


Arm Bike

FSW240



| | |
|------------------------------------|---|
| Item no. FSW24000-0001 | |
| General Product Information | |
| Dimensions LxWxH | 82x55x115 cm |
| Age group | 13+ |
| Play capacity (users) | 1 |
| Colour options |  |



See KOMPAN Fit app for more

The Arm Bike features a seat and adaptable space to accommodate seated, wheelchair-bound, or standing users, ensuring it is inclusive for all fitness levels and abilities. The equipment's adjustable resistance, sourced from a magnetic brake on a flywheel, delivers a smooth cycling experience critical for arm workouts. Users can effortlessly select from 10

resistance levels by turning a handle, enabling a range from gentle exercises to high-intensity interval training.



Arm Bike

FSW240



To ensure the integrity of the machine, the orange-colored main posts are made of $\varnothing 101.6 \times 3\text{mm}$ s235 steel posts, which are hot dip galvanized and powder coated.



The Arm Bike accommodate 3 exercising positions, standing, seated in a wheelchair or seated on the seat. The handles have a diameter of $\varnothing 36\text{mm}$ and are placed under a 30-degree angle.



The magnetic resistance system is fully covered and can be adjusted with a rotatable handle in 10 steps. The selector system is intuitive in use, you rotate the handle to select a different amount of resistance.



The resistance unit and all mechanical parts are hidden in the fully closed cabinet which is made from UV-stabilized Polycarbonate (PC). As a result, entrapment is not possible, making it extremely safe to use and providing protection against the elements.



The machine is equipped with a weighted flywheel that ensures that the motion stays fluid and comfortable during use.



Seat is made of Ekogrip™ panel that consist of a 15mm thick PE base with 3 mm top-layer of soft rubber with a non-skid effect.

Item no. FSW24000-0001

Installation Information

| | |
|--------------------------|---------------------|
| Max. fall height | 60 cm |
| Safety surfacing area | 11.6 m ² |
| Total installation time | 2.1 |
| Excavation volume | 0.00 m ³ |
| Concrete volume | 0.00 m ³ |
| Footing depth (standard) | 0 cm |
| Shipment weight | 110 kg |
| Anchoring options | Surface ✓ |

Warranty Information

| | |
|-------------------------|----------|
| Handle | 10 years |
| Movable parts | 2 years |
| Polycarbonate PC panels | 10 years |
| Spare parts guaranteed | 10 years |
| Steel frame | 10 years |

EN
16630
compliant

Sustainability Data

FSW240



| Cradle to Gate A1-A3 | Total CO ₂ emission | CO ₂ e/kg | Recycled materials |
|----------------------|--------------------------------|-------------------------|--------------------|
| | kg CO ₂ e | kg CO ₂ e/kg | % |
| FSW24000-0001 | 197.12 | 3.26 | 43.06 |

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 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

By Bureau Veritas HSE
www.bureauveritas.dk
+45 7731 1000

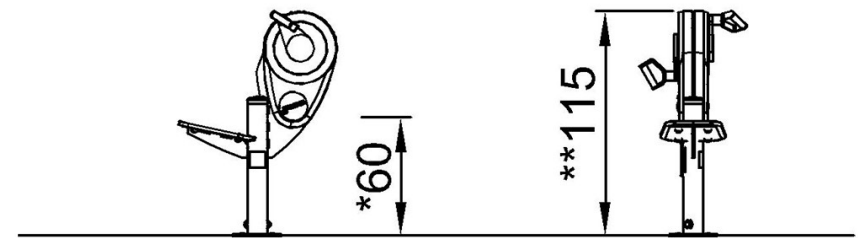
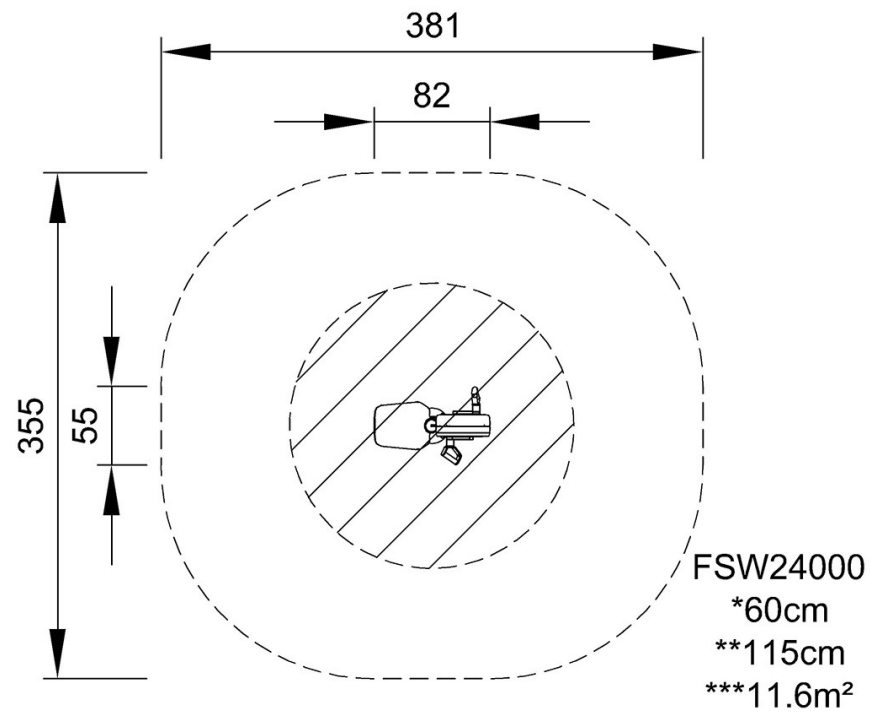


Arm Bike

FSW240

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

* Max fall height | ** Total height



FSW24000

[Click to see TOP VIEW](#)

[Click to see SIDE VIEW](#)