### **Push Up Bars**

FPW209





The push up bars are specifically designed for upper body training. The chest and arms can be trained through exercises such as rows or dips. If you do not mind getting dirty you can 'belly crawl' underneath the bars. Otherwise a single hurdle can also be used for exercises on the spot such as push ups and high jumps.

Item no. FPW20900-0900

General Product Information

Dimensions LxWxH 337x11x140 cm
Age group 8+
Play capacity (users) 3
Color options



## **Push Up Bars**

FPW209

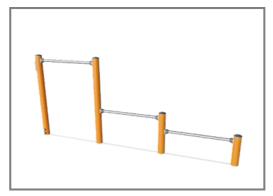




Post are made of Ø101.6 x 2mm, pregalvanized carbon steel and powder coated, a great protection to all conditions.



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.



The FSW 209 features three 38 x 2mm push up bars at three heights of respectively 38cm, 58cm and 133cm.

Item no. FPW20900-0900			
Installation Information			
Max. fall height	133 cm		
Safety surfacing area	17.7 m²		
Total installation time	2.6		
Excavation volume	0.18 m³		
Concrete volume	0.07 m³		
Footing depth (standard)	90 cm		
Shipment weight	75 kg		
Anchoring options			



**Sustainability Data** 

FPW209





Cradle to Gate A1-A3	Total CO <sub>2</sub> emission	CO₂e/kg	Recycled materials
	kg CO₂e	kg CO₂e/kg	%
FPW20900-0900	160.40	3.61	48.50

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

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### Verification of CO<sub>2</sub> calculation of: Fitness



Data version no. 2023-10-05

The  $\mathrm{CO}_2$  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:

misi

Julie Marie Vejsgaard Larsen, LCA & EPD Consultant

Verification based on report: Validation of  ${\rm CO_2}$  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



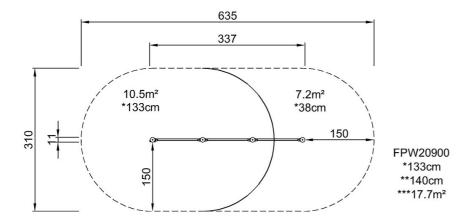
# **Push Up Bars**

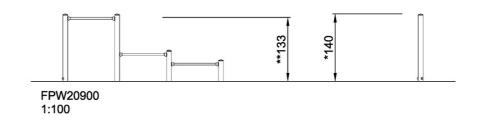




\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

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





Click to see TOP VIEW

Click to see SIDE VIEW