

# Multi Timer

FSW301



Item no. FSW30100-0901

## General Product Information

Dimensions LxWxH 44x22x170 cm

Age group 13+

Play capacity (users) 4

Colour options



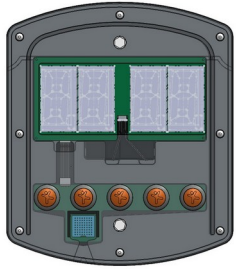
When exercising it is valuable to have a reliable way to keep track of time. Time-tracking adds structure and measurability to workouts, which is highly motivating, but also facilitates continuous improvement in the workout hence ultimately reaching goals. A Multi Timer is easy to see while working out and it gives an auditory and visual signal that clearly indicates

when to start and stop activities. There are 5 timer functions 1. Stopwatch 2. Tabata Timer (20/10 sec) 3 Interval Timer (30/10 sec) 4. HIIT (40/20 sec) 5. EMOM (60 sec)

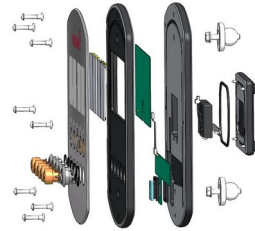


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The reflective LCD display has four digits of 100mm height, with excellent outdoor visibility and a wide viewing angle. An LCD display has a low energy consumption, It is powered by 8 replaceable AA batteries with a lifespan of more than 2 years.



Front panels are made of UV-stabilized Polycarbonate. The UV-stabilization prevents the Transparent panels in being yellow over time and ensures the mechanical performances. The graphic prints are added by a unique multi-layer print process where the inner layer is the image and outer transparent layer functions as protection. The lacquer is water-based, and UV stabilized to prevent fading.



The push buttons and the housing for the push buttons are made from Polyamide (PA6). The buttons contain a magnet which activates a contactless reed switch when the buttons are pushed. This ensures high durability of the system.

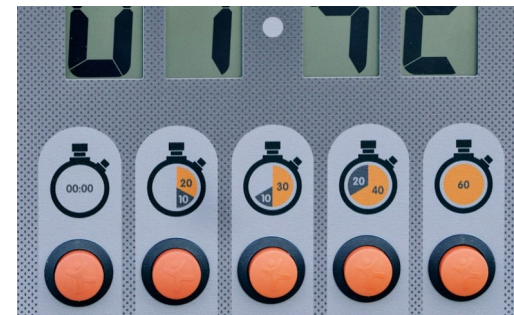
Item no. FSW30100-0901	
Installation Information	
Max. fall height	0 cm
Safety surfacing area	0.0 m <sup>2</sup>
Total installation time	2.1
Excavation volume	0.06 m <sup>3</sup>
Concrete volume	0.04 m <sup>3</sup>
Footing depth (standard)	90 cm
Shipment weight	41 kg
Anchoring options	In-ground ✓ Surface ✓
Warranty Information	
Aluminium clamps	10 years
Coated steel parts	10 years
EcoCore HDPE	Lifetime
Electronics	2 years
Spare parts guaranteed	10 years



The connectors are made of die-cast aluminum specially alloyed for outdoor environments and with a lead content below 100ppm. The connectors are attached to the posts by stainless steel screws and well protected against corrosion by special designed zinc washers. Extremely strong and no change of corrosion.



Steel posts are made of Ø101,6 x 2,0mm pre-galvanized steel tube. The posts are powder coated. Tops of posts are sealed with plastic caps (PA6). Footings for surface installation are manufactured from Carbon steel with hot-dip galvanized surface according to ISO1461.



There are 5 timer functions  
1. Stopwatch  
2. Tabata Timer (20/10 sec)  
3. Interval Timer (30/10 sec)  
4. HIIT (40/20 sec)  
5. EMOM (60 sec)

**ASTM  
F3101**  
compliant

# Sustainability Data

FSW301



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	%
<b>FSW30100-0901</b>	58.52	2.39	68.05

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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 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**

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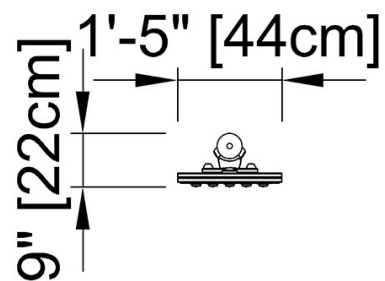


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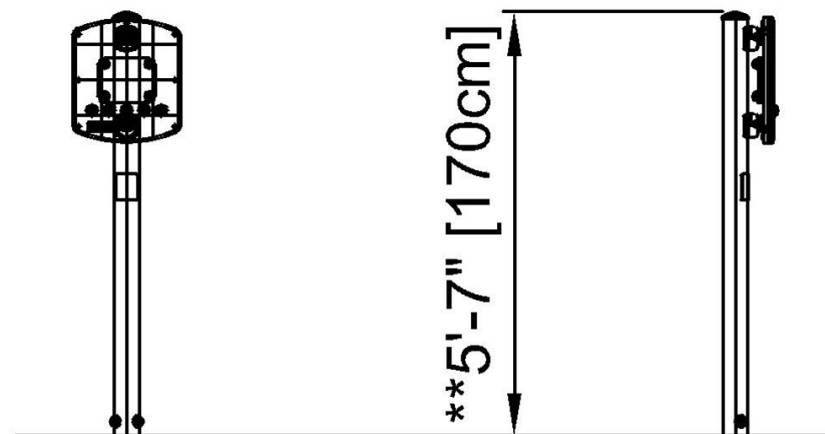
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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

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



FSW30100  
\*\* 5'-7" / 170cm



FSW30100

[Click to see TOP VIEW](#)

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