

# Combi 1

FSW101



The Bench provides perfect training for the core and lower back muscles by doing exercises such as leg lifts and sit ups. Easy grips are created to make sure anyone can do the exercise in a correct way. The Combi 1 is a space efficient combination of essential street workout equipment with a pull up bar, horizontal ladder and bench. A trainer's

favourite, because it is the perfect training station for using additional exercise tools, such as suspension trainers and small weights. The Pull Up Bar is made from solid steel and has a diameter of  $\varnothing 32$  mm. An ideal size for both men and women to have a good grip. As the bar hangs at a height of 233cm, everyone will be able to hang freely and use the bar for a variety

of Pull Ups.

Item no. FSW10101-0901

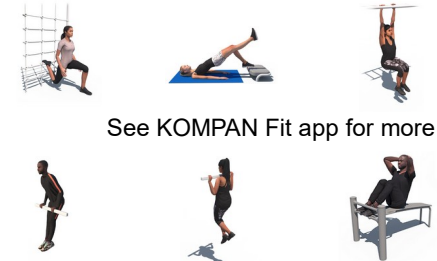
## General Product Information

Dimensions LxWxH 316x230x240 cm

Age group 13+

Play capacity (users) 3

Color options



See KOMPAN Fit app for more



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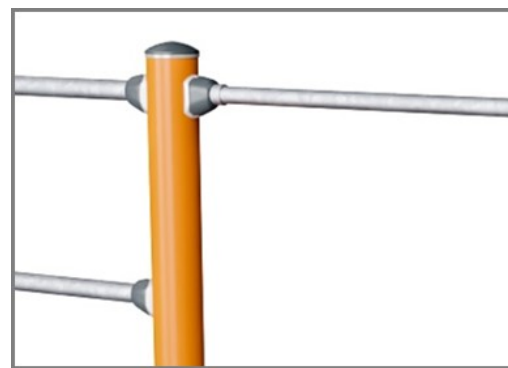
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Post are made of Ø101.6 x 2mm, pre-galvanized carbon steel and powder coated, a great protection to all conditions.



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.

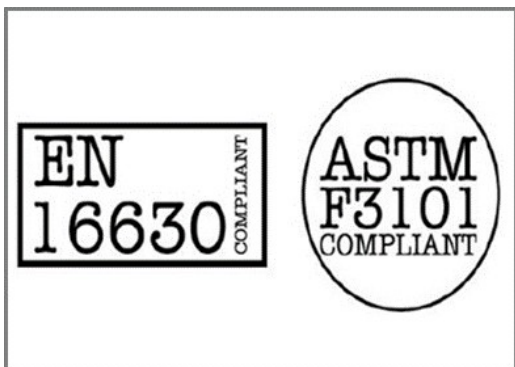


All bars intended for pull ups are made of solid, ø32mm x 138 m, hot dip galvanized, S235JR steel bars. This diameter gives the right grip for everyone.

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### Installation Information

Max. fall height	133 cm
Safety surfacing area	22.2 m <sup>2</sup>
Total installation time	4.6
Excavation volume	0.47 m <sup>3</sup>
Concrete volume	0.24 m <sup>3</sup>
Footing depth (standard)	90 cm
Shipment weight	141 kg
Anchoring options	In-ground ✓ Surface ✓



All KOMPAN fitness products are compliant with the ASTM F3101 & EN16630 Outdoor Fitness Standards. Load tests are performed as a static test by adding dynamic factors as well as safety factors to the specified load of 78kg per user. A product intended for 1 user is loaded with 420kg.



The information sign is made of a PA6 (Polyamide) and shows the most relevant exercise and a QR code. When scanned the QR code will link to an animated illustration of the exercise and offers the possibility of downloading the KOMPAN sport & fitness App, which will provide a large amount of exercises and workouts.



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.



# Sustainability Data

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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>FSW10101-0901</b>	370.90	3.45	44.50

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 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

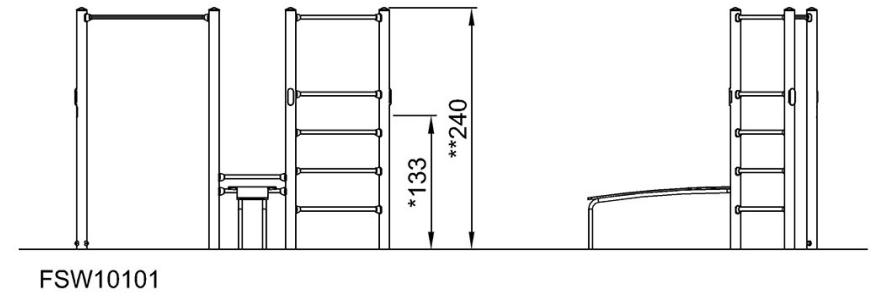
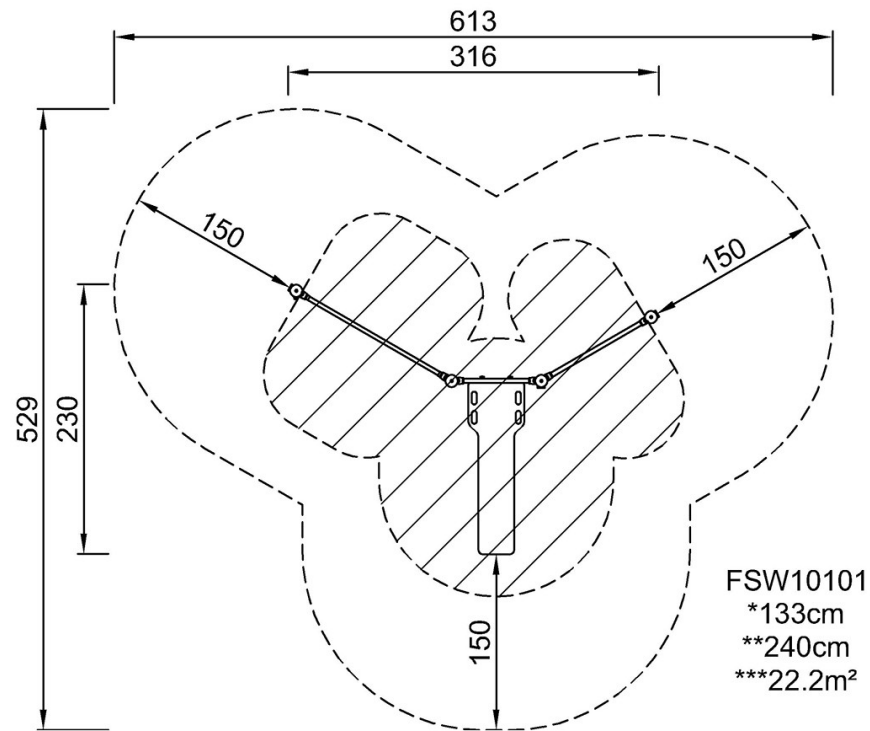


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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

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



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