

Triceps Dips


FSW40700

KOMPAN[®]



Référence FSW40700-0001

Informations générales

Dimensions LxPxH	71x202x120 cm
Age minimum	13+
Capacité d'accueil (utilisateurs)	1
Options de couleurs	

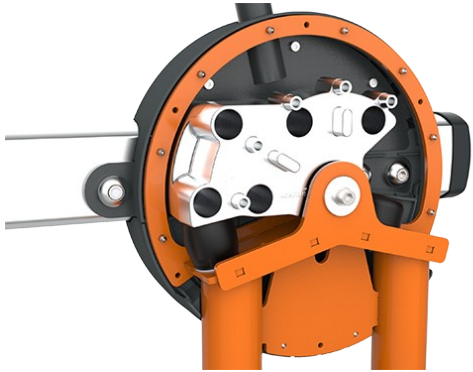
Grâce à sa charge réglable, Triceps Dips permet un entraînement efficace des triceps. Conçu pour être facile à utiliser, il ne nécessite aucun réglage hormis celui de la charge. La large poignée en forme de V permet aux utilisateurs de toutes tailles de trouver une position confortable. En modifiant la position des mains sur la poignée, de nombreuses

variantes d'exercices sont possibles.



Triceps Dips

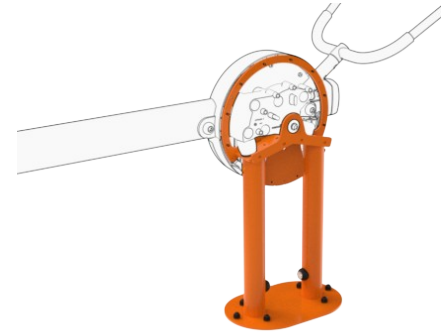
FSW40700



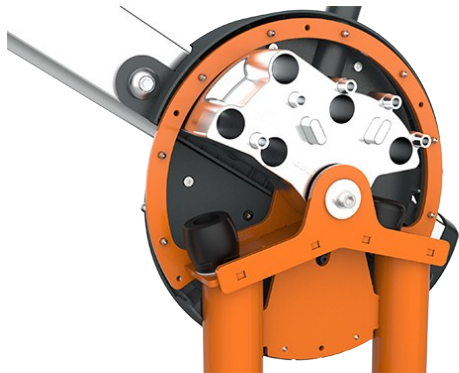
All mechanical stops are fully enclosed within the cover. The adjustable weight, featuring internal end stops and indexed positions, moves on rollers within an enclosed groove in an aluminium profile. As a result, entrapment is not possible, making it extremely safe to use and providing protection against the elements and unwanted abuse.



The weight can be adjusted in 8 steps of 5kg, providing a training weight from 5 to 40kg. 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.



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 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.



The large V-shaped handle fits users of all sizes and allows resistance and exercise variation to be increased through different hand placements or one-handed use.



The information sign is made of Polycarbonate 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.

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Installation

Hauteur de Chute Max.	0 cm
Zone de sécurité	13,0 m ²
Temps total d'installation	3,7 heures
Volume d'excavation	0,00 m ³
Volume de béton	0,00 m ³
Profondeur ancrage	0 cm
Poids d'expédition	195 kg
Options d'ancrage	

Garantie

Métal galvanisé / peint	10 ans
Aluminium	15 ans
Pièces mobiles	2 ans
Dispo pièces après arrêt fab.	10 ans

EN
16630
compliant

Données sur le développement durable

FSW40700



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:

Berceau à porte A1-A3	Émissions totales de CO ₂	CO ₂ e/kg	Matériaux recyclés
	kg CO ₂ e	kg CO ₂ e/kg	%
FSW40700-0001	614,48	6,13	45,90

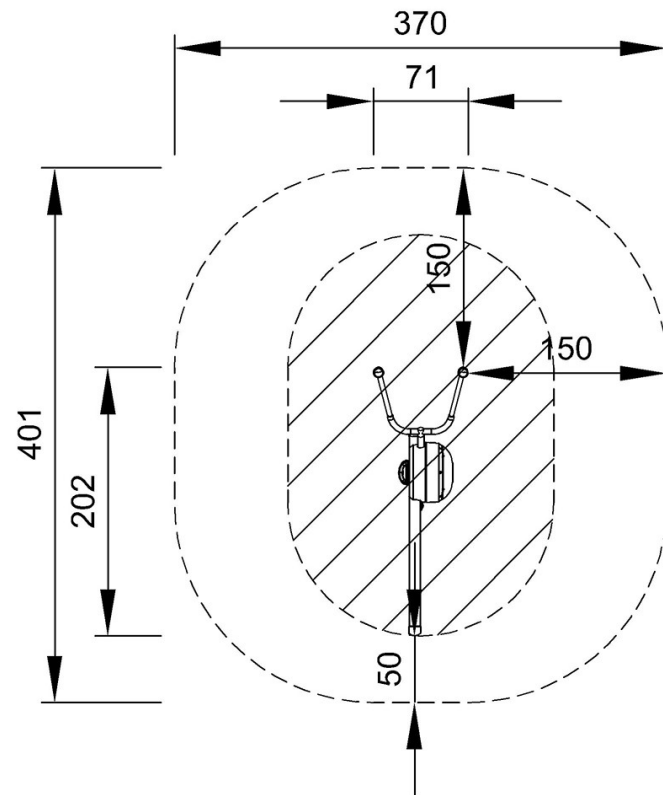
Le cadre général appliqué est la Déclaration Environnementale Produit (DEP), qui quantifie « les informations environnementales sur le cycle de vie d'un produit et permet des comparaisons entre produits remplissant la même fonction » (ISO, 2006). Cela suit la structure et applique une approche d'évaluation du cycle de vie à l'ensemble de l'étape du produit, de la matière première à la fabrication (A1-A3))

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* Hauteur de chute maximale | ** Hauteur totale | *** Zone de sécurité

* Hauteur de chute maximale | ** Hauteur totale

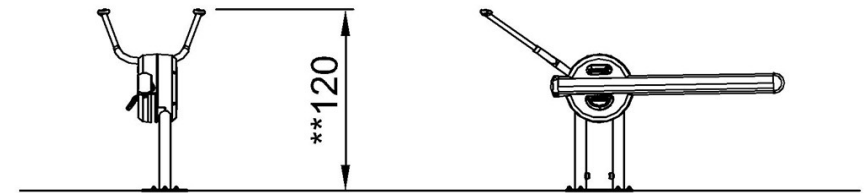


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*0cm

**120cm

***13m²



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