

# Inclusive Chest Press

FSW243



The Inclusive Chest Press caters to wheelchair users with its no-adjustment, quick-use design. The vertical post provides solid back support and the extended grip handles accommodate varying user heights. Its progressive resistance, light at the start and heavier at full extension, allows for intensity customization through complete arm extensions and

repetition increases. This chest press stands out for its welcoming design, explicitly inviting those in wheelchairs to engage in the exercise.



Item no. FSW24300-0902	
General Product Information	
Dimensions LxWxH	52x81x191 cm
Age group	13+
Play capacity (users)	1
Colour options	



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The Steel posts are made of Ø101,6x2,0mm pre-galvanized steel tube. The posts are powder coated, corrosion class C3 according to ISO12944-2.



The chest press is wheelchair accessible and all individuals with a minimum height of 140cm will be able to use the product without compromising their normal posture.



The resistance is controlled by heavy duty scaled ROSTA torsion spring element. The ROSTA element works without any noise and are maintenance free. The ROSTA element allows the user to both push and pull depending on the desired exercise.

Item no. FSW24300-0902

## Installation Information

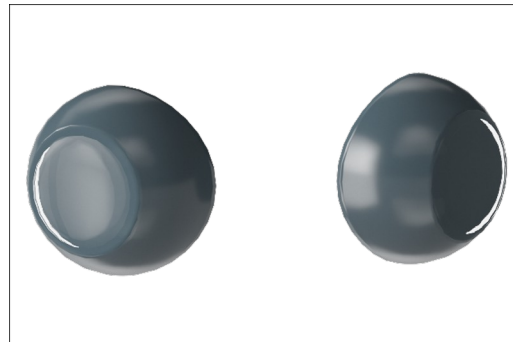
Max. fall height	0 cm
Safety surfacing area	8.2 m²
Total installation time	2.2
Excavation volume	0.06 m³
Concrete volume	0.04 m³
Footing depth (standard)	90 cm
Shipment weight	61 kg
Anchoring options	In-ground ✓ Surface ✓

## Warranty Information

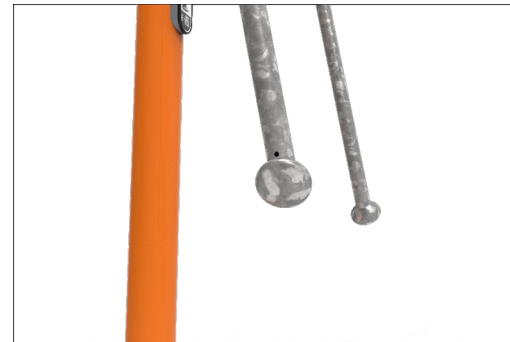
Hot dip galvanised steel	Lifetime
ROSTA element	2 years
Spare parts guaranteed	10 years
Steel frame	10 years



The product must feature an information sign with related exercises, and each exercise must feature a QR code linking to its related exercise portal in an app that offers support on the specific exercise. The sign must additionally offer a QR code for downloading the app.



The post top and do-nuts are made from polyamide PA6 nylon.



The handle knobs are made of S235 hot-dip galvanized steel according to KS0106 and a grip diameter of 77,3mm. The grips provide safety and an ergonomic experience when using the machine.

# Sustainability Data

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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	%
FSW24300-0902	111.51	2.67	49.58

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 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.

**Publication date: 30. October 2023**

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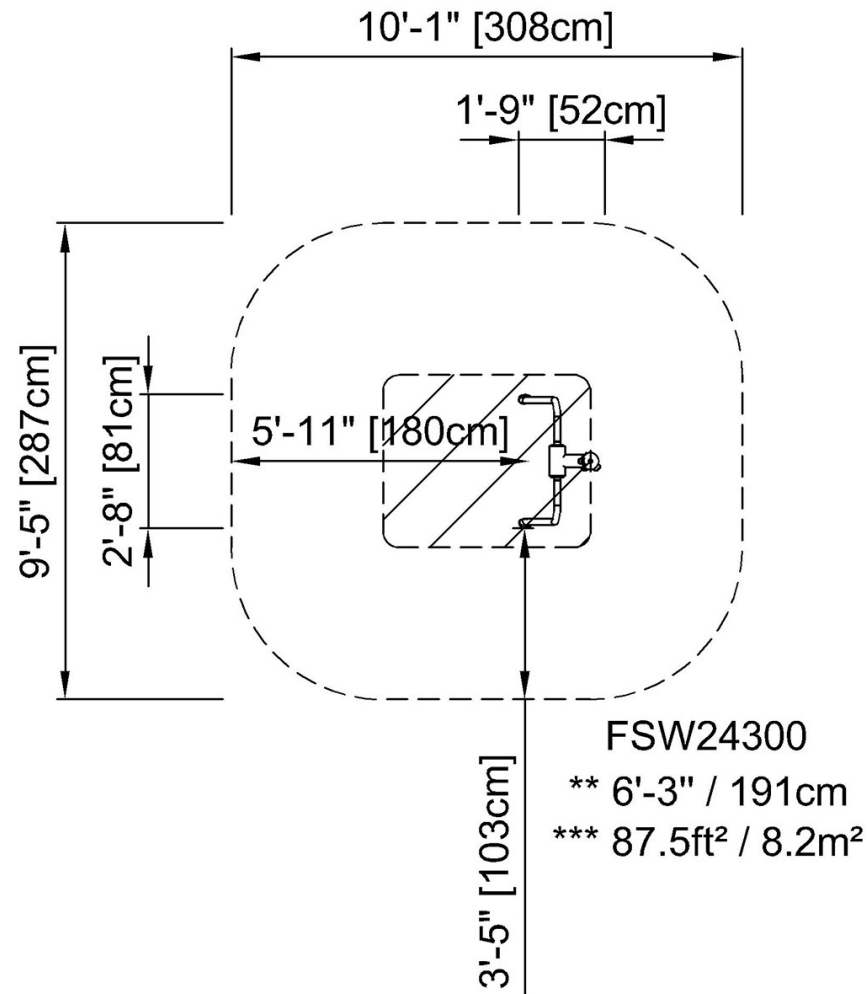


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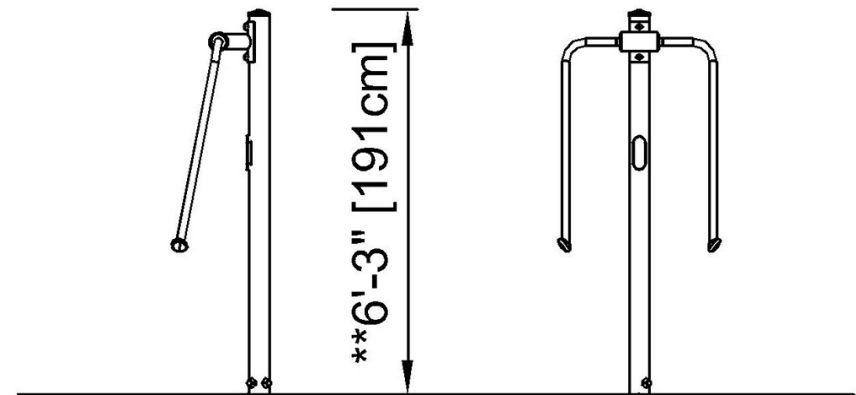
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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

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



[Click to see TOP VIEW](#)



FSW24300

[Click to see SIDE VIEW](#)