


# Inclusive Double Chest Press

FSW244



Item no. FSW24400-0902	
<b>General Product Information</b>	
Dimensions LxWxH	81x107x191 cm
Age group	13+
Play capacity (users)	2
Colour options	



This dual-function device combines the Inclusive Chest Press with a seated option for those not in wheelchairs. It provides gentle strength training for the chest, shoulders, and arms. While resistance remains low, users can increase exercise intensity by performing more repetitions and fully extending their arms with each rep. Suitable for warm-ups, mobility

enhancement, and light workouts, the device maintains its inviting design for wheelchair users, offering a versatile workout solution for various needs.

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The Steel posts are made of Ø101,6x2,0mm pre-galvanized steel tube. The posts are powder coated, corrosion class C3 according to ISO12944-2.



The chest press is wheelchair accessible and all individuals with a minimum height of 140cm will be able to use the product without compromising their normal posture.



The resistance is controlled by heavy duty scaled ROSTA torsion spring element. The ROSTA element works without any noise and are maintenance free. The ROSTA element allows the user to both push and pull depending on the desired exercise.

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### Installation Information

Max. fall height	45 cm
Safety surfacing area	10.7 m <sup>2</sup>
Total installation time	3.3
Excavation volume	0.06 m <sup>3</sup>
Concrete volume	0.04 m <sup>3</sup>
Footing depth (standard)	90 cm
Shipment weight	128 kg
Anchoring options	In-ground ✓ Surface ✓

### Warranty Information

Hot dip galvanised steel	Lifetime
PE/PP components	5 years
ROSTA element	2 years
Spare parts guaranteed	10 years
Steel frame	10 years



The product must feature an information sign with related exercises, and each exercise must feature a QR code linking to its related exercise portal in an app that offers support on the specific exercise. The sign must additionally offer a QR code for downloading the app.



Seat is made of Ekogrip™ panel that consist of a 15mm thick PE base with 3 mm top-layer of soft rubber with a non-skid effect.



The handle knobs are made of S235 hot-dip galvanized steel according to KS0106 and a grip diameter of 77,3mm. The grips provide safety and an ergonomic experience when using the machine.

**ASTM  
F3101**  
compliant

# Sustainability Data

FSW244



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>FSW24400-0902</b>	233.26	2.70	46.68

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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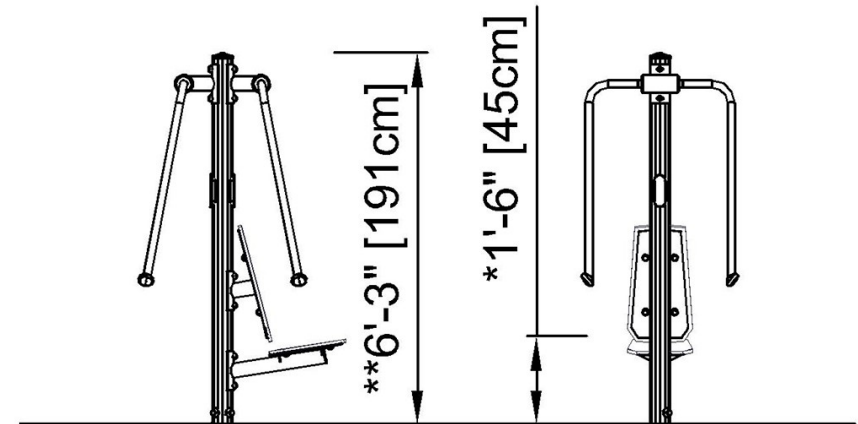
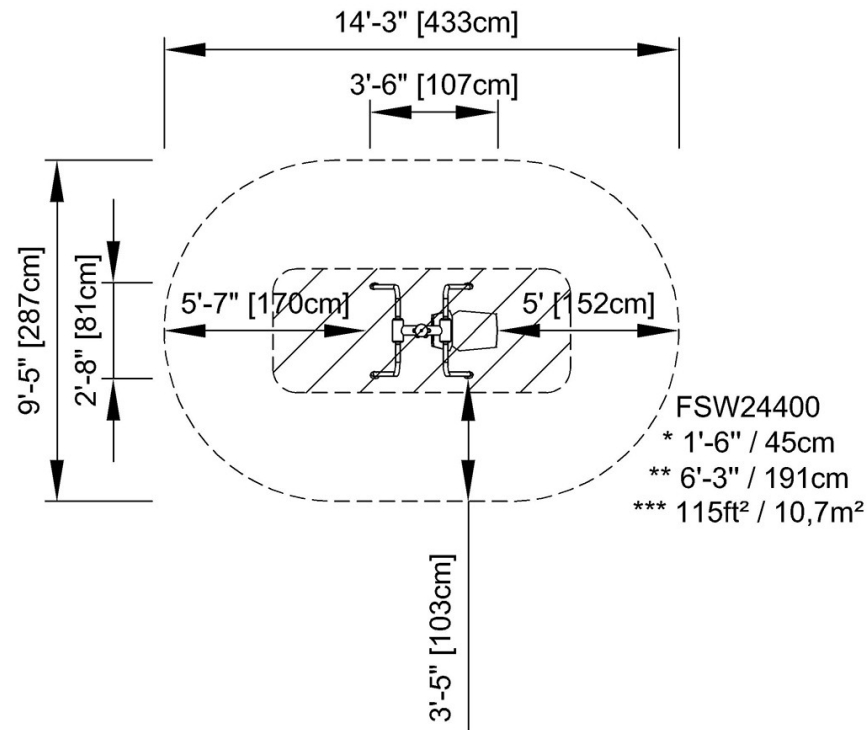


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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

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



FSW24400

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