

# Cross Training Combi 7 Compact

FAZ208



Item no. FAZ20800-0900

**General Product Information**

Dimensions LxWxH 713x218x291 cm  
Age group 13+  
Play capacity (users) 7  
Colour options



See KOMPAN Fit app for more



The Combi 7 provides the maximal amount of exercises on the minimal amount of space. All 3 stations are multifunctional and inclusive in a way that all users can choose the difficulty that suits their fitness level. Suspension training is very effective because it simultaneously increases strength, balance, flexibility and core stability. With 49 exercises the suspension trainer is one of the most versatile pieces of exercise equipment on which all muscle groups can be trained in a functional and effective way, no matter what the fitness level of the user is. With the suspension trainer everyone can

resistance. The intensity of each exercise can be determined by adjusting the body position to add more or less resistance. The second activity is the Core Twist. The Core Twist offers innovative and resistance adjustable core training. The pole rotates 360° clockwise and counter clockwise with a resistance that can be determined by speed of movement. Also part of the Core Twist Station are the pull up station and the leg lift station. The 3rd activity is the Magnetic Bells, an innovative magnetic breaking system which allows the user to increase the resistance by increasing the

functions as brake when someone drops the magnetic bells and will reduce the impact significantly. The option to choose between a light, medium or heavy training weight offers a scalable training and it makes the Magnetic Bells an accessible piece of equipment for both the trained and the untrained. The Magnetic bells move freely up and down and can spin 360°. This allows the users to do exercises which are very similar to medicine balls and kettle bell exercises. The Magnetic bell comes with 3 different weights 6, 9 and 12kg.



Data is subject to change without prior notice.

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The uniquely designed Magnetic Bells are made of PUR and a reinforced aluminium steel frame that ensures a strong design. The ergonomically shaped handles guarantee a good and pleasant grip for all users.



The uniquely designed handles are made of PUR and a reinforced aluminium frame that ensures a strong but light design. The ergonomically shaped handles guarantee a good and pleasant grip for all users.



The pull up bar is made from Ø32 mm HDG steel bar. The bar is 1080mm wide and 2300mm above ground



The frame of the leg lift is made from Ø38 x 2mm HDG steel tube. The support plates are made from 15mm Ekogrip®, a 15 mm PE plate with a 3 mm top-layer of thermoplastic rubber with non-skid effect. The arm supports are 110 x 195mm, 580mm apart, and 1315mm above ground. The back support is 335 x 500mm. The opening in the back is 30 x 350mm.



KOMPAN fitness products are standard available in Orange, Anthracite Grey, Medium Grey, Dark Grey, Night Sky Blue, Light Blue, Yellow, Red, Black, Moss Green, Lime Green, Medium Green, Sand and Nut Brown. All other RAL colours are available on request. It will always be possible to match the surroundings or colour theme!



The magnets which are used are High Strength Neodymium magnets. The magnetic radiation is under strict control, the radiation level never exceeds 5 Gauss (0.5mT), which makes them perfectly safe to use as a training item.

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## Installation Information

Max. fall height	132 cm
Safety surfacing area	37.4 m²
Total installation time	10.6
Excavation volume	0.73 m³
Concrete volume	0.35 m³
Footing depth (standard)	90 cm
Shipment weight	698 kg
Anchoring options	In-ground ✓ Surface ✓

## Warranty Information

Coated steel parts	10 years
Hot dip galvanised steel	Lifetime
Movable parts	2 years
PUR components	10 years
Spare parts guaranteed	10 years



# Sustainability Data

FAZ208



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	%
FAZ20800-0900	1,152.71	2.84	53.71

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

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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.

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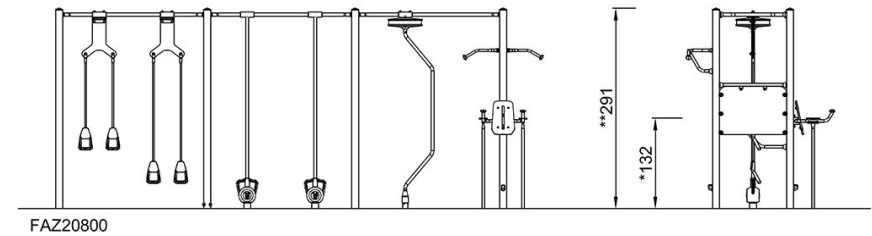
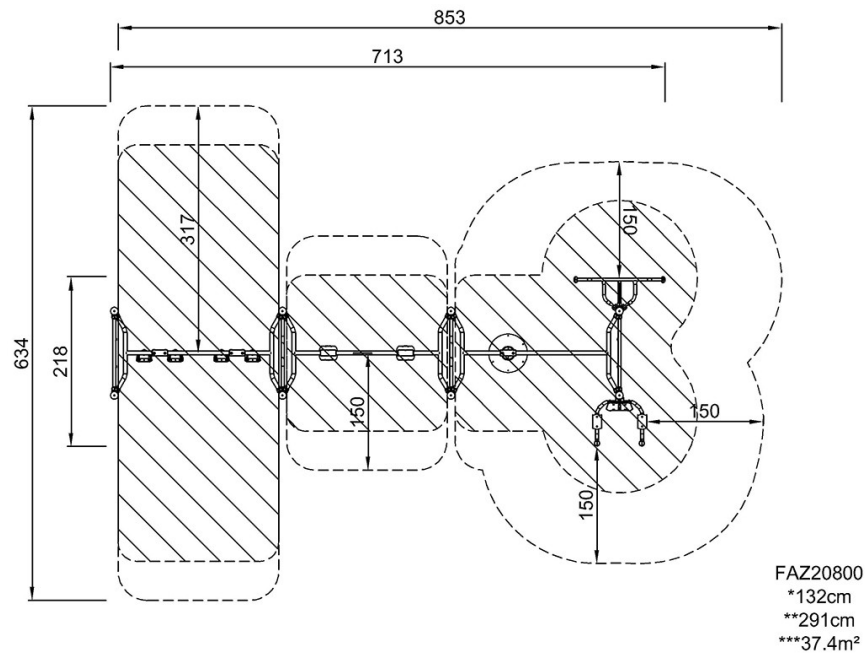


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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

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



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[Click to see SIDE VIEW](#)