

# Sit Up Bench Pro


FAZ606



KOMPAN's outdoor sit up bench is ergonomically designed to deliver a powerful core workout. With foam padded leg fixtures to support correct posture, our outdoor fitness bench facilitates abdominal exercises to strengthen all abdominal muscles without placing harmful stress on the lower back. An outdoor exercise bench can be used to perform

a variety of movements, including classic sit ups, diagonal sit ups, and leg lifts. KOMPAN's outdoor sit up bench is built with robust materials, such as hot-dip galvanized steel, for durability. This makes it resistant to extreme climates, vandalization attempts, and excessive use. If you are looking to install an outdoor gym sit up bench, KOMPAN's outdoor

fitness bench is the solution for you.

Item no. FAZ60600-0001	
<b>General Product Information</b>	
Dimensions LxWxH	44x153x93 cm
Age group	13+
Play capacity (users)	1
Colour options	



See KOMPAN Fit app for more

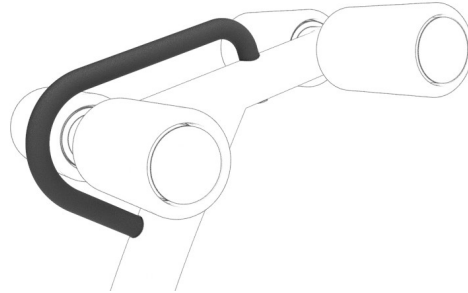


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The seat and back support are made of Polyurethane Rubber (PUR) and have an electro-galvanized steel insert plate that connects the seat to the steel frame. The seat and the back support are positioned under an 8-degree angle for the correct ergonomics. The back support has a groove to relieve the spine, accommodating a comfortable seating position, another benefit is that it drains water easily.



The bench has a support handle with a diameter of  $\varnothing 30\text{mm}$ . The support handle will make it easier to get on and off the bench and it will allow a variation in exercises. The grip powder coating, used on the support handle, is highly durable against wear and tear, offers isolation, and simultaneously gives users an outstanding grip during their workout.



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.

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### Installation Information

Max. fall height	93 cm
Safety surfacing area	13.7 m <sup>2</sup>
Total installation time	3.4
Excavation volume	0.00 m <sup>3</sup>
Concrete volume	0.00 m <sup>3</sup>
Footing depth (standard)	0 cm
Shipment weight	104 kg
Anchoring options	Surface ✓

### Warranty Information

Hot dip galvanised steel	Lifetime
PUR components	10 years
Spare parts guaranteed	10 years



The Grip Powdercoating, used on the support handle, is highly durable against wear and tear, offers isolation, and simultaneously gives users an outstanding grip during their workout.



The rotating rollers are  $\varnothing 110\text{mm}$  and made from PUR (Polyurethane Rubber, compact foam). The rollers have a steel insert that is electro galvanized. They provide support and ensure a comfortable position.



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.



# Sustainability Data

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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	%
FAZ60600-0001	197.10	3.72	27.34

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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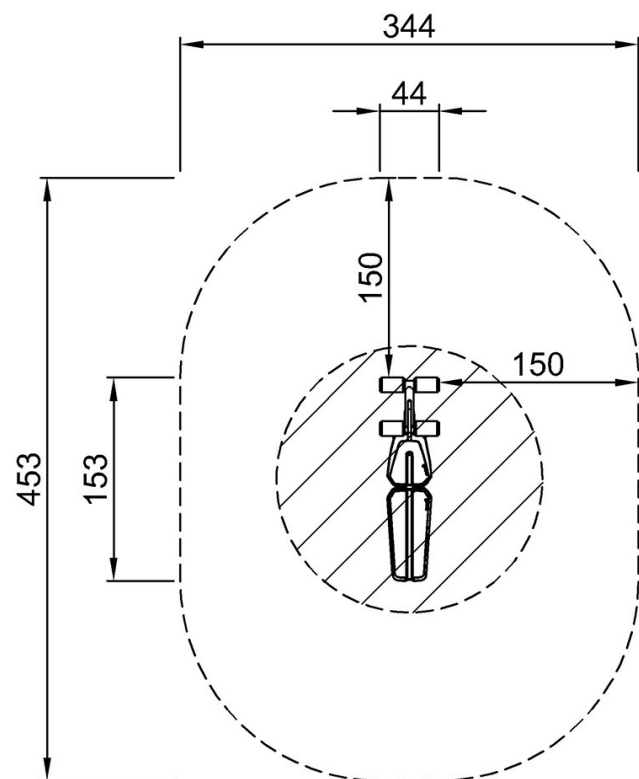


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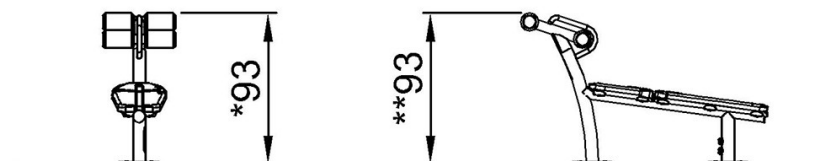
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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

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



FAZ60600  
\*93cm  
\*\*93cm  
\*\*\*13.7m<sup>2</sup>



FAZ60600

[Click to see TOP VIEW](#)

[Click to see SIDE VIEW](#)