

# Horizontal Row

FSW40200



Item no. FSW40200-0001

## General Product Information

Dimensions LxWxH	125x162x109 cm
Age group	13+
Capacity (users)	1
Colour options	



The Horizontal Row offers adjustable load resistance for targeting the upper back, rear shoulders, and biceps. User-friendly handles with multi-function grips provide excellent exercise variety and perfect ergonomics for users of different heights. Designed for safety, all mechanical stops are located inside the protective cover to prevent any risk of injury.

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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 on each side can be adjusted in 8 steps of 5 kg, providing a training weight from 10 to 80kg. 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.



Manufactured from blow-moulded PE and integrated directly into the steel frame, the seat and backrest offer exceptional durability and resistance to wear and tear. The padded chest support combined with the footrest reduces chest strain during the exercise. A seat height of 50 cm ensures easy access and transfer for wheelchair users.



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.



**Handles**  
The ergonomically shaped handles feature multiple grip areas to support adaptable training. This allows users between 140–205 cm in height to perform exercises with correct ergonomics while enabling a wide variety of exercises that target different muscle groups. The handles are made from cast aluminium with a grip texture finish.



The unilateral movement design ensures that each arm works independently, preventing compensation by the stronger side. The independent movement also allows for greater flexibility, enabling multiple exercise variations and supporting inclusive training for users of different abilities.

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## Installation Information

Max. fall height	50 cm
Safety surfacing area	17.4 m <sup>2</sup>
Total installation time	5.6 hours
Excavation volume	0.00 m <sup>3</sup>
Concrete volume	0.00 m <sup>3</sup>
Footing depth (standard)	0 cm
Shipment weight	287 kg
Anchoring options	

## Warranty Information

Galvanised/painted metal	10 years
Aluminum	15 years
Movable parts	2 years
Hollow PE parts	10 years
Spare parts guaranteed	10 years

**EN**  
**16630**  
compliant

# Sustainability Data

FSW40200



Cradle to Gate A1-A3	Total CO <sub>2</sub> emission	CO <sub>2</sub> e/kg	Recycled material
	kg CO <sub>2</sub> e	kg CO <sub>2</sub> e/kg	%
<b>FSW40200-0001</b>	1,269.65	6.59	44.11

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 CO<sub>2</sub>e-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 CO<sub>2</sub>e, 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 CO<sub>2</sub>e.

### 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 CO<sub>2</sub>e 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

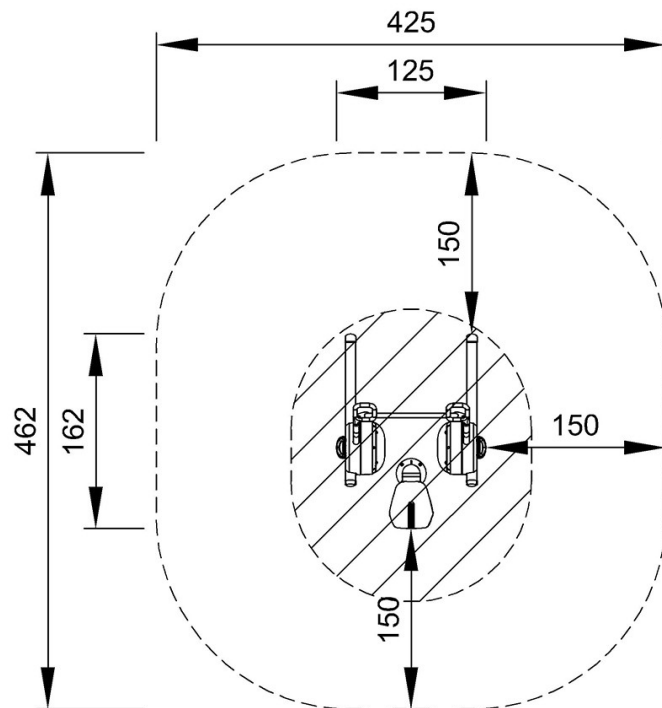
**Signature:**

# Horizontal Row

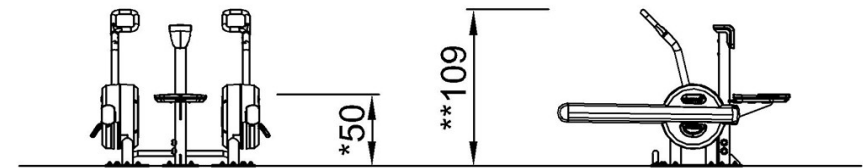
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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

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



FSW40200  
\*50cm  
\*\*109cm  
\*\*\*17.4m<sup>2</sup>



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[Click to see SIDE VIEW](#)