

# Square Pull Up Station

FPW218



The Square Pull Up Station can be used in many ways and by multiple users at the same time. Exercises range from normal pull ups to the most dynamic and advanced exercises such as the Flying Monkey, where you fly from one bar to another. The Pull Up Bars are made from solid steel and have a diameter of 32 mm. An ideal size for both men and women to have

a good grip. As the highest bar is connected at a height of 233 cm everyone will be able to hang freely, to make sure that everyone can reach the pull up bars there are 2 stepping pods at different heights.



Item no. FPW21800-0900

## General Product Information

Dimensions LxWxH 165x164x240 cm

Age group 8+

Play capacity (users) 4

Colour options



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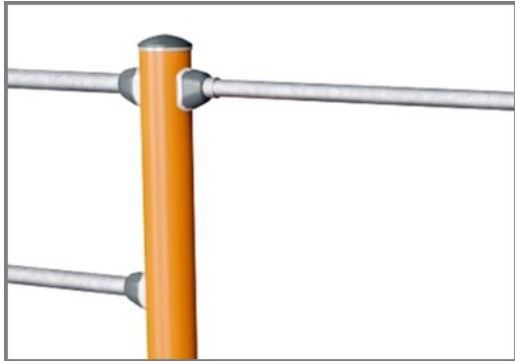
Post are made of Ø101.6 x 2mm, pre-galvanized carbon steel and powder coated, a great protection to all conditions.



Steps are made of extruded aluminium with a non-skid surface. Aluminium has high corrosion resistance and ensures durability of the product. Steps have been mounted at heights of 34,7cm and 54,7cm this creates an easy access to reach the overhead activity



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.



All bars intended for pull ups are made of solid, ø32mm x 138 m, hot dip galvanised, S235JR steel bars. This diameter gives the right grip for everyone.

Item no. FPW21800-0900

## Installation Information

Max. fall height	233 cm
Safety surfacing area	26.9 m²
Total installation time	3.5
Excavation volume	0.71 m³
Concrete volume	0.38 m³
Footing depth (standard)	90 cm
Shipment weight	184 kg
Anchoring options	In-ground ✓ Surface ✓

## Warranty Information

Connectors	10 years
Hot dip galvanised steel	Lifetime
Post	10 years
Spare parts guaranteed	10 years



# Sustainability Data

FPW218



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	%
FPW21800-0900	341.99	3.31	48.90

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.

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**By Bureau Veritas HSE**  
[www.bureauveritas.dk](http://www.bureauveritas.dk)  
+45 7731 1000

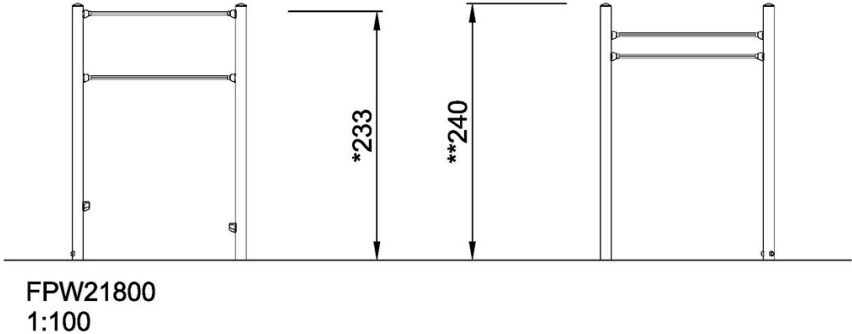
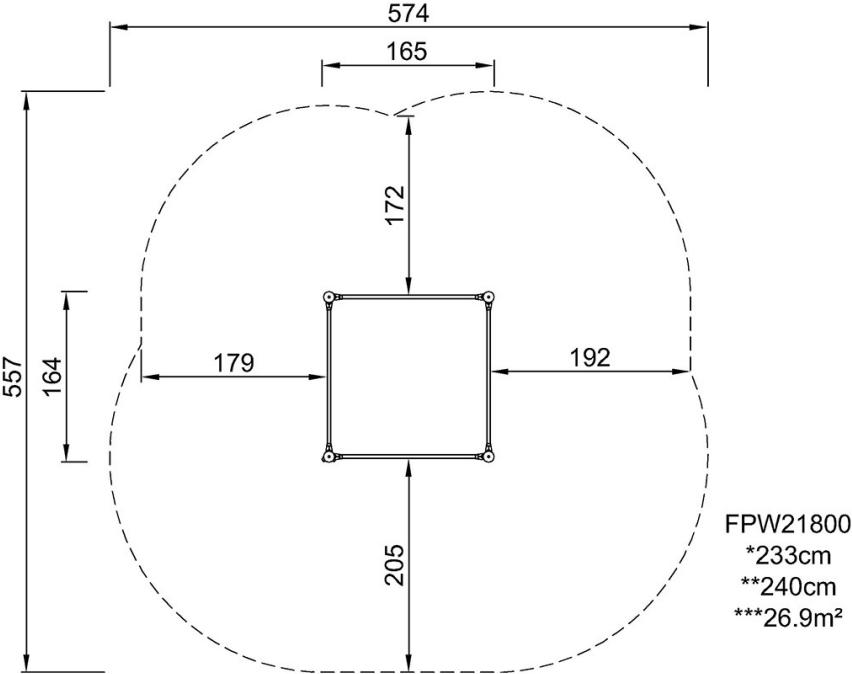


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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

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



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[Click to see SIDE VIEW](#)