


# Pull Up Bars Pro

FAZ103

**KOMPAN**  
Let's play



Item no. FAZ10300-0900	
<b>General Product Information</b>	
Dimensions LxWxH	390x180x334 cm
Age group	13+
Play capacity (users)	3
Color options	



See KOMPAN Fit app for more



The large shaped structures will make people curious and invite them to do a workout using the pull up bars, an item most people will recognise from indoor fitness. For inspiration and guidance they can look at signs which display the 14 basic exercises and link to the KOMPAN Sport & Fitness App. Pull ups are an essential part of a Cross Training workout, a

very effective form of exercise that combines the best activities of various sports, resulting in a diverse and complete training sessions. The Pull Up bar offers a range of scalable exercises, featuring multiple handles, i.e. rotating gym rings, balls and bars with varying diameters. By placing the feet on the horizontal bars beginners can decrease their bodyweight

during pull ups and work their way up to advanced training.

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The Polyurea Coating, used on all grips, is highly durable against wear and tear, offers isolation and simultaneously gives users an outstanding grip during their workout.



The big instruction signs are made of a 8mm polycarbonate sheets with clear instructions printed directly on the panels. The polycarbonate is extremely strong and provides a vandalism proof construction.



The Pull Up station accommodates multiple handles, i.e. 2 rotating gym rings, 2 grip balls, and multiple horizontal bars at heights between 170 and 267cm with three different diameters,  $\varnothing 25 \times 3.0\text{mm}$ ,  $\varnothing 33.7 \times 3.0\text{mm}$  and  $\varnothing 48.3 \times 4.0\text{mm}$ .

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### Installation Information

Max. fall height	167 cm
Safety surfacing area	21.5 m <sup>2</sup>
Total installation time	7.2
Excavation volume	0.63 m <sup>3</sup>
Concrete volume	0.35 m <sup>3</sup>
Footing depth (standard)	90 cm
Shipment weight	398 kg
Anchoring options	In-ground ✓ Surface ✓



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.



For ensuring the integrity of the main frame, the orange coloured main posts are made of  $\varnothing 101.6 \times 3\text{mm}$  steel posts, which are hot dip galvanised and powder coated Orange (RAL2010). The supportive posts receive the same surface treatment and are made of  $\varnothing 76.1 \times 3.6\text{mm}$  steel tubes, powder coated grey (RAL7012).



All Steel components are made from carbon steel, with a hot-dip galvanised surface according to ISO1461, and a powder coating corrosion class C3 according to ISO12944-2. Lead content for surfaces is below 90ppm, and below 100ppm for base material.



# Sustainability Data

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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>FAZ10300-0900</b>	932.90	2.87	46.50

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<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.

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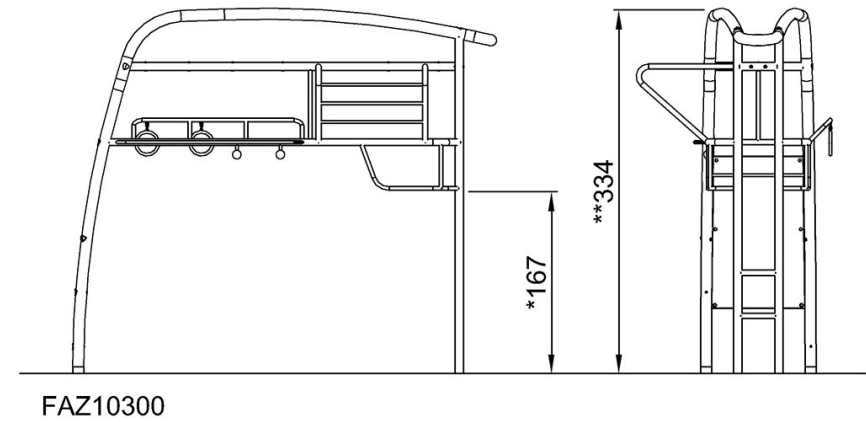
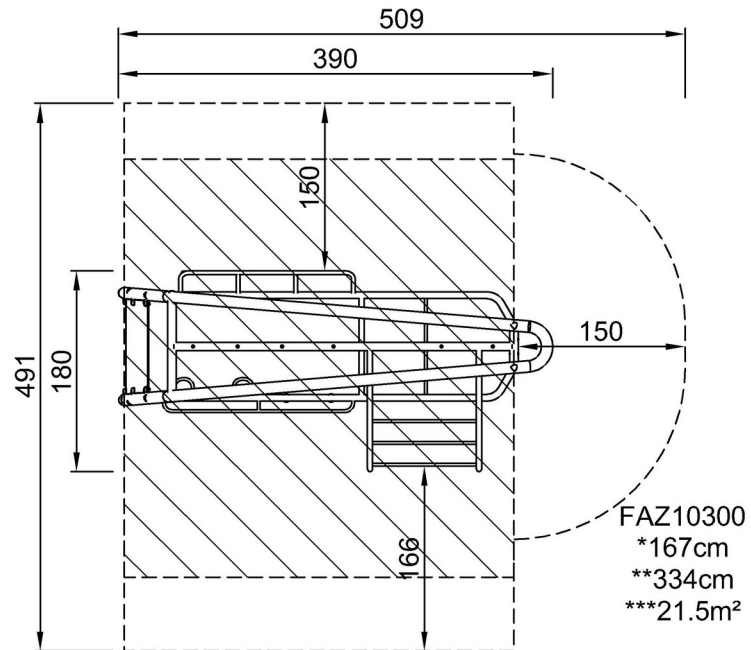


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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

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



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[Click to see SIDE VIEW](#)