

# Dip Bench

FSW202



Item no. FSW20200-0901	
<b>General Product Information</b>	
Dimensions LxWxH	195x53x73 cm
Age group	13+
Play capacity (users)	2
Colour options	



See KOMPAN Fit app for more



A row of parallel handle bars suitable for the more advanced hand balancing exercises such as hand stand push ups. Also perfect for dips, an ideal exercise for strengthening the chest, shoulder and arm muscles. Rounded corners makes it safe and simple for anyone to try exercises in which they try to swing their legs over the bar. The Dip 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.

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The post is made of Ø101.6 x 2mm, pre-galvanised carbon steel and powder coated which is a great protection solution for all climate 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.

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### Installation Information

Max. fall height	73 cm
Safety surfacing area	15.5 m <sup>2</sup>
Total installation time	2.6
Excavation volume	0.11 m <sup>3</sup>
Concrete volume	0.00 m <sup>3</sup>
Footing depth (standard)	90 cm
Shipment weight	69 kg
Anchoring options	In-ground ✓ Surface ✓

### Warranty Information

Connectors	10 years
Galvanised Steel	Lifetime
Post	10 years
Spare Parts Guarantee	10 years



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.



The information sign is made of a PA6 (Polyamide) and shows the most relevant exercises. When users scan the QR code, this will link them to an animated illustration of the exercise and offers the possibility of downloading the KOMPAN Fitness App, which is programmed with many more exercise alternatives.

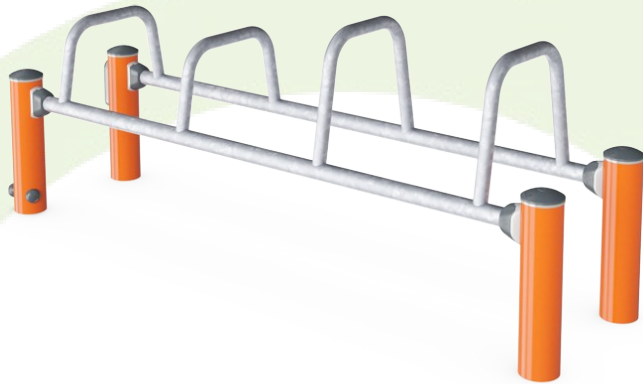


KOMPAN fitness products are available in Orange, RAL2010 and Grey, RAL7012 as standard. All other RAL colours are available on upon request to meet your project's vision and to match the natural surroundings.



# Sustainability Data

FSW202



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	%
<b>FSW20200-0901</b>	106.53	2.12	64.37

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.

**Publication date: 30. October 2023**

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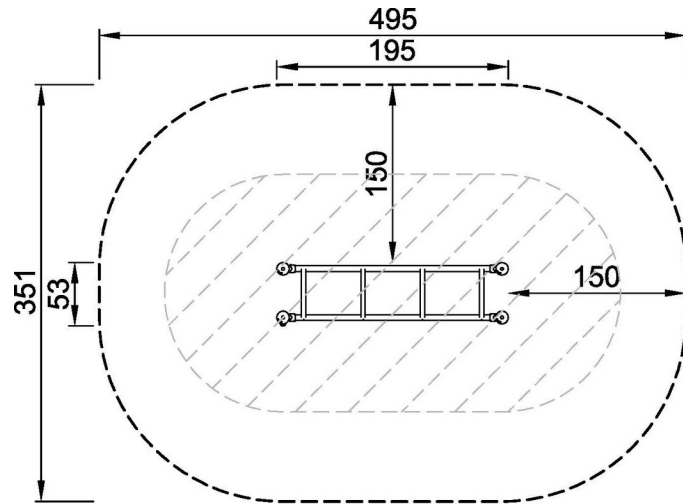


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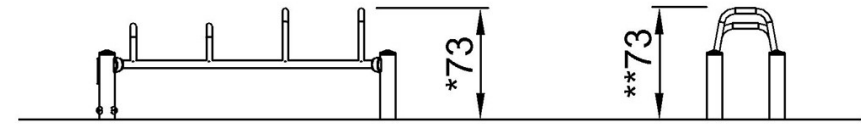
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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

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



FSW20200  
\*73cm  
\*\*73cm  
\*\*\*15.5m<sup>2</sup>  
1:100



FSW20200

[Click to see TOP VIEW](#)

[Click to see SIDE VIEW](#)