

# Squat

FSW40600

KOMPAN®



품번 FSW40600-0001	
일반 제품 정보	
크기 (가로 × 세로 × 높이)	125x145x138 cm
이용 연령	13+
수용 인원	1
색상 옵션	●

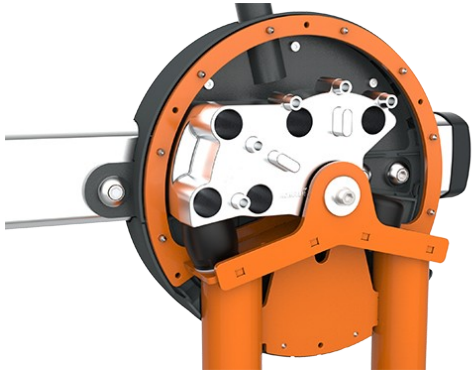
With an adjustable load, the Squat provides essential training for the legs and various supporting muscle groups. The Squat is remarkably easy to use, requiring no adjustments other than the weight load. The bar mimics the movement of a free barbell but in a safer, more controlled manner. The integrated step bench allows shorter users or

those wanting a deeper bottom position to train effectively. The versatile design also makes the machine suitable for a variety of exercises, such as shoulder presses, lunges etc.



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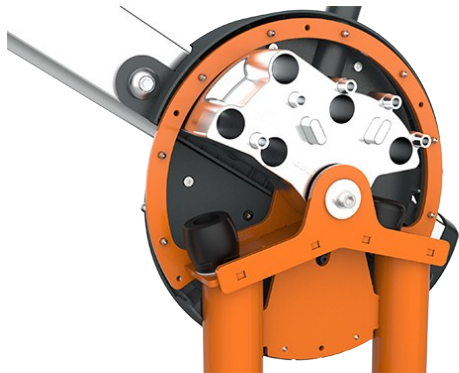
All mechanical stops are fully enclosed within the cover. The adjustable weight, featuring internal end stops and indexed positions, moves on rollers within an enclosed groove in an aluminium profile. As a result, entrapment is not possible, making it extremely safe to use and providing protection against the elements and unwanted abuse.



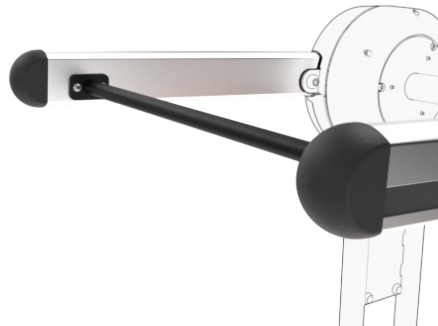
The weight on each side can be adjusted in 8 steps of 5 kg, providing a training weight from 10 to 80kg. The patent pending system is intuitive to use, eliminating the need for traditional pins that can get lost or stuck. Pull the handle and move the weight to quickly select the desired load.



The integrated 20 cm step bench allows shorter users or those wanting a deeper bottom position to train effectively. Varying the foot placement enables multiple exercise variations and targeting different muscle groups.



The machine features low operating noise thanks to an internal end stop made from TPE (thermoplastic elastomer). The damper absorbs impact energy from the weight with minimal rebound, reducing noise and vibration and ensuring a quieter, more controlled training experience.



**Barbell**  
The 120 cm high bar mimics the natural movement of a free barbell while offering a safer and more controlled training experience, allowing users to perform a wide range of strength exercises with improved stability and confidence.

The information sign is made of Polycarbonate 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.

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## 설치 정보

최대 낙하 높이	20 cm
안전 바닥 면적	17.0 m <sup>2</sup>
총 설치 시간	7.3 시간
굴착량	0.00 m <sup>3</sup>
콘크리트 사용량	0.00 m <sup>3</sup>
기초 깊이 ( 표준 )	0 cm
운송 중량	368 kg
고정 방식 옵션	

## 보증 정보

아연도금 / 도장 금속	10 년
알루미늄	15 년
이동 부품	2 년
EcoCore HDPE	평생
보증 대상 예비 부품	10 년

**EN**  
**16630**  
compliant



## Independent review certificate

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

Bureau Veritas hereby attests that the CO<sub>2</sub>e-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 CO<sub>2</sub>e, 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 CO<sub>2</sub>e.

### 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 CO<sub>2</sub>e 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:**

원료 채취 ~ 공장 출하 (A1~A3)	총 CO <sub>2</sub> 배출량	CO <sub>2</sub> 배출량 /kg	재활용 소재
	kg CO <sub>2</sub> e	kg CO <sub>2</sub> e/kg	%
<b>FSW40600-0001</b>	1,393.89	5.76	45.94

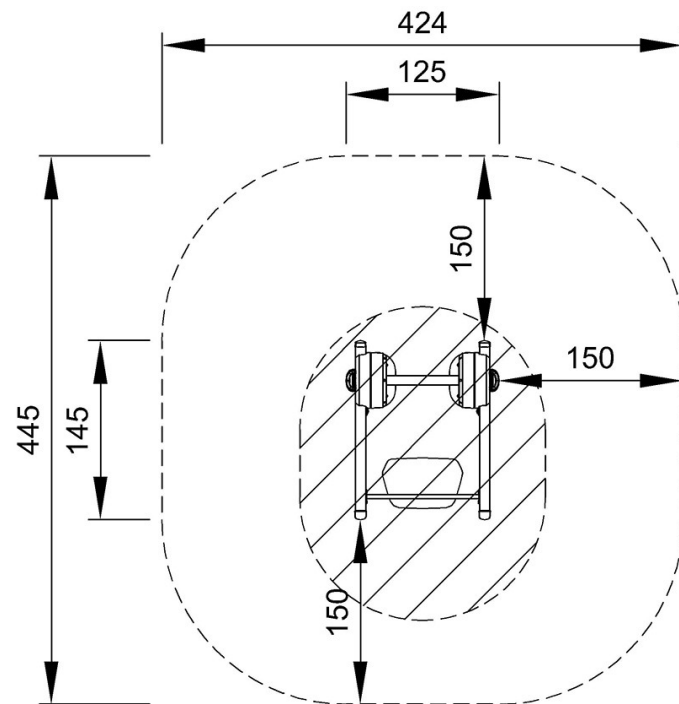
이 요소들에 적용된 전체 프레임워크는 환경 제품 선언 (Environmental Product Declaration, EPD) 으로, "제품의 전 과정에서 발생하는 환경 정보를 수치화하고, 동일한 기능을 수행하는 제품 간 비교를 가능하게 하는 것" (ISO, 2006) 을 목표로 합니다. 이 프레임워크는 구조를 준수하며, 원재료 단계부터 제조 단계 (A1-A3) 까지의 전체 제품 단계를 대상으로 한 전과정평가 (Life-Cycle Assessment, LCA) 접근법을 적용합니다.

# Squat

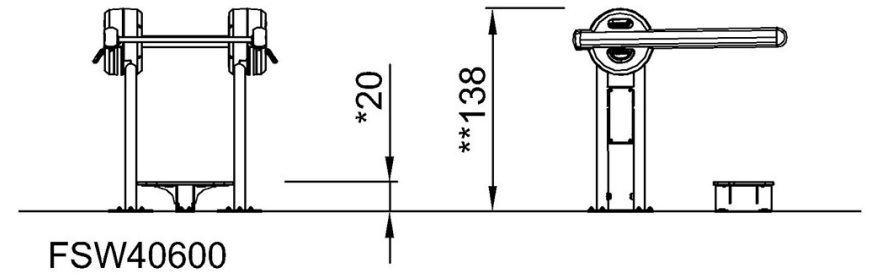
FSW40600

\* 최대 낙하 높이 | \*\* 전체 높이 | \*\*\* 안전 바닥 면적

\* 최대 낙하 높이 | \*\* 전체 높이



FSW40600  
\*20cm  
\*\*138cm  
\*\*\*17m<sup>2</sup>



[위에서 보기](#)

[옆에서 보기](#)