

Knee Extension

FSW40900

KOMPAN[®]



Item no. FSW40900-0001

General Product Information

Dimensions LxWxH	105x132x91 cm
Age group	
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.



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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.



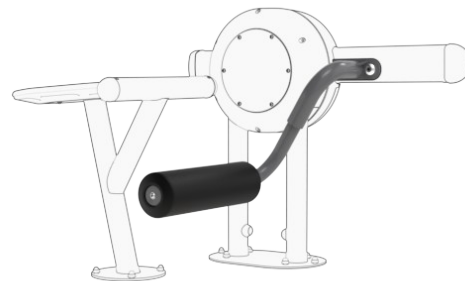
The weight can be adjusted in 8 steps of 5kg, providing a training weight from 5 to 40kg. The patent pending system is intuitive to use, eliminating the need for traditional pins that can get lost or stuck. Pull the handle and move the weight to quickly select the desired load.



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 63 cm allows easy access and wheelchair transfer.



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.

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.

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Installation Information

Max. fall height	66 cm
Safety surfacing area	15.6 m ²
Total installation time	4.0 hours
Excavation volume	0.00 m ³
Concrete volume	0.00 m ³
Footing depth (standard)	0 cm
Shipment weight	198 kg
Anchoring options	

Warranty Information

Galvanised/painted metal	10 years
Hollow PE parts	10 years
PUR Components	10 years
Aluminum	15 years
Hollow PE parts	10 years

Sustainability Data

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Cradle to Gate A1-A3	Total CO ₂ emission	CO ₂ e/kg	Recycled material
	kg CO ₂ e	kg CO ₂ e/kg	%
FSW40900-0001	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 CO₂e-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 CO₂e, 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 CO₂e.

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 CO₂e 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

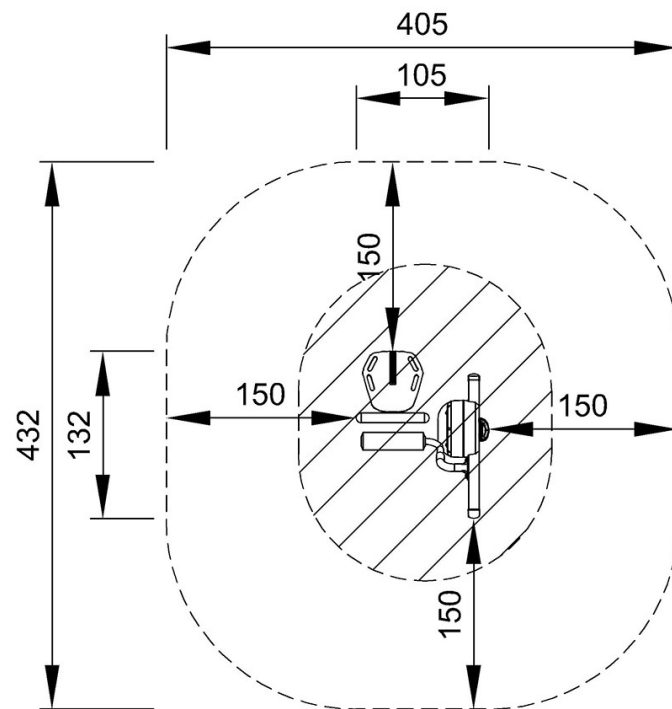
Signature:

Knee Extension

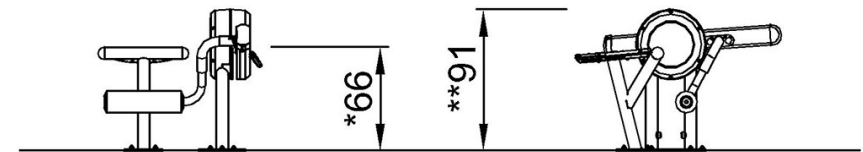
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* Max fall height | ** Total height | *** Safety surfacing area

* Max fall height | ** Total height



FSW40900
*66cm
**91cm
***15.6m²



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[Click to see SIDE VIEW](#)