

# Cross Training Combi 4 Compact

FAZ205

**KOMPAN**  
Let's play



Item no. FAZ20500-0900

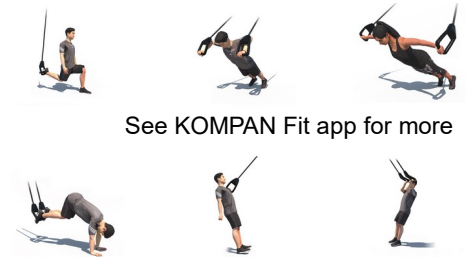
## General Product Information

Dimensions LxWxH 443x119x291 cm

Age group 13+

Play capacity (users) 4

Colour options 



See KOMPAN Fit app for more



The Combi 4 combines two of the most versatile functional training products, the Suspension Trainer and the Magnetic Bells. 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 workout at their own level due to the scalable 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 Magnetic Bells, an innovative magnetic breaking system which allows the user to increase the resistance by increasing the speed of movement. The patented system also 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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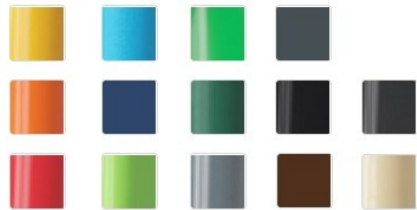
The Sign is made from a 15mm Polycarbonate and supported by Ø38.2mm top bar. This is an extremely solid assembly which provides great structural stability. The sign shows the 11 main exercises and has a QR code which refers users to the Kompan Fit APP that offers extended support on exercises and training.



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 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.



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!



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



Ropes are made of UV-stabilised PES with inner steel cable reinforcement. The polyester yarn is made from +95% post-consumer materials and is inductively melted onto each strand, leading to good wear resistance.

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### Installation Information

Max. fall height	0 cm
Safety surfacing area	19.1 m <sup>2</sup>
Total installation time	6.6
Excavation volume	0.49 m <sup>3</sup>
Concrete volume	0.24 m <sup>3</sup>
Footing depth (standard)	90 cm
Shipment weight	442 kg
Anchoring options	In-ground ✓ Surface ✓

### Warranty Information

Coated steel parts	10 years
Movable parts	2 years
PUR components	10 years
Spare parts guaranteed	10 years
Stainless steel components	Lifetime



# Sustainability Data

FAZ205



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>FAZ20500-0900</b>	951.92	3.76	43.39

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**  
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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.

**Publication date: 30. October 2023**

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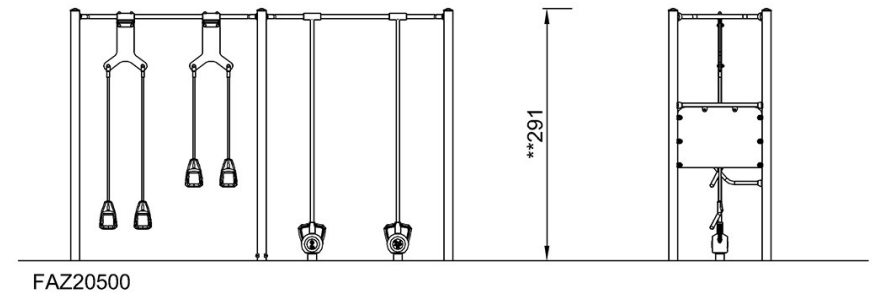
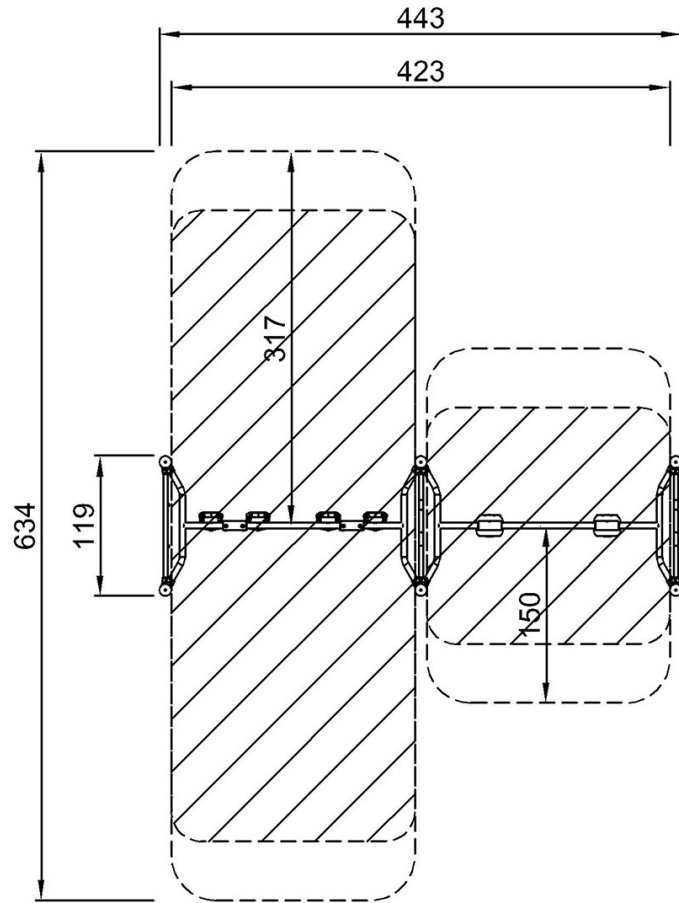


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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

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



FAZ20500  
\*\*291cm  
\*\*\*19.1m<sup>2</sup>

[Click to see TOP VIEW](#)

[Click to see SIDE VIEW](#)