### Sit Up Bench Robinia

FRO203





Item no. FRO20300-1001

#### **General Product Information**

Dimensions LxWxH 95x157x104 cm
Age group 13+
Play capacity (users) 1



Colour options



See KOMPAN Fit app for more



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 do the exercise in the correct way. The durable Ekogrip® surfacing offers perfect grip, allowing the bench to be used as a jump box for performing various step and jump exercises

under all weather conditions. The Bench has a clear instruction sign showing the basic exercise and a QR code. By using 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.

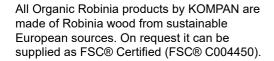
## Sit Up Bench Robinia

FRO203



10 years







The Ø414mm top plate is made from 15mm Ekogrip®, a 15mm PE plate with a 3mm top-layer of thermoplastic rubber with non-skid effect. The height is 217mm and the range of motion is +/- 90°, with a EPDM rubber stop at each end.



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.

Item no. FRO20300-1001			
Installation Information			
Max. fall height		63 cm	
Safety surfacing area	1-	4.2 m²	
Total installation time		3.3	
Excavation volume	0.20 m³		
Concrete volume	0.00 m³		
Footing depth (standard)	100 cm		
Shipment weight	•	106 kg	
Anchoring options	In-ground 🗸		
	Surface	~	
Warranty Information			
EcoCore HDPE	Lifetime		
Hot dip galvanised steel	Lifetime		
Robinia wood	15 years		



Spare parts guaranteed

# **Sustainability Data**

FRO203





Cradle to Gate A1-A3	Total CO <sub>2</sub> emission	CO₂e/kg	Recycled materials
	kg CO₂e	kg CO₂e/kg	%
FRO20300-1001	77.61	0.98	9.27

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  $\mathrm{CO}_2$  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:

mais

Julie Marie Vejsgaard Larsen, LCA & EPD Consultant

Verification based on report: Validation of  ${\rm CO_2}$  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



# Sit Up Bench Robinia





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

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

