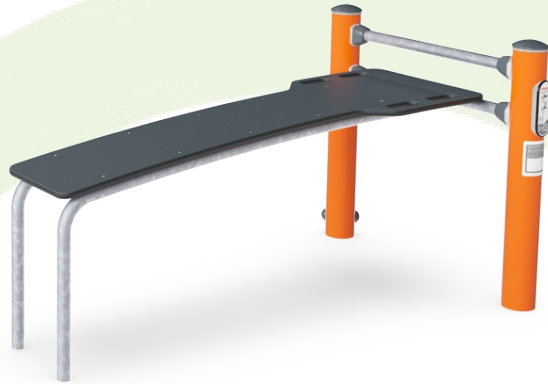

KOMPAN fitness products are standard available in Orange, RAL2010 and Grey, RAL7012. All other RAL colors are available on request. It will always be possible to match the surroundings or color theme!

ASTM
F3101
compliant

Data is subject to change without prior notice.

Cradle to Gate A1-A3

	Total CO₂ emission	CO₂e/kg	Recycled materials
	kg CO₂e	kg CO₂e/kg	%

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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Validation of CO₂ calculation method
BUREAU VERITAS HSE Denmark A/S

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
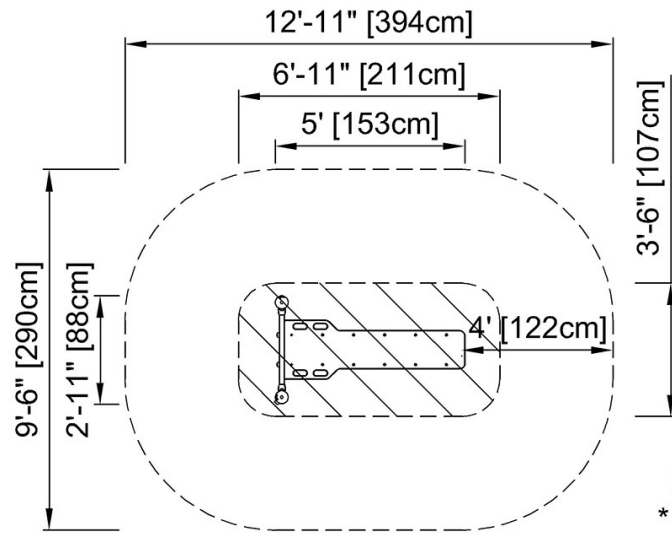
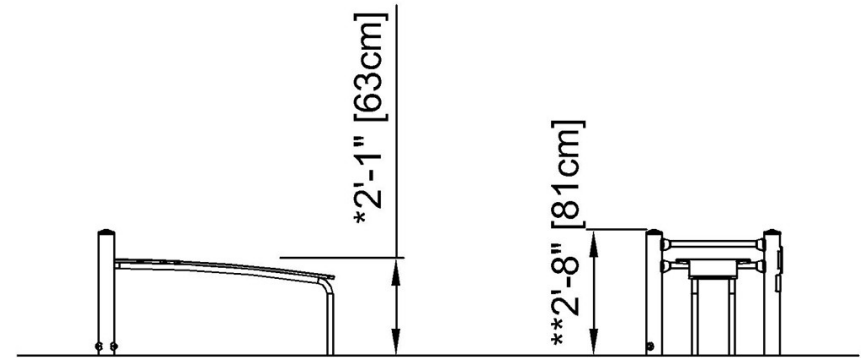**By Bureau Veritas HSE**
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* Max fall height | ** Total height | *** Safety surfacing area

* Max fall height | ** Total height

12'-11" [394cm]
6'-11" [211cm]
5' [153cm]
3'-6" [107cm]
9'-6" [290cm]
2'-11" [88cm]
4' [122cm]

FSW20300
* 2'-1" / 63cm
** 2'-8" / 81cm
***110ft² / 10.2m²

*2'-1" [63cm]
**2'-8" [81cm]

FSW20300

Click to see TOP VIEW

Click to see SIDE VIEW

Data is subject to change without prior notice.