

Combi 4

FSW104



Compact and complete street workout and callisthenics combination for training and competition. It features an incline bench, parallel bars, push up bar, decline press, Swedish ladder, human flagpole and pull up station. Seven workout stations in one, and all within only 41 m². The 138cm wide pull up bars are designed to give plenty of space for

dynamic exercises and promote sideways exercises such as the typewriter pull up. The wide bars also allow for users to do pull ups next to each other and thereby compete or motivate each other.


Item no. FSW10401-0901

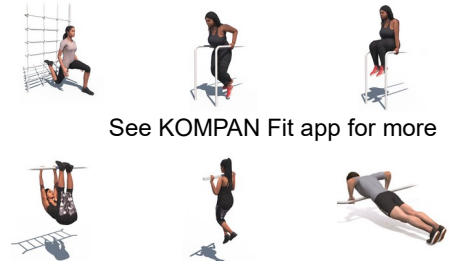
General Product Information

Dimensions LxWxH 384x435x240 cm

Age group 13+

Play capacity (users) 8

Colour options 



See KOMPAN Fit app for more



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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.



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.



All bars intended for pull ups are made of solid, $\varnothing 32\text{mm} \times 138\text{m}$, hot-dip galvanised, S235JR steel bars. This diameter gives the right grip for all users.



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.



The post is made of $\varnothing 101.6 \times 2\text{mm}$, pre-galvanised carbon steel and powder coated which is a great protection solution for all climate conditions.



The surface is made of Ekogrip™ panels, consisting of 15mm polyethylene with a 3mm top-layer of thermoplastic rubber. The Ekogrip™ panels have a non-skid effect for comfortable and safe training at all weather circumstances.

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Installation Information

Max. fall height	233 cm
Safety surfacing area	42.4 m ²
Total installation time	8.2
Excavation volume	0.84 m ³
Concrete volume	0.34 m ³
Footing depth (standard)	90 cm
Shipment weight	305 kg
Anchoring options	In-ground ✓ Surface ✓

Warranty Information

Connectors	10 years
EcoCore HDPE	Lifetime
Galvanised Steel	Lifetime
Post	10 years
Spare Parts Guarantee	10 years



Sustainability Data

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Cradle to Gate A1-A3	Total CO ₂ emission	CO ₂ e/kg	Recycled materials
	kg CO ₂ e	kg CO ₂ e/kg	%
FSW10401-0901	468.41	2.06	64.55

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.

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

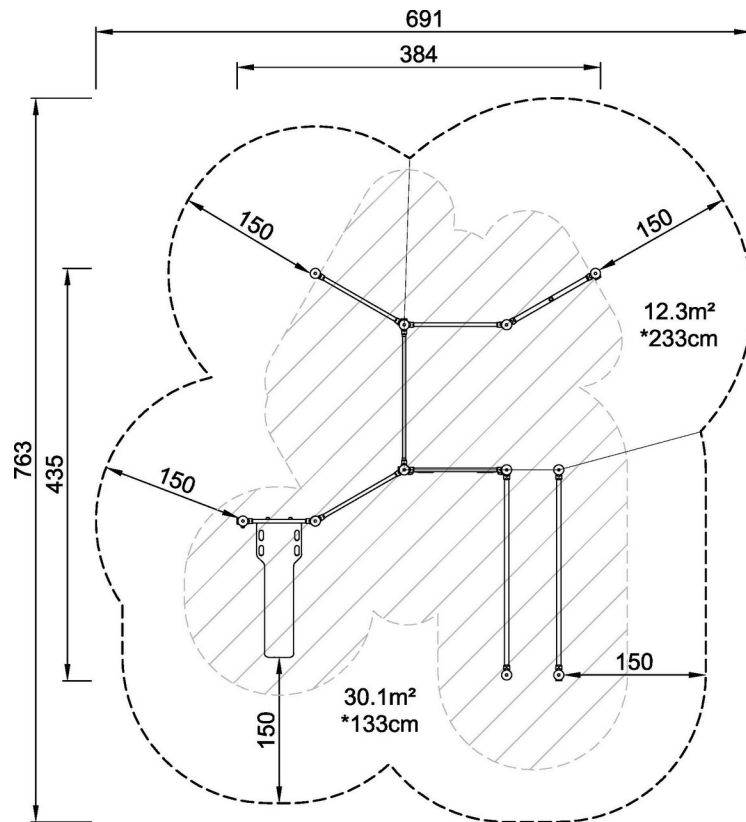


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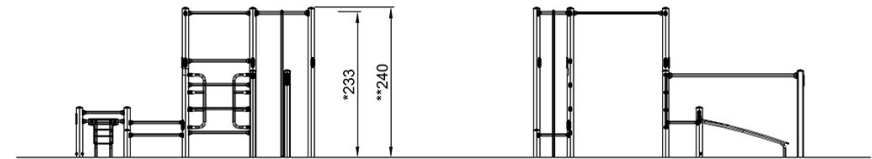
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* Max fall height | ** Total height | *** Safety surfacing area

* Max fall height | ** Total height



FSW10401
*233cm
**240cm
***42.4m²
1:100



FSW10401

[Click to see TOP VIEW](#)

[Click to see SIDE VIEW](#)