Incline Press

FSW206

Item no. FSW20600-0901	
General Product Information	
Dimensions LxWxH	119x12x240 cm
Age group	13+
Play capacity (users)	1
Colour options	

See KOMPAN Fit app for more

Street workout is a physical activity that symbolises the freedom of movement and encourages socialising, with a combination of athletics, calisthenics, and other sports, it is mostly performed in the public space. The incline press is specifically designed for beginners that are having a hard time with push ups and pull ups, and the side handles offer different positions and heights to place hands or feet, allowing the user to decrease and increase their own bodyweight while performing exercises like push ups. The top bar makes it possible to do many more exercises. From pull ups where you train the upper body to knee raises that work your abdominal muscles.

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The post is made of Ø101.6 x 2mm, 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.

The handles offer four different heights to place the hands or feet; 48cm, 76cm, 104cm and 132cm, creating the opportunity to scale the difficulty of the exercise.

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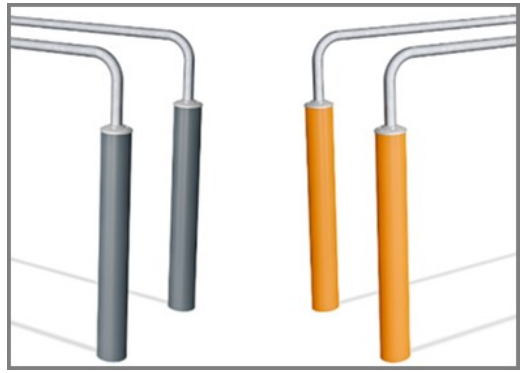
Installation Information	
Max. fall height	133 cm
Safety surfacing area	11.0 m²
Total installation time	2.7
Excavation volume	0.35 m³
Concrete volume	0.19 m³
Footing depth (standard)	90 cm
Shipment weight	71 kg
Anchoring options	In-ground ✔
	Surface ✔
Warranty Information	
Connectors	10 years
Galvanised 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.



KOMPAN fitness products are available in Orange, RAL2010 and Grey, RAL7012 as standard. All other RAL colours are available on upon request to meet your project's vision and to match the natural surroundings.

Sustainability Data

FSW206

Cradle to Gate A1-A3	Total CO_2 emission	CO_2e/kg	Recycled materials
	kg CO_2e	kg CO_2e/kg	%
FSW20600-0901	156.76	3.59	47.94

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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Denmark

Validation of CO_2 calculation method
BUREAU VERITAS
HSE Denmark A/S

Verification of CO_2 calculation of: Fitness

Data version no. 2023-10-05

The 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:

Julie Marie Vejsgaard Larsen, LCA & EPD Consultant

Verification based on report: Validation of CO_2 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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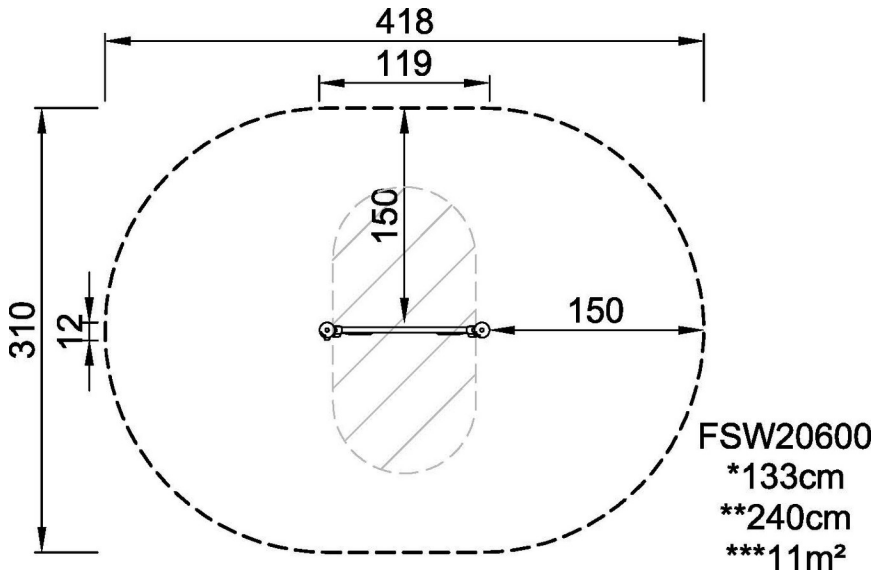
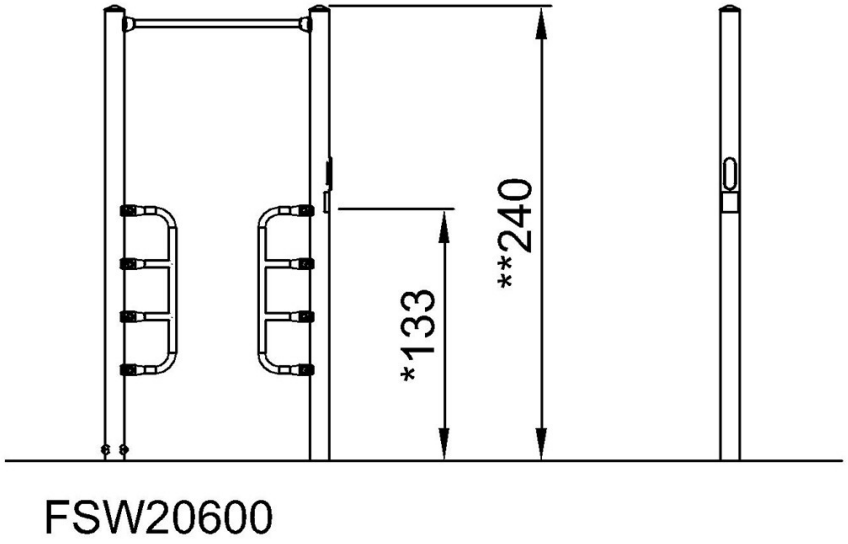
* Max fall height | ** Total height | *** Safety surfacing area



Click to see TOP VIEW

* Max fall height | ** Total height



Click to see SIDE VIEW