

Suspension Trainer Compact

FAZ10701

KOMPAN
Let's play



Item no. FAZ10701-0900

General Product Information

Dimensions LxWxH 227x119x291 cm

Age group 13+

Play capacity (users) 2

Colour options 



See KOMPAN Fit app for more



Suspension training is very effective because it simultaneously increases strength, balance, flexibility and core stability. With 49 exercises the suspension trainer is one of the most versatile pieces of exercise equipment on which all muscle groups can be trained in a functional and effective way, no matter what the fitness level of the user is. With the suspension

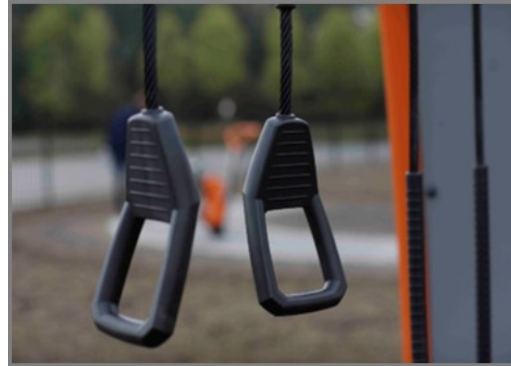
trainer everyone can workout at their own level due to the scalable resistance. The intensity of each exercise can be determined by adjusting the body position to add more or less resistance.

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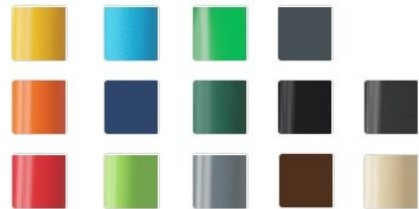
The KOMPAN suspension trainer has independently anchored handles with a 40cm distance between the ropes. It gives the user plenty of workout space between the ropes and makes the suspension trainer extremely easy and comfortable to use.



The uniquely designed handles are made of PUR and a reinforced aluminium frame that ensures a strong but light design. The ergonomically shaped handles guarantee a good and pleasant grip for all users.



Post are made of Ø101.6 x 2mm, pre-galvanized carbon steel and powder coated, a great protection to all conditions.



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



The bars intended for exercises are made of hot-dip galvanised steel ø48mm. The diameter of these bars provide a good support when used to for push ups exercises or when doing exercises standing on the tubes.



The sign is made from a 15mm Polycarbonate and supported by Ø38.2mm top bar. This is an extremely solid assembly which provides great structural stability. The sign shows the 11 main exercises and has a QR code which refers users to the Kompan Fit APP that offers extended support on exercises and training.

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Installation Information

Max. fall height	0 cm
Safety surfacing area	10.9 m ²
Total installation time	4.5
Excavation volume	0.25 m ³
Concrete volume	0.14 m ³
Footing depth (standard)	90 cm
Shipment weight	293 kg
Anchoring options	In-ground ✓ Surface ✓

Warranty Information

Coated steel parts	10 years
EcoCore HDPE	Lifetime
PUR components	10 years
Spare parts guaranteed	10 years
Stainless steel components	Lifetime

**ASTM
F3101**
compliant

Sustainability Data

FAZ10701



Cradle to Gate A1-A3	Total CO ₂ emission	CO ₂ e/kg	Recycled materials
	kg CO ₂ e	kg CO ₂ e/kg	%
FAZ10701-0900	539.52	3.95	42.22

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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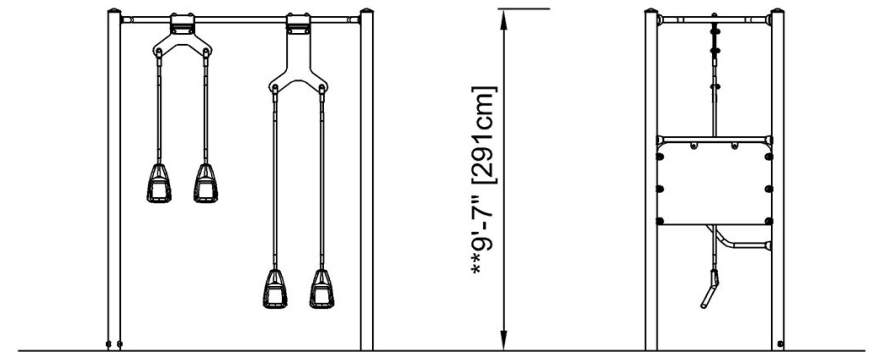
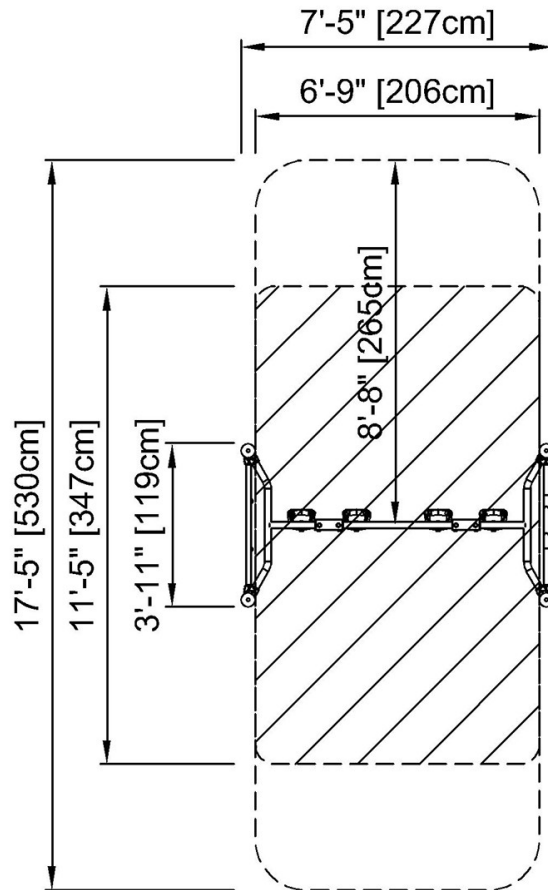


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* Max fall height | ** Total height | *** Safety surfacing area

* Max fall height | ** Total height



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** 9'-7" / 291cm
*** 116.4ft² / 10.9m²

[Click to see TOP VIEW](#)

[Click to see SIDE VIEW](#)