

# Human Flag Wall

FSW220



The human flag is without a doubt one of the most impressive bodyweight exercises and requires a remarkable strength to bodyweight ratio and a great deal of technique. It is considered to be a complete body exercise where shoulders, lats, and abs are particularly solicited. With exercises such as pull ups and handstand push ups getting the proper

foundation of strength. The left, flat side of the wall works as a support when doing handstands and handstand push ups. The Human Flag Wall has two clear instruction signs showing the basic exercise and a QR code, where users can connect to the KOMPAN fitness App and find multiple exercises and workouts at every level.

Item no. FSW22001-0901	
General Product Information	
Dimensions LxWxH	227x13x240 cm
Age group	13+
Play capacity (users)	3
Colour options	



See KOMPAN Fit app for more



# Human Flag Wall

FSW220



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 wall surface are made of 17.8mm thick high pressure laminate (HPL) panels to ensure optimal strength and durability.

Item no. FSW22001-0901

## Installation Information

Max. fall height	233 cm
Safety surfacing area	18.5 m²
Total installation time	4.1
Excavation volume	0.09 m³
Concrete volume	0.05 m³
Footing depth (standard)	90 cm
Shipment weight	172 kg
Anchoring options	In-ground ✓ Surface ✓

## Warranty Information

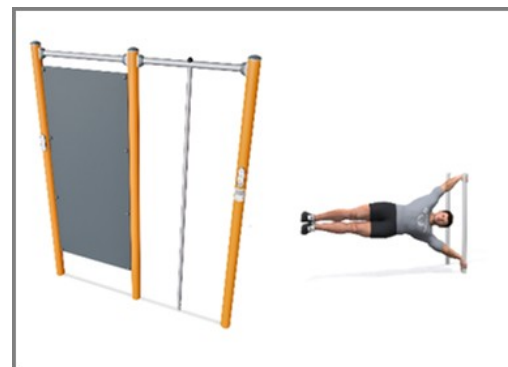
Connectors	10 years
Galvanised Steel	Lifetime
HPL Panel	15 years
Post	10 years
Spare Parts Guarantee	10 years



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.



The vertical pole is made of a ø38 x 2mm hot-dip galvanised tube, which is the perfect size for a good grip when trying to do the Human Flag!



# Sustainability Data

FSW220



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	%
FSW22001-0901	219.93	1.99	42.17

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**  
Let's play

## Kompan A/S

C.F. Tietgens Boulevard 32C  
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**

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

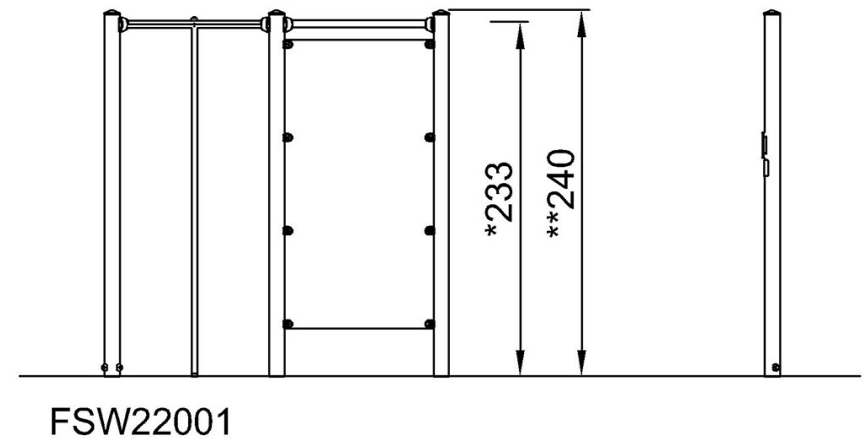
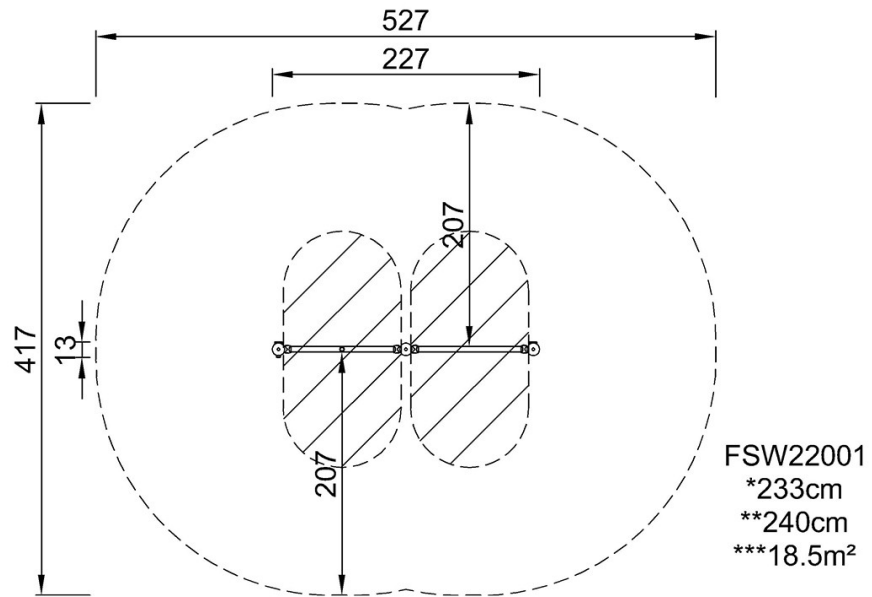


# Human Flag Wall

FSW220

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

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



[Click to see TOP VIEW](#)

[Click to see SIDE VIEW](#)