

Ab Bench

FSW41000

KOMPAN[®]



Item no. FSW41000-0001

General Product Information

Dimensions LxWxH	149x53x79 cm
Age group	13+
Capacity (users)	1
Color options	



The Ab Bench features ergonomically positioned leg supports that enable a variety of sit up exercises while effectively strengthening all abdominal muscles without placing harmful strain on the lower back. The ergonomically designed seat helps reduce stress on the spine during the exercise. The cushioned lower leg support ensures high user comfort.

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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.



All Steel components are made from carbon steel, with a hot-dip galvanized surface according to ISO1461, and a powder coating corrosion class C3 according to ISO12944-2. Lead content for surfaces is below 90ppm, and below 100ppm for base material.

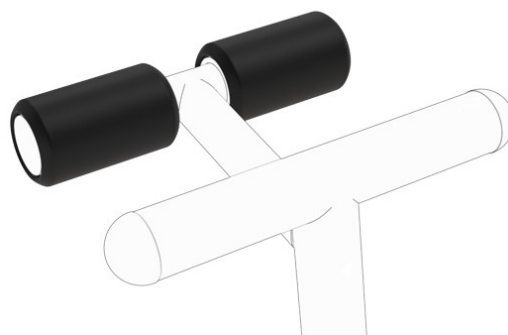


The seat and backrest is made of blowmolded PE and mounted directly onto the steel frame, making it highly durable and resistant to wear and tear. The seat and the back support are positioned under an 8-degree angle for the correct ergonomics. The back support has a groove to relieve the spine, accommodating a comfortable seating position, another benefit is that it drains water easily.

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Installation Information	
Max. fall height	79 cm
Safety surfacing area	13.6 m ²
Total installation time	0.0 hours
Excavation volume	0.00 m ³
Concrete volume	0.00 m ³
Footing depth (standard)	0 cm
Shipment weight	111 kg
Anchoring options	
Warranty Information	
Galvanised/painted metal	10 years
Hollow PE parts	10 years
PUR components	10 years
Spare parts guaranteed	10 years



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



A compact and durable foam positioned at the shins provides support and ensures a comfortable and stable position during exercise.



The information sign is made of PA6 (Polyamide) and shows the most relevant exercise and a QR code. The QR code links to a video of the exercise in the KOMPAN sports & fitness App, which will provide a large amount of exercises and training.

EN
16630
compliant

Sustainability Data

FSW41000



Cradle to Gate A1-A3	Total CO ₂ emission	CO ₂ e/kg	Recycled material
	kg CO ₂ e	kg CO ₂ e/kg	%
FSW41000-0001	0.00	0.00	0.00

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))



Independent review certificate

Kompan A/S
C. F. Tietgens Blvd. 32C, 5220 Odense SØ

Bureau Veritas hereby attests that the CO₂e-calculations (covering materials, processing, waste and transport) done by Kompan for "Fitness", meet the requirements set by the listed standard.

Kompan A/S uses a selection of EPDs and emission factors from the Life Cycle Assessment database Ecoinvent 3.11. These values are reported as kg CO₂e, with all other impact categories excluded in line with the scope of ISO 14067:2018. The emission factors cover, material use, manufacturing processes, transport to Kompan, and electricity used during manufacturing. The presented emissions fall under GHG Protocol scope 3 emissions. Scope 1 and 2 are not presented. Scope 3 emissions include emission sources in the upstream value chain of a company, downstream emissions are excluded in this analysis.

Method: ISO 14067:2018 using GHG protocol guidance documents, reported as kg CO₂e.

Object

The verification has been done on the one pager "FAZ10100-0900" version: 27-10-2025. The supporting documentation "KOMPAN data_updated emissions factors_2025_V2" and "Emissions factors, EPD's and ecoinvent 3.11_2025" was also reviewed and approved.

Declaration

The review has been completed as a critical review with a limited assurance. I hereby confirm that nothing has come to the reviewer's attention which would lead to conclude that the study does not give an accurate depiction or isn't completed following method of the CO₂e calculation, the requirements of ISO 14067:2018, and 14071:2024, in the above referenced documentation.

Note: This verification only covers calculation elements according to method described in ISO 14067:2018 and may not be seen as a Life Cycle Assessment according to ISO 14067:2018.

Ref.: Kompan_Verification report 2025, 28-10-2025

Date of certificate: 29-10-2025

Expire date: 29-10-2027

Verified by: Julie Marie Vejsgaard Larsen, Environmental Auditor

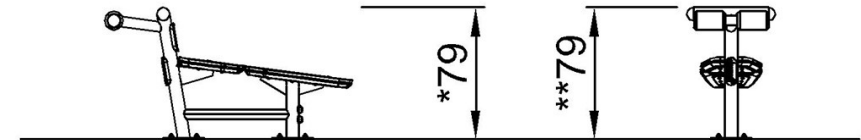
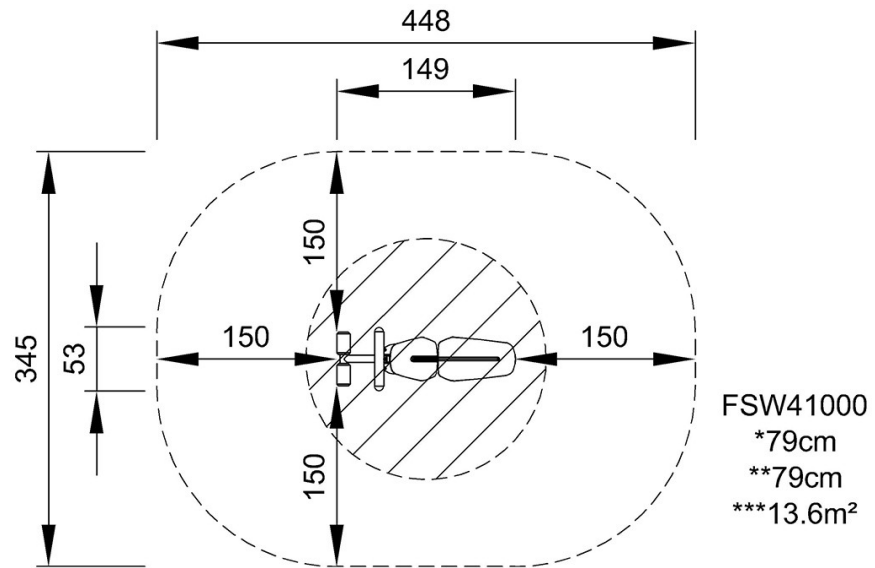
Signature:

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

* Max fall height | ** Total height



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[Click to see TOP VIEW](#)

[Click to see SIDE VIEW](#)