Up & Go

FSW228

KOMPAN
Let's play®

See KOMPAN Fit app for more

When testing elderly for functional capacity two of the most widely used tests are the Sit & Rise and the Up & Go test. This installation is specifically targeted towards executing these two tests – and to train for improvements in the tests. The rail in the middle and the round handle at the turning point gives extra safety and support if needed. Sit to stand can be exercised from the seat using one hand, two hands or no support. For a really challenging exercise sit to stand can be performed on one leg using hand support. The timed up and go test can also be used as pure exercise. From the seated position you walk to the post and back. To increase difficulty level this can be done a number of times as fast as possible.

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The bar is 1400mm long, with a height of 940mm and is intended as grip during exercises. The bar is made of hot-dip galvanised steel ø38mm, a great diameter for a good grip and to support the wrist.

The HPL board is 586mm x 586mm and can move 70mm in all directions. High-pressure laminate plates (HPL) have a moulded-in non-skid surface. HPL is a homogenous material with a very high wear resistance.

The information sign is made of a PA6 (Polyamide) and shows the most relevant exercise and a QR code. When scanned the QR code will link to an animated illustration of the exercise and offers the possibility of downloading the KOMPAN sport & fitness App, which will provide a large amount of exercises and workouts.

Item no. FSW22800-0902		
Installation Information		
Max. fall height		0 cm
Safety surfacing area		19.6 m²
Total installation time		2.7
Excavation volume		0.11 m³
Concrete volume		0.06 m³
Footing depth (standard)		90 cm
Shipment weight		82 kg
Anchoring options	In-ground	✔
	Surface	✔
Warranty Information		
Connectors		10 years
EcoCore HDPE		Lifetime
Hot dip galvanised steel		Lifetime
Post		10 years
Spare parts guaranteed		10 years

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.

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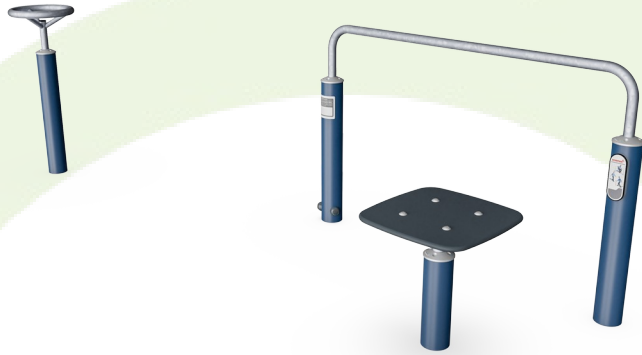

All KOMPAN fitness products are compliant with the ASTM F3101 & EN16630 Outdoor Fitness Standards. Load tests are performed as a static test by adding dynamic factors as well as safety factors to the specified load of 78kg per user. A product intended for 1 user is loaded with 420kg.

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Sustainability Data

Cradle to Gate A1-A3	Total CO₂ emission	CO₂e/kg	Recycled materials
	kg CO₂e	kg CO₂e/kg	%
FSW22800-0902	108.20	2.07	60.73

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 CO₂ calculation method
BUREAU VERITAS
HSE Denmark A/S

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

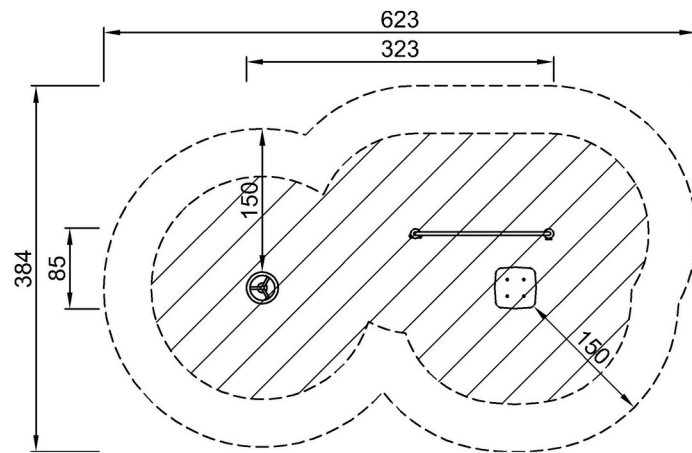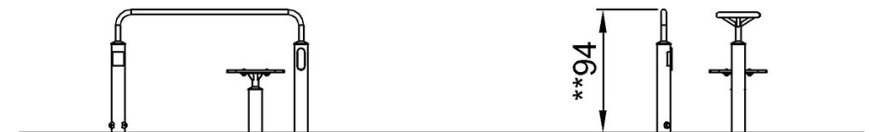**By Bureau Veritas HSE**
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* Max fall height | ** Total height | *** Safety surfacing area	* Max fall height | ** Total height

623

323

150

384

85

150

FSW22800
**94cm
***19.6m²

FSW22800

**94

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