

Arm Bike Pro

FAZ51100

KOMPAN
Let's play



Item no. FAZ51100-0801

General Product Information

Dimensions LxWxH 93x54x120 cm

Age group 13+

Play capacity (users) 1

Colour options 



See KOMPAN Fit app for more

Get an intense upper body workout with KOMPAN's award-winning Arm Bike cardio machine. Designed to be inclusive, the Cycle Bike is highly versatile as it offers wheelchair accessibility and functions from a standing or seated position. The function of the Arm Bike is familiar to users as the design holds similarities to indoor equivalent products. In addition,

ergonomic-shaped handles have been included to accommodate multiple exercising positions and provide good grip, ensuring users can operate the system efficiently. The patented, self-powered resistance units create a real road cycle experience. Users can adapt their workouts across ten resistance levels with KOMPAN's award-winning cardio app, or the

cycle bike can adjust automatically, depending on the pedalling speed, which ultimately makes every workout effective.



Data is subject to change without prior notice.

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The seat is made of a Polyurethane Rubber and has a steel insert plate which provides a connection point to the steel frame. The seat is positioned under a 12-degree angle, accommodating for seated heights from 550-620mm.



The cover is 4mm thick and made of Lexan™ Copolymer EXL9330, which is one of the toughest materials available in the world.

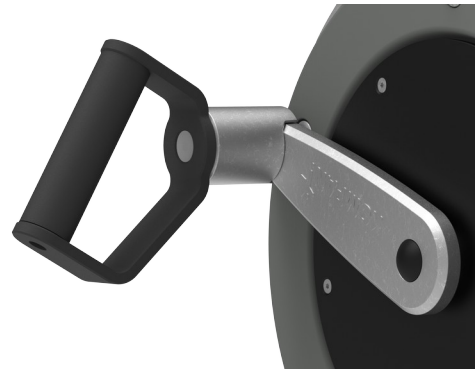


The Q factor of the bike is 175 mm. The crank is made of 18 mm stainless steel and connects the pedal arms, which are cast from stainless steel (grade 304). The length of the pedal arms is 170 mm. The pedals are connected to standard bicycle fittings.

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Installation Information	
Max. fall height	62 cm
Safety surfacing area	11.3 m ²
Total installation time	2.2
Excavation volume	0.34 m ³
Concrete volume	0.21 m ³
Footing depth (standard)	80 cm
Shipment weight	117 kg
Anchoring options	In-ground ✓ Surface ✓
Warranty Information	
Electronics	2 years
Frame	10 years
Handle	10 years
Saddle	10 years
Spare Parts Guarantee	10 years



The innovative self-powered electrical motor and gear are providing a virtual flywheel to give real road cycle experience. The resistance works as an automatic drive and adapts automatically to the pedalling speed. The users can overwrite the automatic drive manually by changing the resistance in steps (26-750 Watts) through KOMAPN's free fitness application.



The ergonomically shaped handles accommodate for three exercising positions; standing, seated in a wheelchair or seated on the seat. The handles have a diameter of ø36mm and are placed under a 30-degree angle. The top coat is polyurea provides good protection, grip and isolation.



Users can connect their mobile phones or tablets to the cardio machines via bluetooth. This will provide instant feedback on speed, distance, cadence, watts, calories burnt. Through the KOMPAN Fitness App users can also use their smart devices to adjust resistance (10 levels) manually, and view instructional and motivational videos, store and share activity data online.



Sustainability Data

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Cradle to Gate A1-A3	Total CO ₂ emission	CO ₂ e/kg	Recycled materials
	kg CO ₂ e	kg CO ₂ e/kg	%
FAZ51100-0801	267.14	4.11	37.24

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))

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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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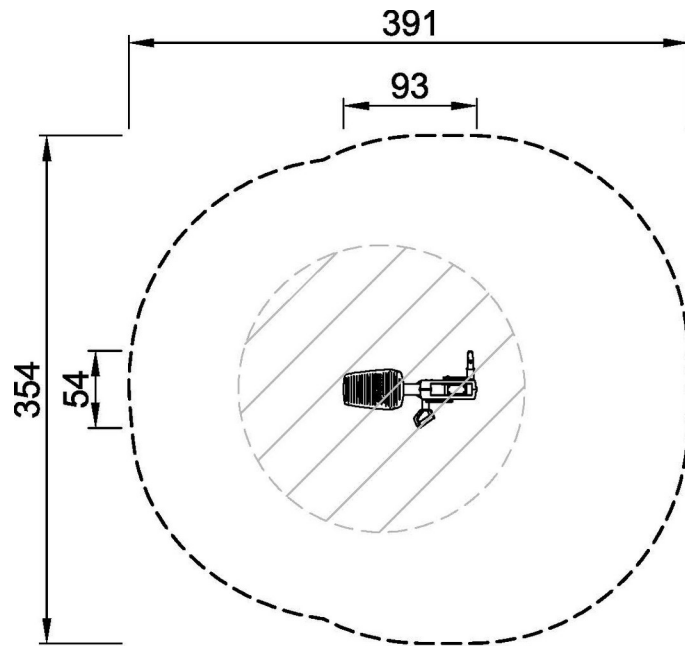


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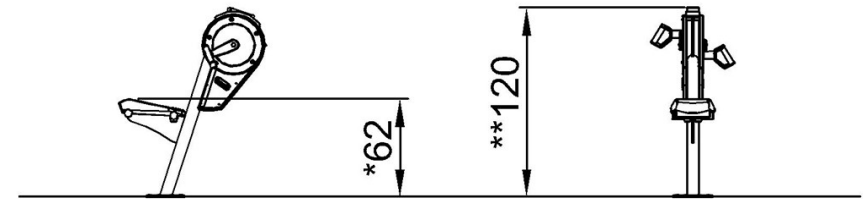
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* Max fall height | ** Total height | *** Safety surfacing area

* Max fall height | ** Total height



FAZ51100
*62cm
**120cm
***11.3m²
1:100



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[Click to see TOP VIEW](#)

[Click to see SIDE VIEW](#)