

Free Runner

FSW242



The Free Runner, designed for fun and easy exercise, enhances hip mobility, leg coordination, and core stability. Joint-friendly, it suits seniors, rehabilitation, or warming up. Offering three modes of use—alternating leg movements, single leg swings, and synchronized leg motion—it's particularly beneficial for core exercises. The equipment

features broad, stable foot plates and a substantial support rail, ensuring safety and ease of use for all.

| | |
|--------------------|---|
| 产品编号 FSW24200-0902 | |
| 产品信息概览 | |
| 长宽高尺寸 | 133x64x141 cm |
| 适用年龄段 | 13+ |
| 容纳人数 | 1 |
| 颜色选择 |  |

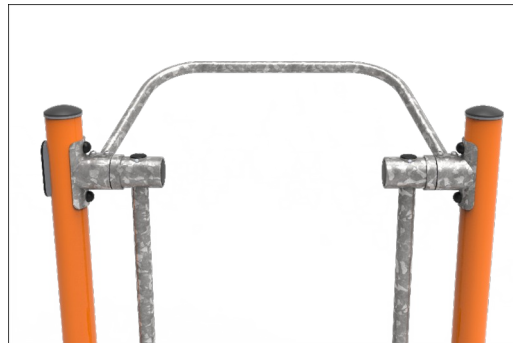


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The Steel posts are made of $\varnothing 101,6 \times 2,0$ mm pre-galvanized steel tube. The posts are powder coated, corrosion class C3 according to ISO12944-2.



Safety bar is made of tubing with a diameter of 38 mm and wall thickness of 2 mm made of steel S235 with a hot dip galvanized surface treatment according to ISO1461 with a lead content below 90ppm for surfaces and for base material below 100ppm and with powder coated top finish.



The arms for the foot pedals are 855mm long, and made from $\varnothing 48,3 \times 4$ mm S235JR hot dip galvanized steel tube.



The product must feature an information sign with related exercises, and each exercise must feature a QR code linking to its related exercise portal in an app that offers support on the specific exercise. The sign must additionally offer a QR code for downloading the app.



高载荷的工程轴承系统，带单排深沟球轴承，橡胶密封。全封闭轴承结构提供终身润滑，免维护。



Footholds of 19mm EcoCore™ HDPE. EcoCore™ is a highly durable, eco friendly material, which is not only recyclable after use, but also consists of material produced from +95% recycled post consumer material from food packing waste.

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安装信息

| | |
|--------|---------------------|
| 最大跌落高度 | 85 cm |
| 安全面积 | 19.0 m ² |
| 安装总时长 | 3.2 |
| 开挖量 | 0.06 m ³ |
| 混凝土使用量 | 0.04 m ³ |
| 标准入地深度 | 90 cm |
| 运输重量 | 105 kg |
| 固定选项 | 入地 ✓ 地表 ✓ |

质保信息

| | |
|--------------|------|
| 轴承组合件 | 5 年 |
| EcoCore HDPE | 终身质保 |
| 承保零部件 | 10 年 |
| 镀锌钢框架 | 10 年 |

EN
16630
compliant

Sustainability Data

FSW242



从原材料到成品

CO₂ 排放总量

kg CO₂e

CO₂ 排放量 / 千克

kg CO₂e/kg

回收的原料

%

FSW24200-0902

186.80

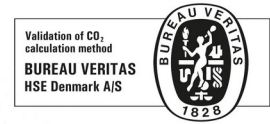
2.62

51.66

这些因素采用的总体框架为环保产品声明 (EPD), 该声明可量化“产品生命周期的环保信息, 并对相同功能的产品进行对比”(ISO, 2006)。在遵循该框架的同时, 对从原材料到制造的整个产品阶段 (A1-A3) 应用生命周期评估法。

Kompan A/S

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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.

Publication date: 30. October 2023

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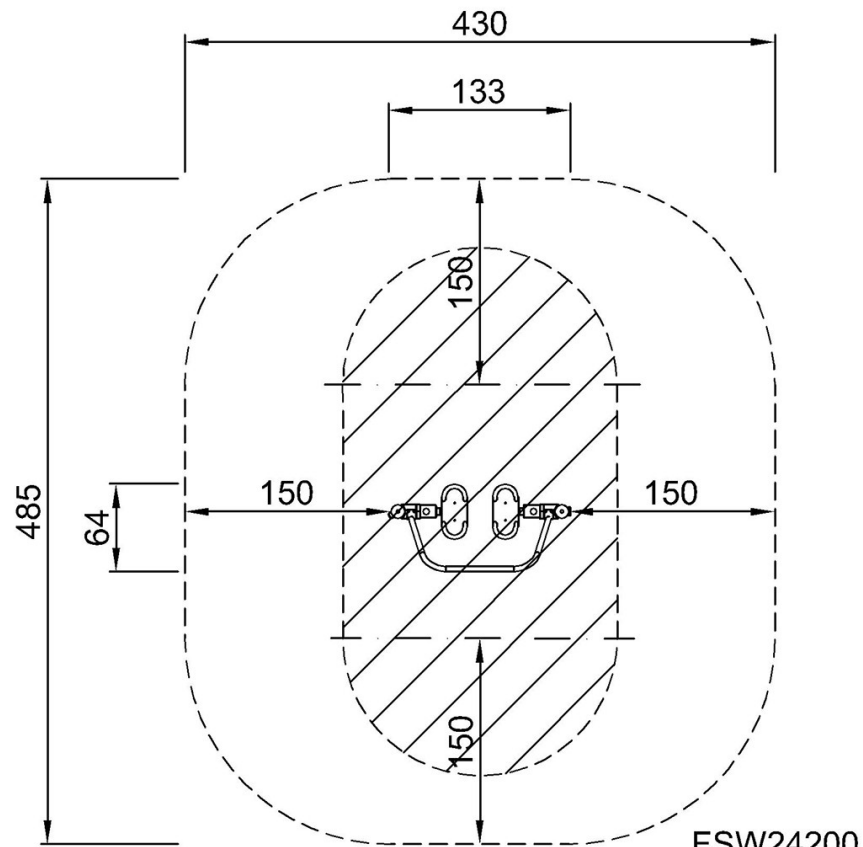


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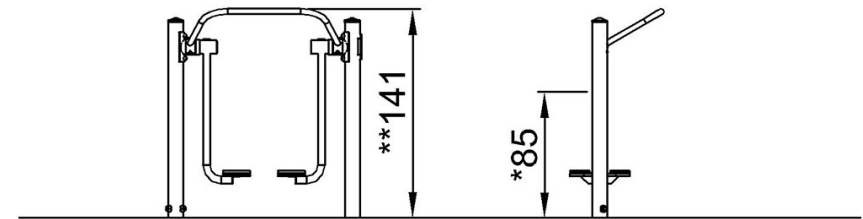
最大跌落高度 | 总高度 | 安全区域

最大跌落高度 | 总高度



FSW24200

*85cm
**141cm
***19m²



FSW24200

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[点击查看侧面图](#)