

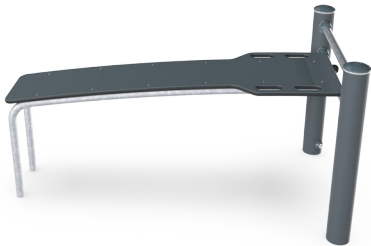
Sit Up Bench

FPW203



The Bench provides perfect training for the core and lower back muscles by doing exercises such as leg lifts and sit ups. Easy grips are created to make sure anyone can do the exercise in a correct way. The durable Ekogrip® surfacing offers perfect grip, allowing the bench to be used as a jump box for performing various step and jump exercises

under all weather conditions.



Item no. FPW20300-0900

General Product Information

Dimensions LxWxH 155x89x81 cm

Age group 8+

Play capacity (users) 1

Color options



Sit Up Bench

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Post are made of Ø101.6 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 surface is made of Ekogrip™ panels, consisting of 15mm polyethylene with a 3mm top-layer of thermoplastic rubber. The Ekogrip™ panels have a non-skid effect for comfortable and safe training at all weather circumstances.

Item no. FPW20300-0900

Installation Information

Max. fall height	62 cm
Safety surfacing area	14.2 m²
Total installation time	2.8 hours
Excavation volume	0.11 m³
Concrete volume	0.03 m³
Footing depth (standard)	90 cm
Shipment weight	62 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



Sustainability Data

FPW203



Cradle to Gate A1-A3	Total CO ₂ emission	CO ₂ e/kg	Recycled materials
	kg CO ₂ e	kg CO ₂ e/kg	%
FPW20300-0900	92.30	2.35	50.47

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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Denmark



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

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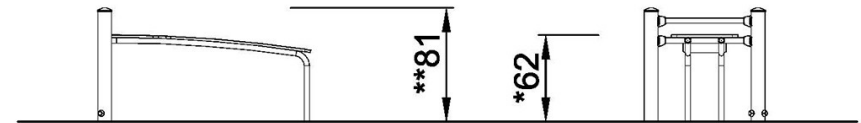
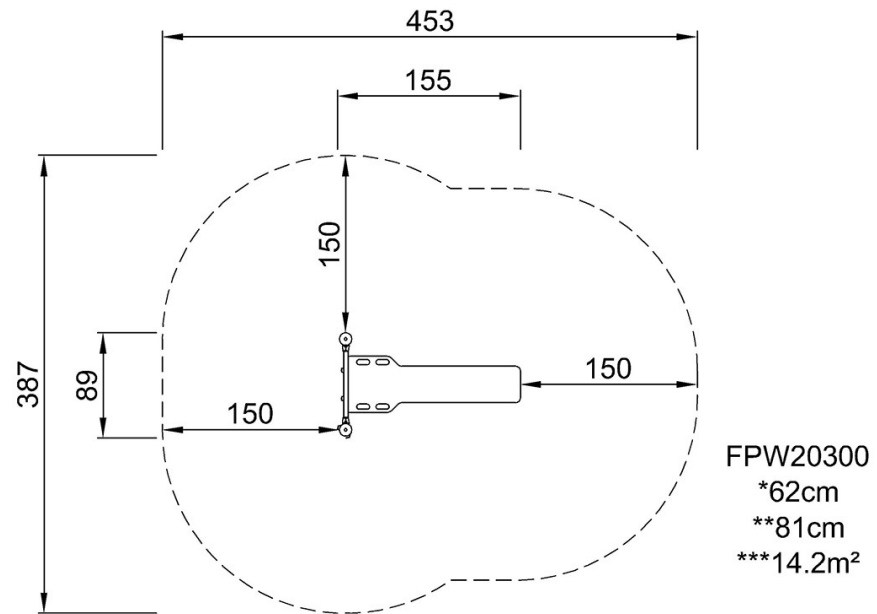


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* Max fall height | ** Total height | *** Safety surfacing area

* Max fall height | ** Total height



FPW20300
1:100

[Click to see TOP VIEW](#)

[Click to see SIDE VIEW](#)