

# Knee Extension

FSW40901



Item no. FSW40901-0001

## General Product Information

Dimensions LxWxH	105x132x91 cm
Age group	13+
Capacity (users)	1
Colour options	



The Knee Extension provides adjustable weight training for the knee extensor muscles. By omitting a backrest, the design ensures the user is always positioned correctly without the need for manual adjustments. The wide seat includes side handles for stable positioning, and the cushioned lower leg support ensures high user comfort.

# Knee Extension

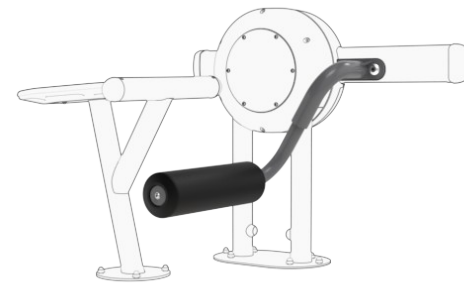
FSW40901



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 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.



A compact and durable foam positioned at the shins provides support and ensures a comfortable and stable position during exercise.

Item no. FSW40901-0001

### Installation Information

Max. fall height	66 cm
Safety surfacing area	8.4 m <sup>2</sup>
Total installation time	4.0 hours
Excavation volume	0.00 m <sup>3</sup>
Concrete volume	0.00 m <sup>3</sup>
Footing depth (standard)	0 cm
Shipment weight	198 kg
Anchoring options	

### Warranty Information

Galvanised/painted metal	10 years
PUR components	10 years
Movable parts	2 years
Aluminum	15 years
Hollow PE parts	10 years



The weight can be adjusted in 8 steps of 10 lbs, providing a training weight from 15 to 85 lbs. 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 blow-moulded PE seat is mounted directly onto the steel frame for durability and wear resistance. The backrest-free design ensures correct user positioning without adjustments, while the wide seat and side handles provides stability and comfort. A seat height of 24.8" allows easy access and wheelchair transfer.



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.

# Sustainability Data

FSW40901



Cradle to Gate A1-A3	Total CO <sub>2</sub> emission	CO <sub>2</sub> e/kg	Recycled material
	kg CO <sub>2</sub> e	kg CO <sub>2</sub> e/kg	%
<b>FSW40901-0001</b>	675.92	5.82	43.81

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))



## 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

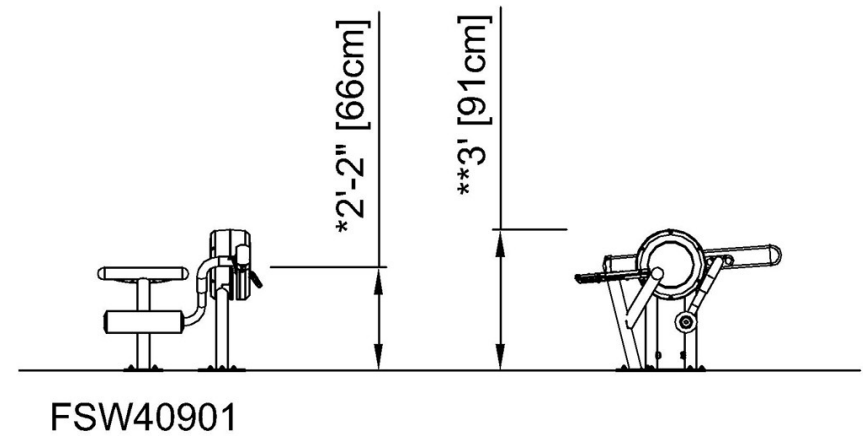
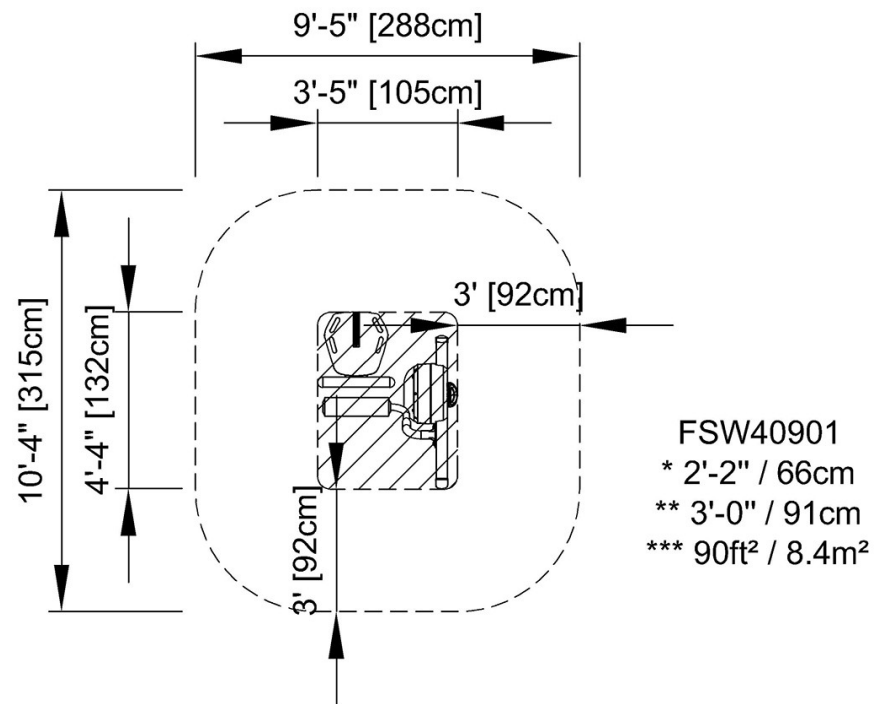
**Signature:**

# Knee Extension

FSW40901

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

\* Max fall height | \*\* Total height



[Click to see TOP VIEW](#)

[Click to see SIDE VIEW](#)