

# Triceps Dips

FSW40700

**KOMPANI**



Varenr. FSW40700-0001

## Generel produktinformation

Dimensioner LxBxH	71x202x120 cm
Alder	13+
Kapacitet (brugere)	1
Farvemuligheder	●

With an adjustable load, the Triceps machine provides effective weight training for the triceps muscles. It is designed for ease of use, requiring no adjustments except for the weight. The large V-shaped handle allows users of all sizes to find a comfortable position. by changing the hand placement on the handle, many exercise variations are possible.



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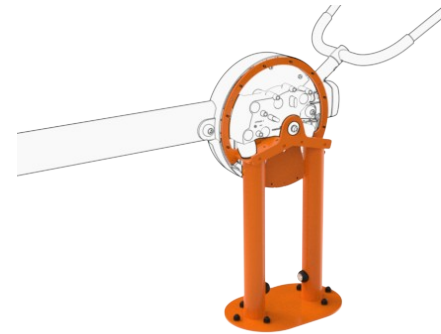
**KOMPAN**



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 can be adjusted in 8 steps of 5kg, providing a training weight from 5 to 40kg. 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.



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 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.



The large V-shaped handle fits users of all sizes and allows resistance and exercise variation to be increased through different hand placements or one-handed use.



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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## Installationsinformation

Maks. faldhøjde	0 cm
Faldområde	13,0 m <sup>2</sup>
Installationstid (timer)	3,7 timer
Udgravningsmængde	0,00 m <sup>3</sup>
Betonmængde	0,00 m <sup>3</sup>
Forankringsdybde	0 cm
Fragtvægt	195 kg
Forankringsmuligheder	

## Garanti

Galvaniseret/malet metal	10 år
Aluminum	15 år
Bevægelige dele	2 år
Garanterede reservedele	10 år

**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:**

Vugge-til-port A3	A1- A3	Total CO <sub>2</sub> udled- ning	CO <sub>2</sub> e/kg	Genan- vendte mate- rialer
		kg CO <sub>2</sub> e	kg CO <sub>2</sub> e/kg	%
FSW40700-0001		614,48	6,13	45,90

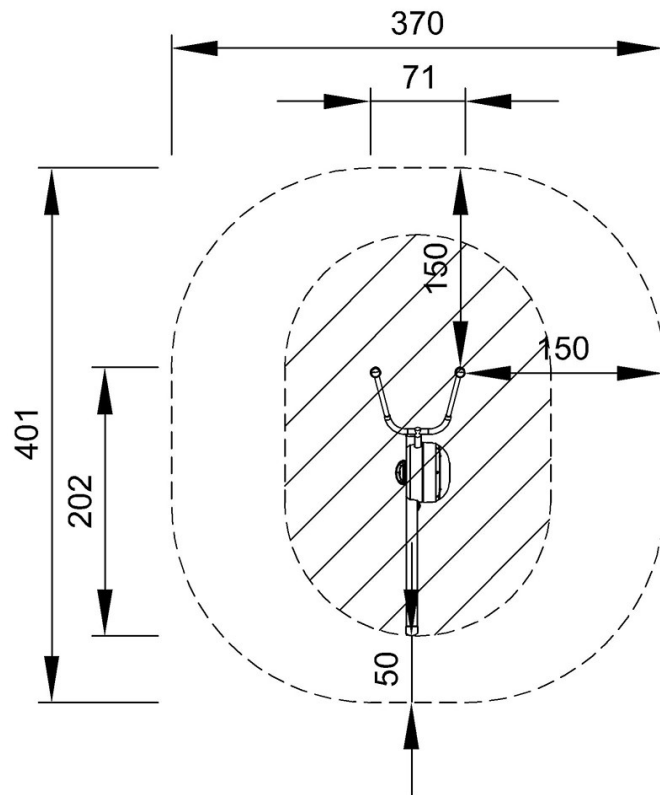
Den overordnede ramme for disse faktorer er Environmental Product Declaration (EPD), som kvantificerer "miljøoplysninger om et produkts livscyklus og muliggør sammenligninger mellem produkter, der opfylder samme funktion" (ISO, 2006). Dette følger strukturen og anvender en livscyklusvurderingstilgang til hele produktfasen fra råvarer til fremstilling (A1-A3))

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\* Maks. faldhøjde | \*\* Samlet højde | \*\*\* Faldområde

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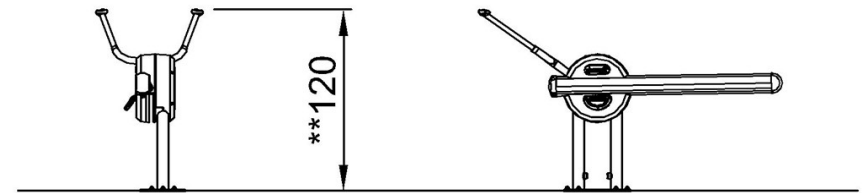


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\*0cm

\*\*120cm

\*\*\*13m<sup>2</sup>



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