

Ab Bench

FSW41000

KOMPANI[®]



Varenr. FSW41000-0001

Generel produktinformation

Dimensioner LxBxH	149x53x79 cm
Alder	13+
Kapacitet (brugere)	1
Farvemuligheder	●



The Ab Bench features ergonomically positioned leg supports that enable a variety of sit up exercises while effectively strengthening all abdominal muscles without placing harmful strain on the lower back. The ergonomically designed seat helps reduce stress on the spine during the exercise. The cushioned lower leg support ensures high user comfort.

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Alle KOMPANs fitnessprodukter er i overensstemmelse med ASTM F3101 & EN16630 Udendørs Fitnessstandarder. Belastningstest udføres som en statisk test ved at tilføje dynamiske faktorer såvel som sikkerhedsfaktorer til den specificerede belastning på 78 kg pr. bruger. Et produkt beregnet til én bruger læsses med 420 kg.



All Steel components are made from carbon steel, with a hot-dip galvanized surface according to ISO1461, and a powder coating corrosion class C3 according to ISO12944-2. Lead content for surfaces is below 90ppm, and below 100ppm for base material.

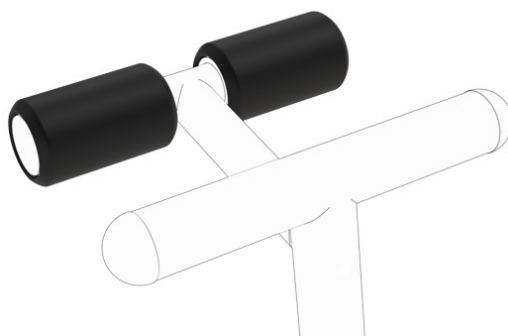


The seat and backrest is made of blowmolded PE and mounted directly onto the steel frame, making it highly durable and resistant to wear and tear. The seat and the back support are positioned under an 8-degree angle for the correct ergonomics. The back support has a groove to relieve the spine, accommodating a comfortable seating position, another benefit is that it drains water easily.

Varenr. FSW41000-0001	
Installationsinformation	
Maks. faldhøjde	79 cm
Faldområde	13,6 m ²
Installationstid (timer)	0,0 timer
Udgravningsmængde	0,00 m ³
Betonmængde	0,00 m ³
Forankringsdybde	0 cm
Fragtvægt	111 kg
Forankringsmuligheder	
Garanti	
Galvaniseret/malet metal	10 år
Udhulede PE-dele	10 år
PUR komponenter	10 år
Garanterede reservedele	10 år



KOMPANs fitnessprodukter fås som standard i orange, antracitgrå, mellemgrå, mørkegrå, mørkeblå, lyseblå, gul, rød, sort, mørkegrøn, limegrøn, mellemgrøn, sand og brun. Alle andre RAL-farver fås på anmodning. Det vil altid være muligt at matche omgivelserne eller farvetemaet!



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 PA6 (Polyamide) 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.

EN
16630
compliant

Bæredygtighedsdata

FSW41000

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Vugge-til-port A3	A1-	Total CO ₂ udled- ning	CO ₂ e/kg	Genan- vendte mate- rialer
		kg CO ₂ e	kg CO ₂ e/kg	%
FSW41000-0001		0,00	0,00	0,00

Den overordnede ramme for disse faktorer er Environmental Product Declaration (EPD), som kvantificerer "miljøoplysninger om et produkts livscyklus og muliggør sammenligninger mellem produkter, der opfylder samme funktion" (ISO, 2006). Dette følger strukturen og anvender en livscyklusvurderingstilgang til hele produktfasen fra råvarer til fremstilling (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:

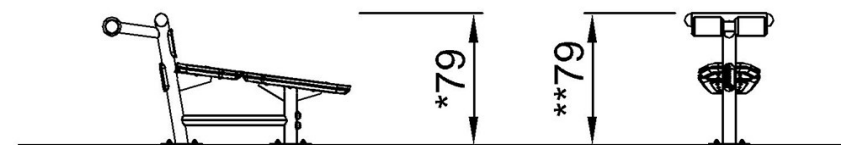
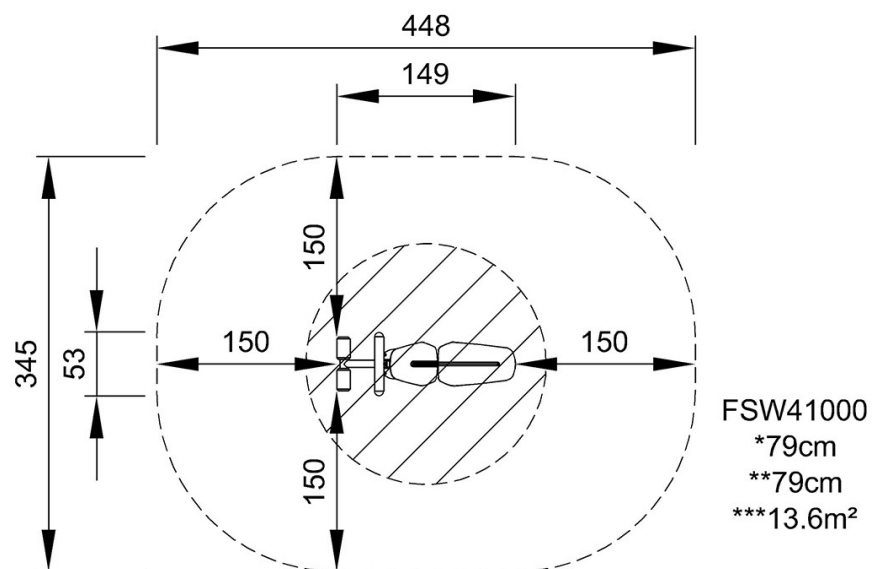
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* Maks. faldhøjde | ** Samlet højde | *** Faldområde

* Maks. faldhøjde | ** Samlet højde



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