

Sit Up Bench Robinia

FRO203



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 the 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. The Bench has a clear instruction sign showing the basic exercise and a QR code. By using the QR code users can connect to the KOMPAN fitness App, where they will find multiple exercises and workouts at every level. The Robinia bars are made from de-barked and sap-free Robinia trunks in various

dimensions. Robinia is a native European wood species with high strength and natural durability in various climatic conditions. KOMPAN uses wood from FSC-certified sources.

Item no. FRO20300-1001	
General Product Information	
Dimensions LxWxH	95x157x104 cm
Age group	13+
Play capacity (users)	1
Colour options	



See KOMPAN Fit app for more



Sit Up Bench Robinia

FRO203



All organic Robinia products by KOMPAN are made of Robinia wood which is sourced from sustainable plantation farms. On request it can be supplied as FSC® Certified (FSC® C004450).

The ø414mm top plate is made from 15mm Ekogrip®, a 15mm PE plate with a 3mm top-layer of thermoplastic rubber with non-skid effect. The height is 217mm and the range of motion is +/- 90°, with a EPDM rubber stop at each end.



All of KOMPAN's fitness products are compliant with AS 4685:2021, ASTM F3101 & EN16630 Outdoor Fitness Standards. Load tests are performed to the specified load of 78kg per user. A product intended for one user is loaded with 420kg.

Item no. FRO20300-1001	
Installation Information	
Max. fall height	63 cm
Safety surfacing area	14.2 m ²
Total installation time	3.3
Excavation volume	0.20 m ³
Concrete volume	0.00 m ³
Footing depth (standard)	100 cm
Shipment weight	106 kg
Anchoring options	In-ground ✓ Surface ✓
Warranty Information	
EcoCore HDPE	Lifetime
Galvanised Steel	Lifetime
Robinia Wood	15 years
Spare Parts Guarantee	10 years



Sustainability Data

FRO203



Cradle to Gate A1-A3	Total CO ₂ emission	CO ₂ e/kg	Recycled materials
	kg CO ₂ e	kg CO ₂ e/kg	%
FRO20300-1001	77.61	0.98	9.27

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))

Kompan A/S
 C.F. Tietgens Boulevard 32C
 DK-5220 Odense SØ
 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

By Bureau Veritas HSE
 www.bureauveritas.dk
 +45 7731 1000

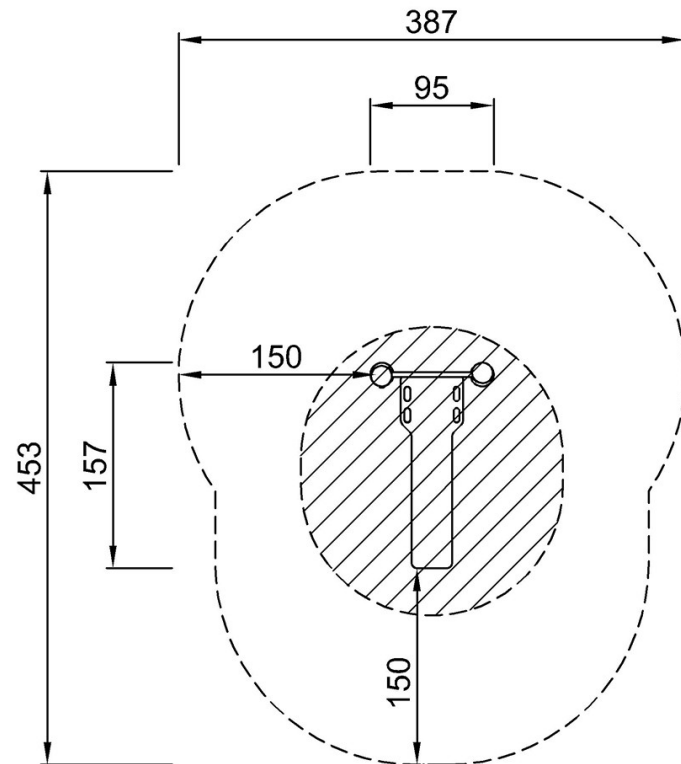


Sit Up Bench Robinia

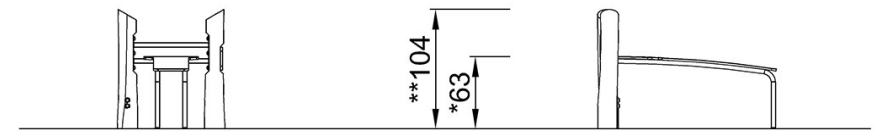
FRO203

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

* Max fall height | ** Total height



FRO20300
*63cm
**104cm
***14.2m²



FRO20300

[Click to see TOP VIEW](#)

[Click to see SIDE VIEW](#)