

# Human Flag Wall

FSW220



Item no. FSW22001-0901	
General Product Information	
Dimensions LxWxH	227x13x240 cm
Age group	13+
Play capacity (users)	3
Colour options	



See KOMPAN Fit app for more



The human flag is without a doubt one of the most impressive bodyweight exercises. It requires a prodigious strength to bodyweight ratio and a great deal of technique. It is considered to be a complete body exercise where shoulders, lats and abs are particularly solicited. Exercises such as pull ups and handstand push ups are ideal to get the proper

foundation of strength. This is where the left side of the wall comes in. It is a flat wall that can work as a support when training handstand and after a while also handstand push ups. The Human Flag Wall has two clear instruction signs showing the basic exercise and a QR code. By clicking on 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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Post are made of Ø101.6 x 2mm, pre-galvanized 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 wall surface are made of 17.8mm thick High Pressure Laminate (HPL) panels to ensure optimal strength and durability.

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## Installation Information

Max. fall height	233 cm
Safety surfacing area	13.2 m²
Total installation time	4.1
Excavation volume	0.11 m³
Concrete volume	0.04 m³
Footing depth (standard)	90 cm
Shipment weight	172 kg
Anchoring options	In-ground ✓ Surface ✓

## Warranty Information

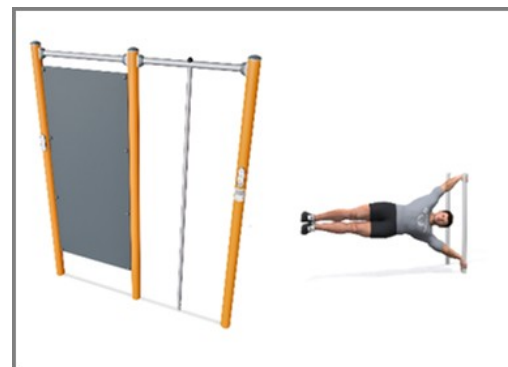
Connectors	10 years
Hot dip galvanised steel	Lifetime
HPL panel	15 years
Post	10 years
Spare parts guaranteed	10 years



All KOMPAN fitness products are compliant with the ASTM F3101 & EN16630 Outdoor Fitness Standards. Load tests are performed as a static test by adding dynamic factors as well as safety factors to the specified load of 78kg per user. A product intended for 1 user is loaded with 420kg.



The information sign is made of a PA6 (Polyamide) and shows the most relevant exercise and a QR code. When scanned the QR code will link to an animated illustration of the exercise and offers the possibility of downloading the KOMPAN sport & fitness App, which will provide a large amount of exercises and workouts.



The vertical pole is made of a ø38 x 2mm hot dip galvanised tube, the perfect size for a good grip when you try to do the Human Flag!

**ASTM  
F3101**  
compliant

# Sustainability Data

FSW220



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	%
FSW22001-0901	220.17	1.99	42.14

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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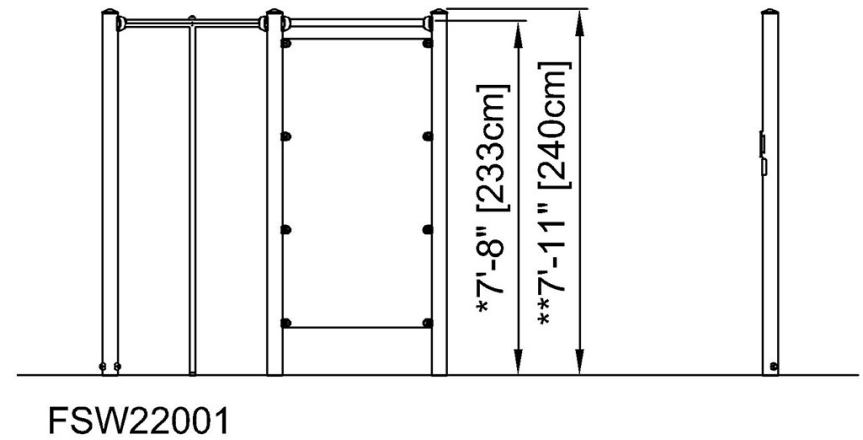
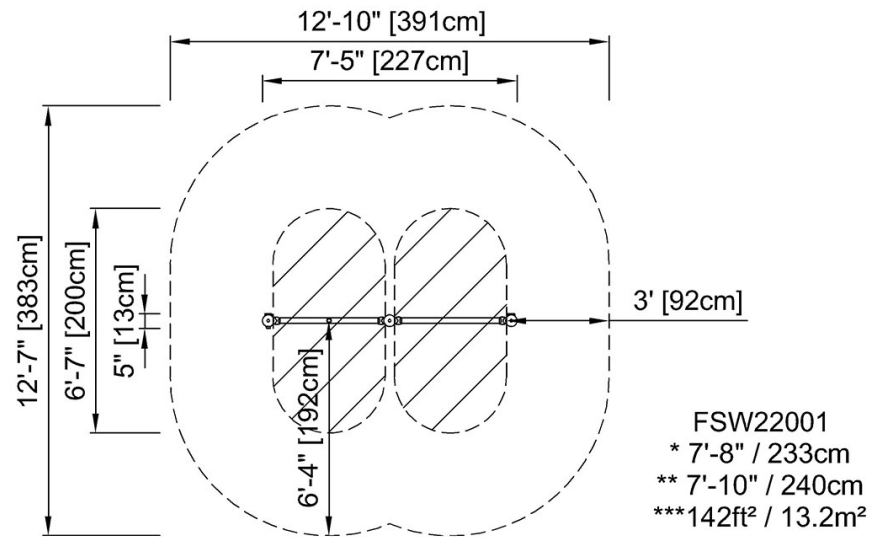


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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

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



[Click to see TOP VIEW](#)

[Click to see SIDE VIEW](#)