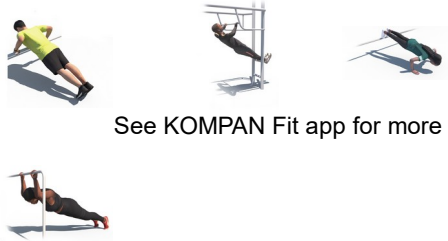


# Push Up Bars Robinia

FRO209



Item no. FRO20900-1001	
General Product Information	
Dimensions LxWxH	343x19x161 cm
Age group	13+
Play capacity (users)	3
Colour options	



See KOMPAN Fit app for more



The push-up bars are specifically designed for upper body training. The chest and arms can be trained through exercises such as rows or dips. If you do not mind getting dirty you can 'belly crawl' underneath the bars. Otherwise, a single hurdle can also be used for exercises on the spot such as push-ups and high jumps. The Push-up Bars have 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. The Robinia bars are made from de-barked and sap-free Robinia trunks in various dimensions. Robinia is a native European wood species with high strength and natural

durability in various climatic conditions. KOMPAN uses wood from FSC-certified sources.



# Push Up Bars Robinia

FRO209



All Organic Robinia products by KOMPAN are made of Robinia wood from sustainable European sources. On request it can be supplied as FSC® Certified (FSC® C004450).



The Robinia wood can be supplied as untreated raw wood or painted with a brown coloured transparent pigment that maintains the golden wood colour of the wood.



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

Item no. FRO20900-1001	
Installation Information	
Max. fall height	133 cm
Safety surfacing area	22.3 m²
Total installation time	4.2
Excavation volume	0.39 m³
Concrete volume	0.08 m³
Footing depth (standard)	100 cm
Shipment weight	213 kg
Anchoring options	In-ground ✓ Surface ✓
Warranty Information	
Hot dip galvanised steel	Lifetime
Robinia wood	15 years
Spare parts guaranteed	10 years

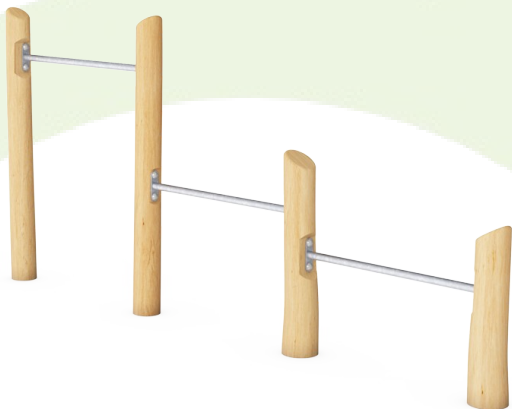


All KOMPAN fitness products are compliant with the ASTM F3101 & EN16630 Outdoor Fitness Standards. Load tests are performed as a static test by adding dynamic factors as well as safety factors to the specified load of 78kg per user. A product intended for 1 user is loaded with 420kg.

**ASTM  
F3101**  
compliant

# Sustainability Data

FRO209



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	%
FRO20900-1001	37.84	0.24	2.39

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))

**Kompan A/S**  
C.F. Tietgens Boulevard 32C  
DK-5220 Odense SØ  
Denmark



### 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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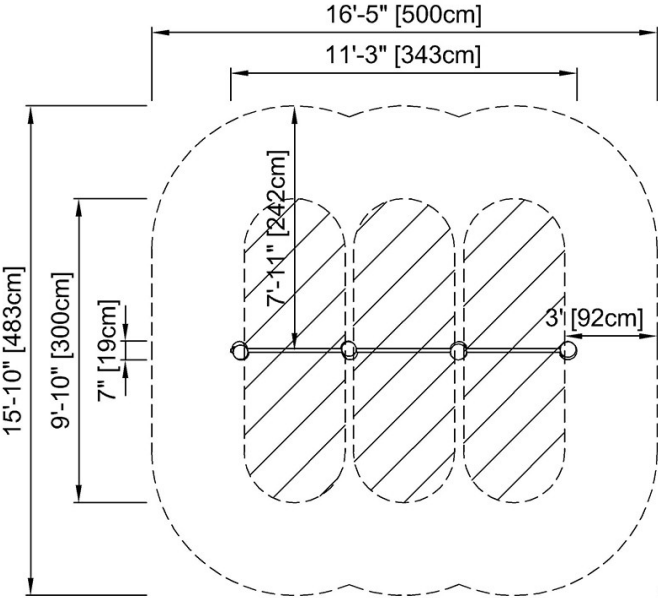


# Push Up Bars Robinia

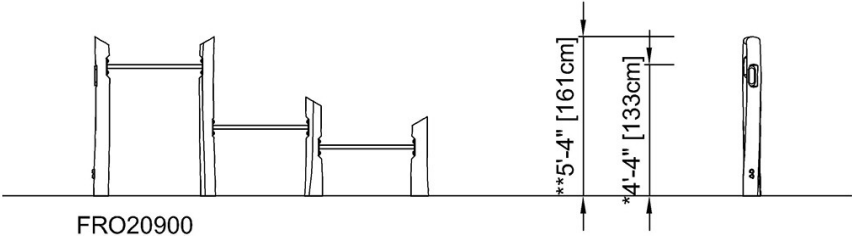
FRO209

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

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



FRO20900  
\* 4'-4" / 133cm  
\*\* 5'-4" / 161cm  
\*\*\*240ft² / 22.3m²



FRO20900

[Click to see TOP VIEW](#)

[Click to see SIDE VIEW](#)