

Push Up Bars

FSW209



| | |
|------------------------------------|---------------|
| Item no. FSW20900-0901 | |
| General Product Information | |
| Dimensions LxWxH | 335x12x140 cm |
| Age group | 13+ |
| Play capacity (users) | 3 |
| Colour options | |



See KOMPAN Fit app for more



The push up bars are specifically designed for upper body training. The chest and arms can be trained through exercises such as rows or dips, or if you do not mind getting dirty you can 'belly crawl' underneath the bars. Alternatively, a single hurdle can be used for exercises on the spot such as push ups and high jumps. The push up bars have a clear instruction sign

showing the basic exercise and a QR code, where users can connect to the KOMPAN fitness App to find multiple exercises and workouts at every level.



Push Up Bars

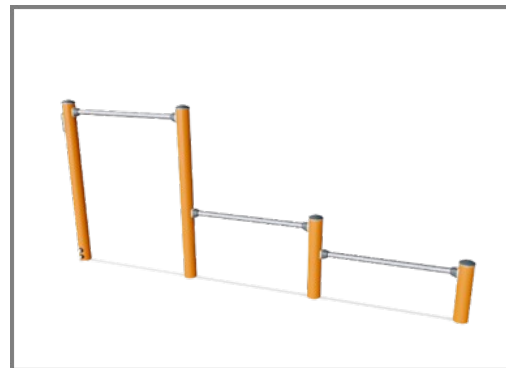
FSW209



The post is made of Ø101.6 x 2mm, pre-galvanised carbon steel and powder coated which is a great protection solution for all climate conditions.



The connectors are made of die-cast aluminium, specially alloyed for the outdoor environments and heavy usage. The screws attaching the connectors are stainless steel and protected by zinc washers.



The FSW 209 features three 38 x 2mm push up bars at three heights of respectively 38cm, 58cm and 133cm.

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Installation Information

| | |
|--------------------------|--------------------------|
| Max. fall height | 133 cm |
| Safety surfacing area | 18.0 m ² |
| Total installation time | 2.7 |
| Excavation volume | 0.11 m ³ |
| Concrete volume | 0.03 m ³ |
| Footing depth (standard) | 90 cm |
| Shipment weight | 72 kg |
| Anchoring options | In-ground ✓ Surface ✓ |

Warranty Information

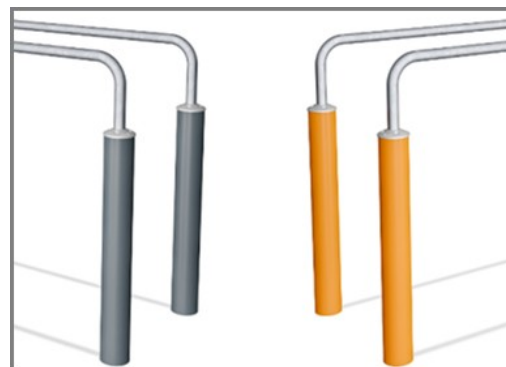
| | |
|-----------------------|----------|
| Connectors | 10 years |
| Galvanised Steel | Lifetime |
| Post | 10 years |
| Spare Parts Guarantee | 10 years |



All of KOMPAN's fitness products are compliant with AS 4685:2021, ASTM F3101 & EN16630 Outdoor Fitness Standards. Load tests are performed to the specified load of 78kg per user. A product intended for one user is loaded with 420kg.



The information sign is made of a PA6 (Polyamide) and shows the most relevant exercises. When users scan the QR code, this will link them to an animated illustration of the exercise and offers the possibility of downloading the KOMPAN Fitness App, which is programmed with many more exercise alternatives.

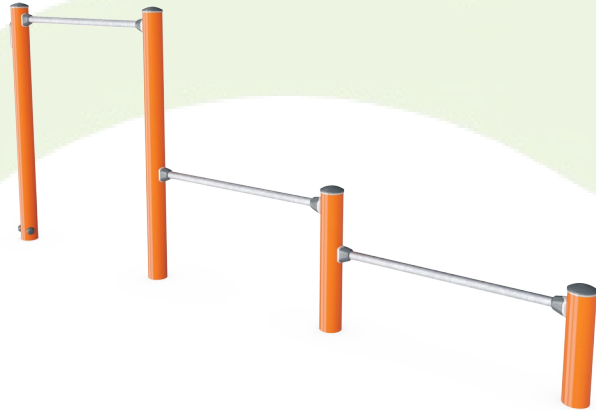


KOMPAN fitness products are available in Orange, RAL2010 and Grey, RAL7012 as standard. All other RAL colours are available on upon request to meet your project's vision and to match the natural surroundings.



Sustainability Data

FSW209



| Cradle to Gate A1-A3 | Total CO ₂ emission | CO ₂ e/kg | Recycled materials |
|----------------------|--------------------------------|-------------------------|--------------------|
| | kg CO ₂ e | kg CO ₂ e/kg | % |
| FSW20900-0901 | 77.13 | 1.73 | 73.11 |

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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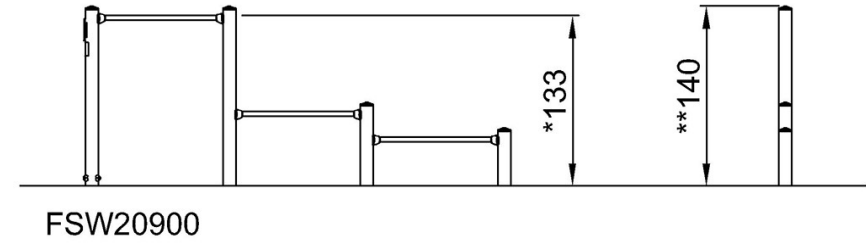
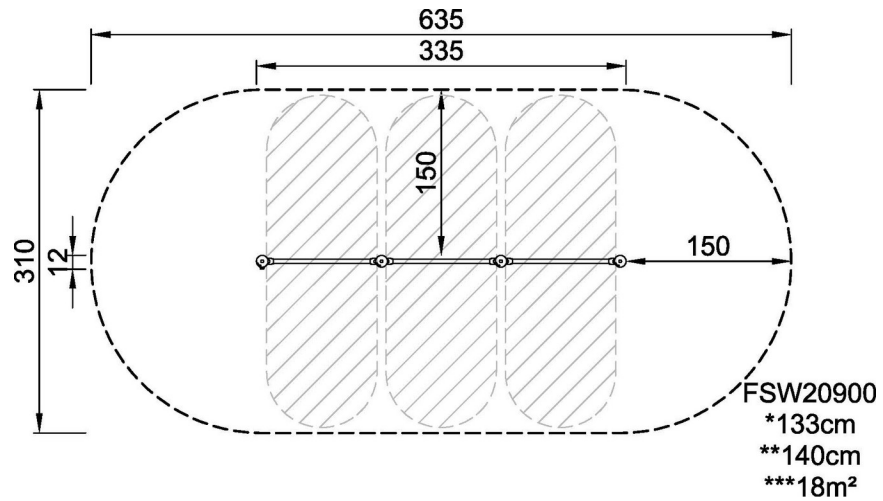


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* Max fall height | ** Total height | *** Safety surfacing area

* Max fall height | ** Total height



[Click to see TOP VIEW](#)

[Click to see SIDE VIEW](#)