

# Over Under

FPW214



Trained athletes will go over the high bar and underneath the low bar, while the beginners will do it the other way around. A great way to train, strength, agility, coordination and flexibility. The Over Under obstacle is a great example that everyone can be challenged at their own level. The bars are positioned closely to another therefore a combination of lower body and

upper body strength is required to overcome this obstacle. Rounded corners make it safe and simple for anyone to try exercises in which they swing over their legs over the bar.

Item no. FPW21400-0900	
General Product Information	
Dimensions LxWxH	152x566x118 cm
Age group	8+
Play capacity (users)	4
Colour options	



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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.



Bars intended as grips during exercises are made of hot-dip galvanised steel ø38mm. A great diameter to support the wrist when doing dips or handstands.

Item no. FPW21400-0900

## Installation Information

Max. fall height	118 cm
Safety surfacing area	35.9 m²
Total installation time	3.7 hours
Excavation volume	0.23 m³
Concrete volume	0.12 m³
Footing depth (standard)	90 cm
Shipment weight	173 kg
Anchoring options	In-ground ✓ Surface ✓

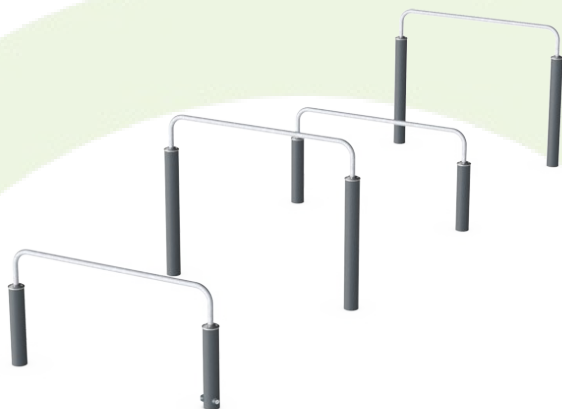
## Warranty Information

Connectors	10 years
Hot dip galvanised steel	Lifetime
Post	10 years
Spare parts guaranteed	10 years



# 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	%
FPW21400-0900	207.28	2.01	66.57

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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### 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.

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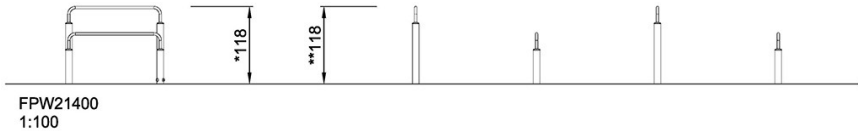
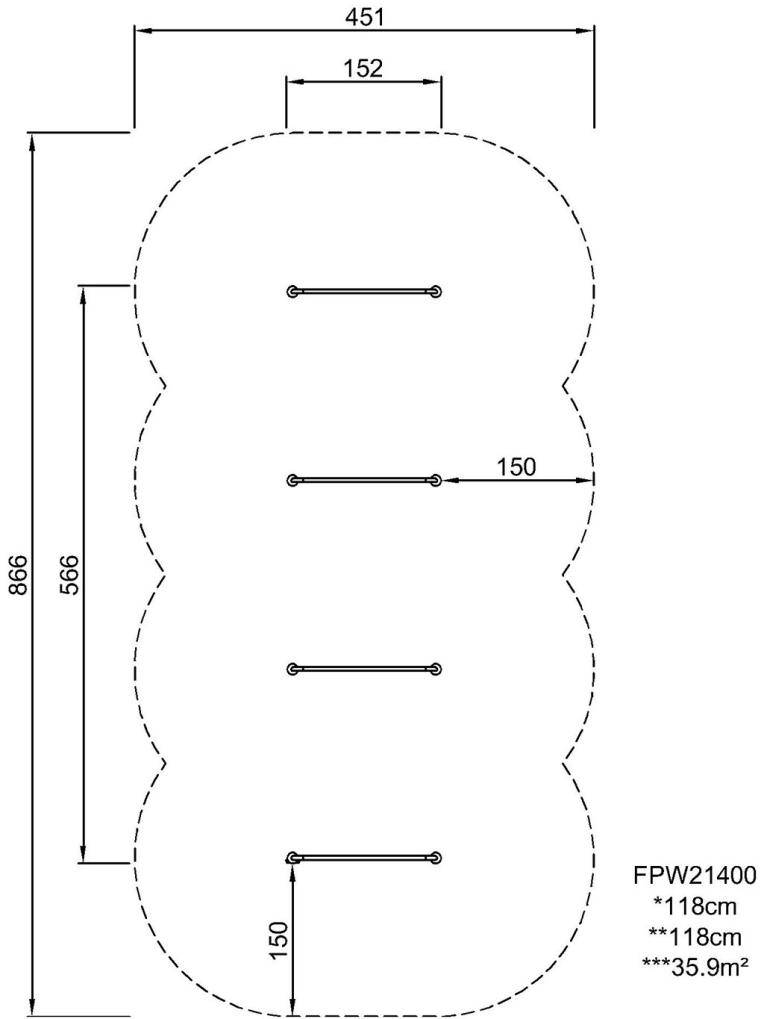


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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

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



[Click to see TOP VIEW](#)

[Click to see SIDE VIEW](#)