

Combi 1

FSW101



The Bench provides perfect training for the core and lower back muscles by doing exercises such as leg lifts and sit-ups. Easy grips are created to make sure anyone can correctly do the exercise. The Combi 1 is a space efficient combination of essential street workout equipment with a pull up bar, horizontal ladder, and bench. A trainer's

favourite, because it is the perfect training station for using additional exercise tools, such as suspension trainers and small weights. The Pull Up Bar is made from solid steel and has a diameter of 32 mm, an ideal size for both men and women to have a good grip. As the bar hangs at a height of 233cm, everyone will be able to hang freely and use the bar for a variety

of pull ups.

Item no. FSW10101-0901

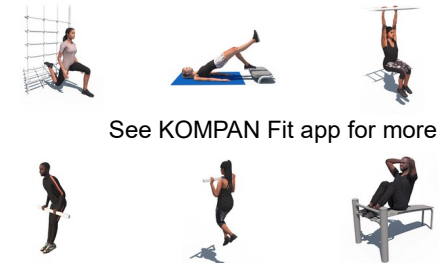
General Product Information

Dimensions LxWxH 316x230x240 cm

Age group 13+

Play capacity (users) 3

Colour options



See KOMPAN Fit app for more



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The post is made of $\varnothing 101.6 \times 2\text{mm}$, pre-galvanised carbon steel and powder coated which is a great protection solution for all climate conditions.



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, $\varnothing 32\text{mm} \times 138\text{m}$, hot-dip galvanised, S235JR steel bars. This diameter gives the right grip for all users.

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Installation Information

Max. fall height	133 cm
Safety surfacing area	22.2 m ²
Total installation time	4.6
Excavation volume	0.47 m ³
Concrete volume	0.24 m ³
Footing depth (standard)	90 cm
Shipment weight	145 kg
Anchoring options	In-ground ✓ Surface ✓

Warranty Information

Connectors	10 years
Galvanised Steel	Lifetime
Post	10 years
Spare Parts Guarantee	10 years



All of KOMPAN's fitness products are compliant with AS 4685:2021, ASTM F3101 & EN16630 Outdoor Fitness Standards. Load tests are performed to the specified load of 78kg per user. A product intended for one user is loaded with 420kg.



The information sign is made of a PA6 (Polyamide) and shows the most relevant exercises. When users scan the QR code, this will link them to an animated illustration of the exercise and offers the possibility of downloading the KOMPAN Fitness App, which is programmed with many more exercise alternatives.

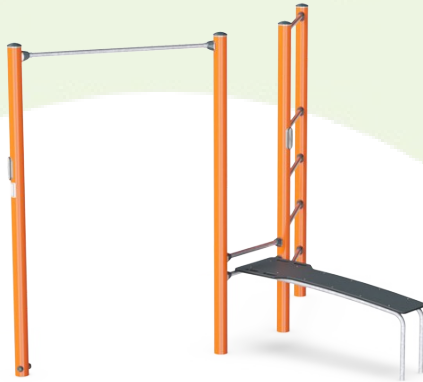


The surface is made of Ekogrip™ panels, consisting of 15mm polyethylene with a 3mm top-layer of thermoplastic rubber. The Ekogrip™ panels have a non-skid effect for comfortable and safe training at all weather circumstances.



Sustainability Data

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Cradle to Gate A1-A3	Total CO ₂ emission	CO ₂ e/kg	Recycled materials
	kg CO ₂ e	kg CO ₂ e/kg	%
FSW10101-0901	222.93	2.06	62.42

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 CO₂ calculation of: Fitness



Data version no. 2023-10-05

The CO₂ 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 CO₂ 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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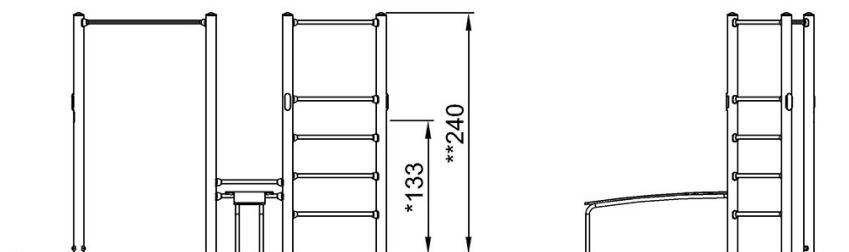
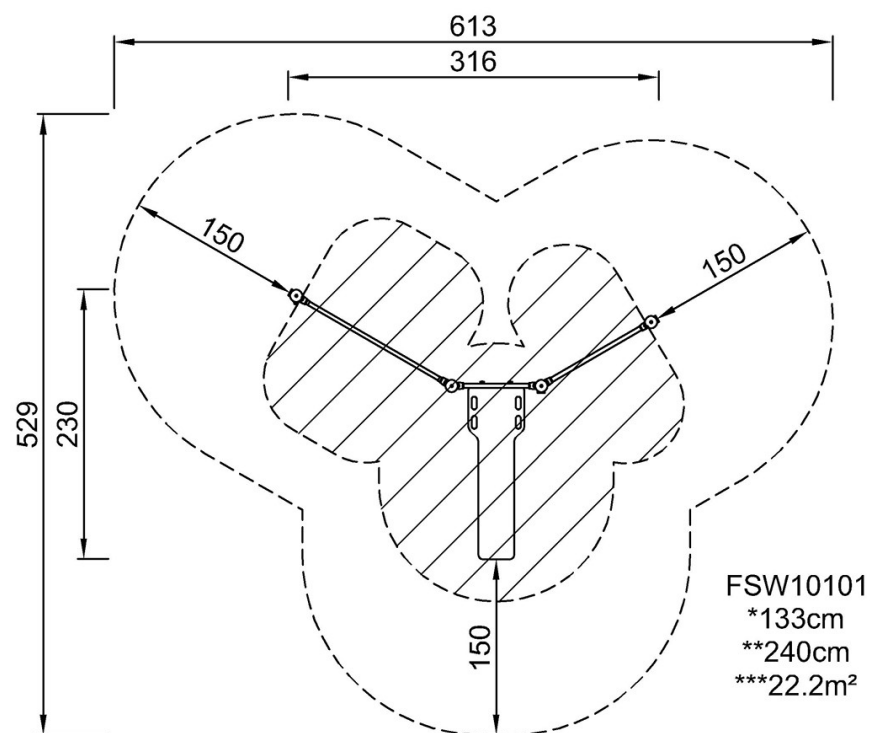


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* Max fall height | ** Total height | *** Safety surfacing area

* Max fall height | ** Total height



FSW10101

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