### **Human Flag Wall**

FSW220





Item no. FSW22001-0901

General Product Information

Dimensions LxWxH 7'5"x0'5"x7'10"

Age group 13+

Play capacity (users) 3

Color options





See KOMPAN Fit App for More Information

The human flag is without a doubt one of the most impressive bodyweight exercises. It requires a prodigious strength to bodyweight ratio and a great deal of technique. It is considered to be a complete body exercise where shoulders, lats and abs are particularly solicited. Exercises such as pull ups and handstand push ups are ideal to get the proper

foundation of strength. This is where the left side of the wall comes in. It is a flat wall that can work as a support when training handstand and after a while also handstand push ups. The Human Flag Wall has two clear instruction signs showing the basic exercises and a QR code. By clicking on the QR code users can connect to the KOMPAN Fitness App, where

they will find multiple exercises and workouts at every level.

## **Human Flag Wall**

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10 Years

10 Years



Post are made of 101.6 x 2mm, pre-galvanized carbon steel and powder coated, a great protection to all conditions.



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.



The wall surface are made of 17.8mm thick High Pressure Laminate (HPL) panels to ensure optimal strength and durability.

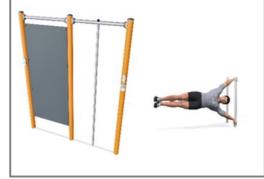
Item no. FSW22001-0901			
Installation Information			
Max. fall height		7'8"	
Safety surfacing area	1	42ft²	
Total installation time		4.1	
Excavation volume	0.1	2yd³	
Concrete volume	0.0	7yd³	
Footing depth (standard)		2'11"	
Shipment weight	35	52lbs	
Anchoring options	In-ground 🗸		
	Surface	~	
Warranty Information			
Connectors	10 Years		
Hot dip galvanized steel	Lifetime		
HPL panel	15 \	/ears	



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.



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.



The vertical pole is made of a ø38 x 2mm hot dip galvanized tube, the perfect size for a good grip when you try to do the Human Flag!

ASTM F3101 compliant

Post

Spare Parts Availability

### **Sustainability Data**

FSW220





C.F. Tietgens Boulevard 32C DK-5220 Odense SØ Denmark



#### Verification of CO<sub>2</sub> calculation of: Fitness



Data version no. 2023-10-05

The  $\mathrm{CO}_2$  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:

misi

Julie Marie Vejsgaard Larsen, LCA & EPD Consultant

Verification based on report: Validation of  ${\rm CO_2}$  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 www.bureauveritas.dk +45 7731 1000





Cradle to Gate A1-A3	Total CO <sub>2</sub> emission	CO₂e/kg	D₂e/kg Recycled materials	
	kg CO₂e	kg CO₂e/kg	%	
FSW22001-0901	220.01	1.99	42.15	

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))

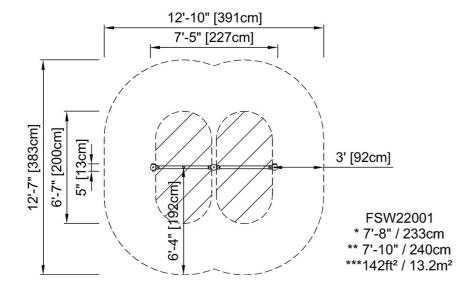
# **Human Flag Wall**

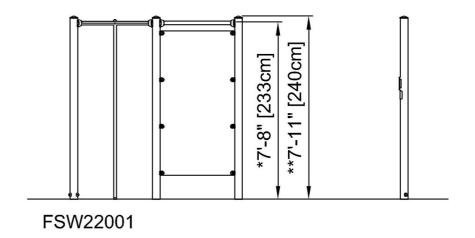
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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

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





Click to see SIDE VIEW