


# Arm Bike

FSW240



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.

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



See KOMPAN Fit app for more



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To ensure the integrity of the machine, the orange-colored main posts are made of  $\varnothing 101.6$  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  $\varnothing 36$ mm 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.



Straps are made of soft and bendable woven bands. The base material is PP which has good wearing and impact resistance.

Item no. FSW24000-0001

### Installation Information

Max. fall height	60 cm
Safety surfacing area	11.6 m <sup>2</sup>
Total installation time	2.1
Excavation volume	0.00 m <sup>3</sup>
Concrete volume	0.00 m <sup>3</sup>
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 Guarantee	10 years
Steel Frame	10 years

**EN**  
**16630**  
compliant

# Sustainability Data

FSW240



Cradle to Gate A1-A3	Total CO <sub>2</sub> emission	CO <sub>2</sub> e/kg	Recycled materials
	kg CO <sub>2</sub> e	kg CO <sub>2</sub> e/kg	%
<b>FSW24000-0001</b>	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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## Verification of CO<sub>2</sub> calculation of: Fitness



Data version no. 2023-10-05

The CO<sub>2</sub> 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<sub>2</sub> 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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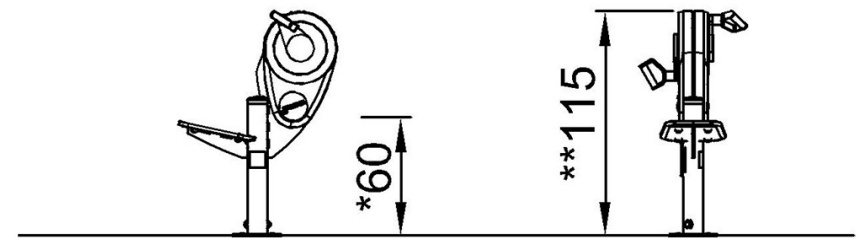
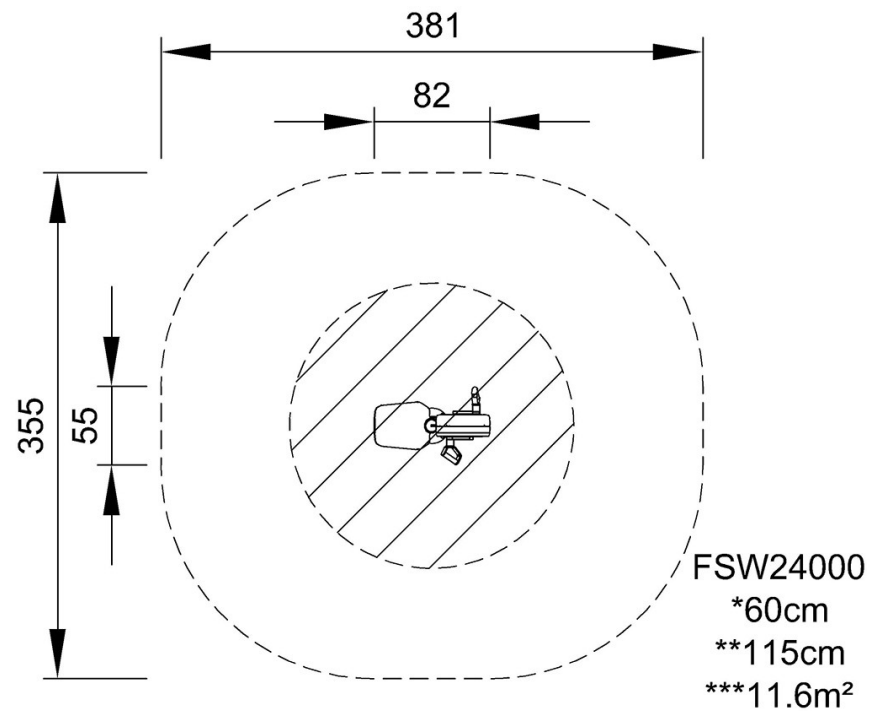


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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

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



FSW24000

[Click to see TOP VIEW](#)

[Click to see SIDE VIEW](#)