

# Hurdles

FSW211



The five hurdles form an obstacle that can be overcome in several ways. If you do not mind getting dirty you can 'belly crawl' underneath them. Otherwise you go over the hurdles by walking or running. A single hurdle can also be used for exercises on the spot such as push ups and high jumps. The Hurdles are standard available in Orange, RAL2010 and Grey,

RAL7012. All other RAL colours are available on request. It will always be possible to match the surroundings or colour theme!

Item no. FSW21100-0900	
General Product Information	
Dimensions LxWxH	164x651x57 cm
Age group	13+
Play capacity (users)	5
Colour options	



See KOMPAN Fit app for more



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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.



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.



The bars intended for exercises are made of hot-dip galvanised steel ø48mm. The diameter of these bars provide a good support when used to for push ups exercises or when doing exercises standing on the tubes.

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Installation Information	
Max. fall height	40 cm
Safety surfacing area	31.6 m²
Total installation time	4.4
Excavation volume	0.28 m³
Concrete volume	0.20 m³
Footing depth (standard)	90 cm
Shipment weight	174 kg
Anchoring options	In-ground ✓ Surface ✓
Warranty Information	
Connectors	10 years
Hot dip galvanised steel	Lifetime
Post	10 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.



The information sign is made of a PA6 (Polyamide) and shows the most relevant exercise and a QR code. When scanned the QR code will link to an animated illustration of the exercise and offers the possibility of downloading the KOMPAN sport & fitness App, which will provide a large amount of exercises and workouts.

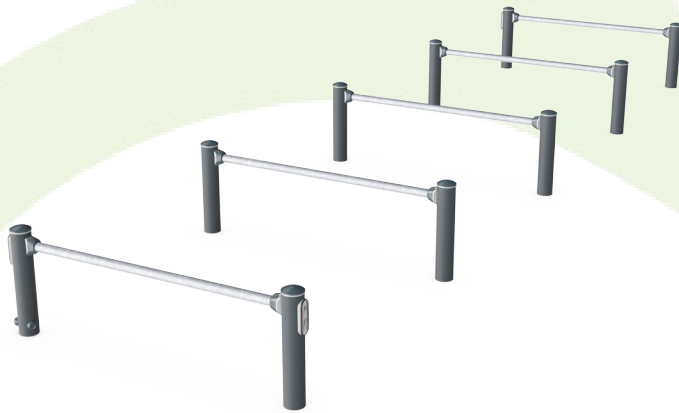


The height of each hurdle is 50cm. To accommodate the different exercises the hurdles are placed with 150cm between each other.

**ASTM  
F3101**  
compliant

# Sustainability Data

FSW211



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	%
FSW21100-0900	215.98	1.97	68.07

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

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## 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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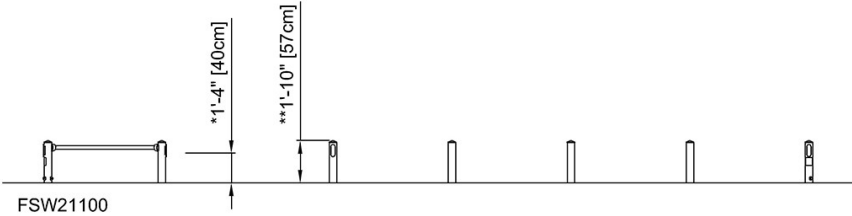
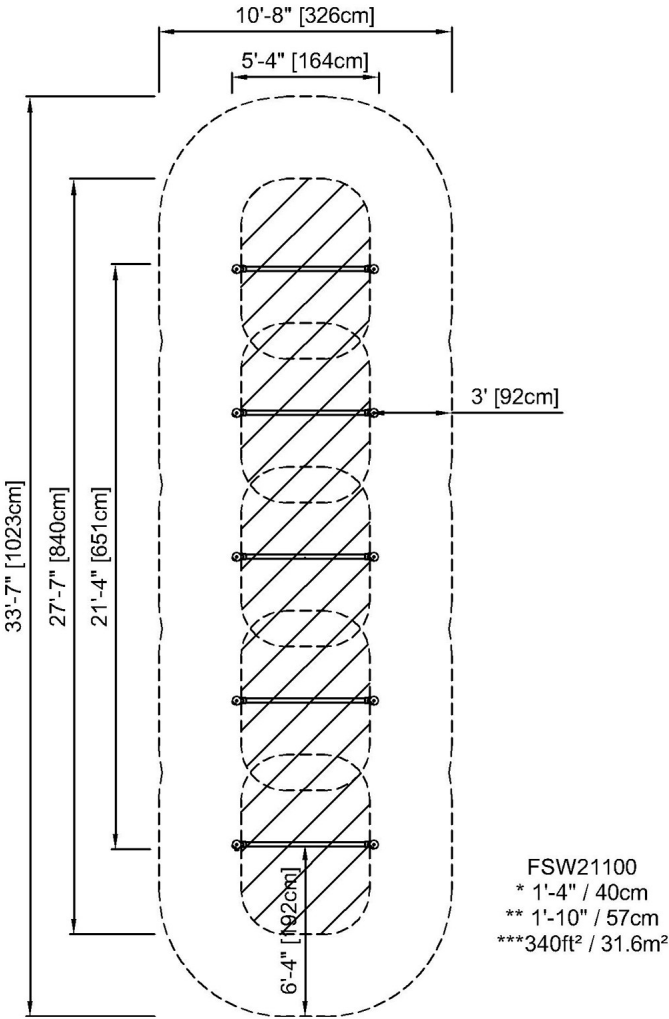


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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

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



[Click to see TOP VIEW](#)

[Click to see SIDE VIEW](#)