Arm Bike

FSW240

Item no. FSW24000-0001	
General Product Information	
Dimensions LxWxH	82x55x115 cm
Age group	13+
Play capacity (users)	1
Colour options	

See KOMPAN Fit app for more

The Arm Bike features a seat and adaptable space to accommodate seated, wheelchair-bound, or standing users, ensuring it is inclusive for all fitness levels and abilities. The equipment's adjustable resistance, sourced from a magnetic brake on a flywheel, delivers a smooth cycling experience critical for arm workouts. Users can effortlessly select from 10 resistance levels by turning a handle, enabling a range from gentle exercises to high-intensity interval training.

Data is subject to change without prior notice.

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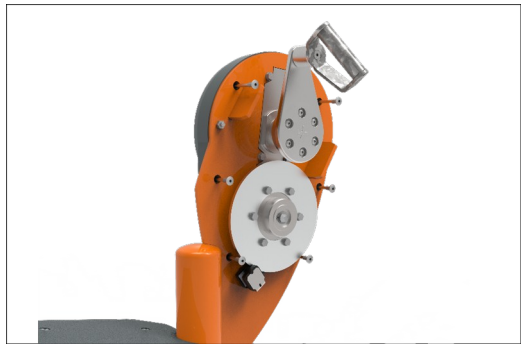
To ensure the integrity of the machine, the orange-colored main posts are made of ø101.6 x 3mm s235 steel posts, which are hot dip galvanized and powder coated.

The Arm Bike accommodate 3 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 magnetic resistance system is fully covered and can be adjusted with a rotatable handle in 10 steps. The selector system is intuitive in use, you rotate the handle to select a different amount of resistance.

The resistance unit and all mechanical parts are hidden in the fully closed cabinet which is made from UV-stabilized Polycarbonate (PC). As a result, entrapment is not possible, making it extremely safe to use and providing protection against the elements.



The machine is equipped with a weighted flywheel that ensures that the motion stays fluid and comfortable during use.

Seat is made of Ekogrip™ panel that consist of a 15mm thick PE base with 3 mm top-layer of soft rubber with a non-skid effect.

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Installation Information		
Max. fall height		60 cm
Safety surfacing area		5.4 m²
Total installation time		2.1
Excavation volume		0.00 m³
Concrete volume		0.00 m³
Footing depth (standard)		0 cm
Shipment weight		110 kg
Anchoring options	Surface	✔

Warranty Information	
Handle	10 years
Movable parts	2 years
Polycarbonate PC panels	10 years
Spare parts guaranteed	10 years
Steel frame	10 years

ASTM F3101 compliant

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Sustainability Data

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Cradle to Gate A1-A3	Total CO_2 emission	CO_2e/kg	Recycled materials
	kg CO_2e	kg CO_2e/kg	%
FSW24000-0001	197.12	3.26	43.06

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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Validation of CO_2 calculation method
BUREAU VERITAS
HSE Denmark A/S

Verification of CO_2 calculation of: Fitness

Data version no. 2023-10-05

The CO_2 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 CO_2 calculation of 9 categories of Kompan product line, version 1.0, prepared by: Bureau Veritas HSE, Denmark: Julie M. V. Larsen.

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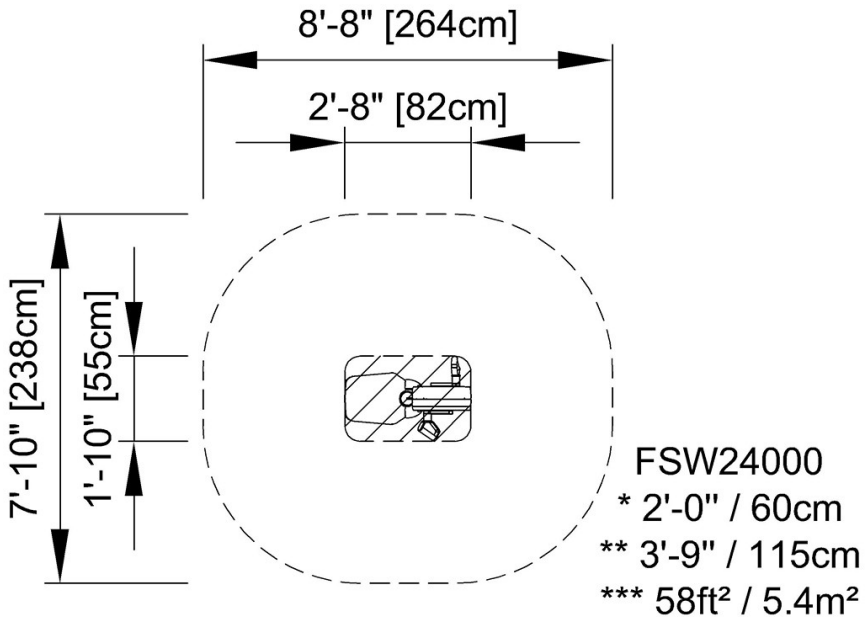
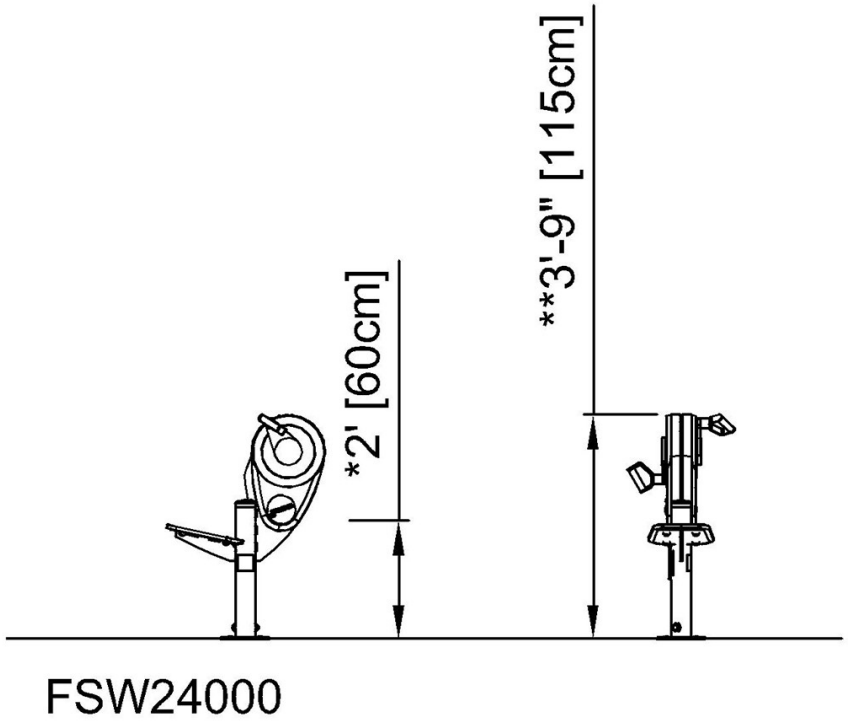
* Max fall height | ** Total height | *** Safety surfacing area



Click to see TOP VIEW

* Max fall height | ** Total height



Click to see SIDE VIEW

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