

# Arm Bike Pro

FAZ51100

**KOMPAN**  
Let's play



Item no. FAZ51100-0801	
<b>General Product Information</b>	
Dimensions LxWxH	3'1"x1'9"x3'11"
Age group	13+
Play capacity (users)	1
Color options	



See KOMPAN Fit App for More Information

KOMPAN has created outdoor, adjustable, interactive outdoor cardio equipment that is at the same level of quality and effectiveness as what you expect from equipment at an indoor fitness center. The Arm Bike machine can be used comfortably from several positions so that it is truly inclusive. The arm cycle ergometer can be used from a wheelchair, giving a great

workout for the upper body. When the exercise is done from a standing position, the arm cardio machine creates a full-body workout, engaging all big muscle groups. The patented, self-powered resistance units on KOMPAN's arm pedal bike create a real road cycle experience. The resistance can adapt automatically, depending on the pedaling

speed, or the users can choose to manually change the resistance on the KOMPAN App. Check out how the many ways to get a proper upper body workout with KOMPAN's new Arm Bike.



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The seat is made of a Polyurethane Rubber and has a steel insert plate which connects it to the steel frame. The seat is positioned under a 12 degree angle, accommodating seating heights from 550-620mm.



The cover is made of one of the hardest materials in the market, a Lexan Copolymer EXL9330 and has a thickness of 4mm. This cover can withstand any impact and will protect the electronics in the best possible way.

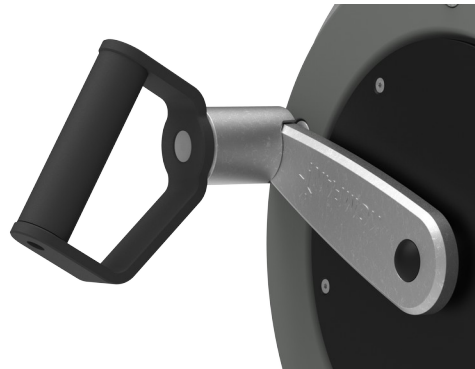


The Q-factor of the arm bike is 175mm, the crank is made of 18 mm stainless steel and connects the pedal arms which are casted stainless steel (grade 304) parts. The length of the pedal arms is 170mm and the pedals are connected with standard bike fittings.

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Installation Information	
Max. fall height	2'0"
Safety surfacing area	60ft <sup>2</sup>
Total installation time	2.2
Excavation volume	0.44yd <sup>3</sup>
Concrete volume	0.27yd <sup>3</sup>
Footing depth (standard)	2'7"
Shipment weight	239lbs
Anchoring options	In-ground ✓ Surface ✓
Warranty Information	
Electronics	2 Years
Frame	10 Years
Handle	10 Years
Saddle	10 Years
Spare Parts Availability	10 Years



The Innovative self-powered electrical motor and gear providing a virtual flywheel to give real cycle experience. The resistance works as an automatic drive and adapts automatically to the pedaling speed. The users can overwrite the automatic drive manually by changing the resistance in steps (26 - Watts) through the App.



The ergonomically shaped handles accommodate 3 exercising positions standing, seated in a wheelchair or seated on the seat. The handles have a diameter of  $\varnothing 36\text{mm}$  and are placed under a 30 degree angle. The top coat is Polyurea which gives good protection, grip and isolation.



You can connect the cardio machine to your phone or tablet via Bluetooth. This will provide instant feedback on speed, distance, cadence, watts, calories burned and time. You can also use your smart devices to manually adjust resistance (10 levels), have access to instructional and motivational videos, store and share activity data online!

**ASTM  
F3101**  
compliant

# Sustainability Data

FAZ51100



Cradle to Gate A1-A3	Total CO <sub>2</sub> emission	CO <sub>2</sub> e/kg	Recycled materials
	kg CO <sub>2</sub> e	kg CO <sub>2</sub> e/kg	%
<b>FAZ51100-0801</b>	266.83	4.10	37.23

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<sub>2</sub> calculation of: Fitness



Data version no. 2023-10-05

The CO<sub>2</sub> 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<sub>2</sub> 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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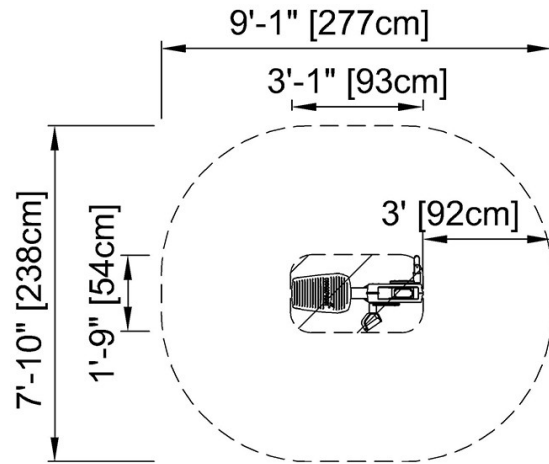


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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

\* Max fall height | \*\* Total height



FAZ51100  
\* 2' / 62cm  
\*\* 3'-11" / 120cm  
\*\*\* 60ft<sup>2</sup> / 5.6m<sup>2</sup>



FAZ51100

[Click to see TOP VIEW](#)

[Click to see SIDE VIEW](#)