

# Cross Trainer

FSW239



The Cross Trainer appeals to a wide demographic due to its low-impact design that incorporates both upper and lower body movement. Ergonomically optimized, it provides a comfortable exercise that's easy on the joints. Workload is adjustable with 10 resistance levels, controlled by a handle reachable from the standing position. The

smooth magnetic brake system caters to all training intensities, suitable for rehabilitation or athletic conditioning. It also features a phone holder for multimedia entertainment during workouts.

Item no. FSW23900-0001	
General Product Information	
Dimensions LxWxH	165x70x167 cm
Age group	13+
Play capacity (users)	1
Colour options	



See KOMPAN Fit app for more

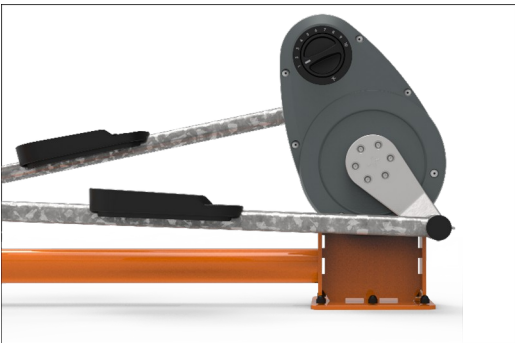


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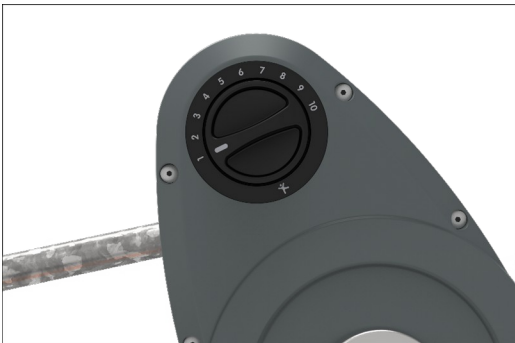
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The cross trainer has one welded steel frame connecting the front and the back of the machine. The frame creates an extremely strong and rigid constructing which is needed to cope with the high forces that can be applied.



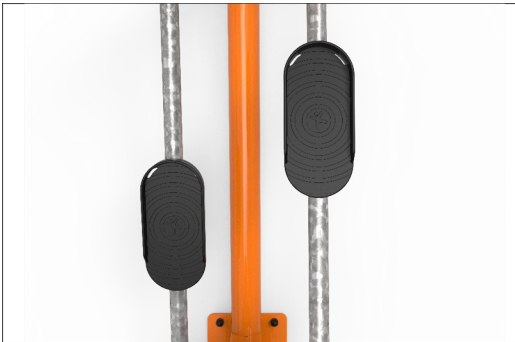
The resistance unit and all mechanical parts are hidden in the fully closed cabinet which is made from UV-stabilized Polycarbonate (PC). As a result, entrapment is not possible, making it extremely safe to use and providing protection against the elements.



The magnetic resistance system is fully covered and can be adjusted with a rotatable handle in 10 steps. The selector system is intuitive in use, you rotate the handle to select a different amount of resistance.



The machine is equipped with a weighted flywheel that ensures that the motion stays fluid and comfortable during use.



The footplates are made from molded pp and secured to the cross trainer using 4 threaded inserts and accommodates most foot sizes.



The center console of has a phone holder made from s235 steel with a thickness of 6mm.

Item no. FSW23900-0001	
Installation Information	
Max. fall height	50 cm
Safety surfacing area	15.3 m²
Total installation time	3.3 hours
Excavation volume	0.00 m³
Concrete volume	0.00 m³
Footing depth (standard)	0 cm
Shipment weight	170 kg
Anchoring options	Surface ✓
Warranty Information	
Aluminum	15 years
EcoCore HDPE	Lifetime
Movable parts	2 years
Spare parts guaranteed	10 years
Steel frame	10 years



# 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	%
FSW23900-0001	356.90	3.23	46.68

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**

**By Bureau Veritas HSE**  
www.bureauveritas.dk  
+45 7731 1000

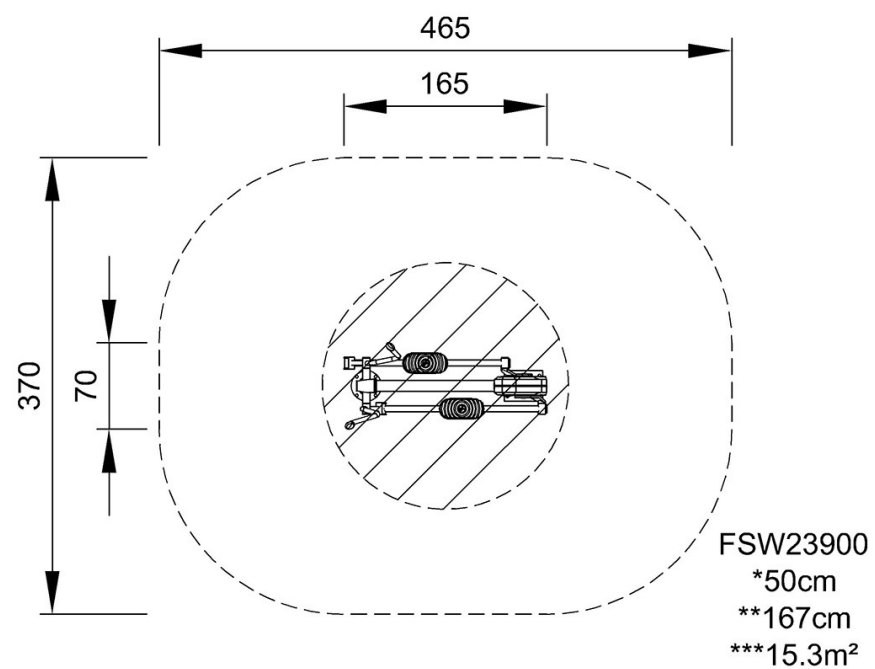


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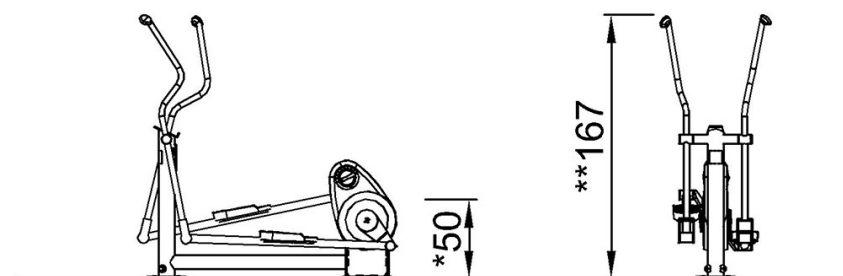
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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

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



[Click to see TOP VIEW](#)



FSW23900

[Click to see SIDE VIEW](#)