

Push Up Bars

FSW209



Item no. FSW20900-0901	
General Product Information	
Dimensions LxWxH	11'0"x0'5"x4'7"
Age group	13+
Play capacity (users)	3
Color options	



See KOMPAN Fit App for More Information



The Push-Up bars are specifically designed for upper body training. You can do rows or dips to develop your chest and arms. If you do not mind getting dirty you can belly crawl underneath the bars. A single hurdle can also be used for exercises on the spot such as push-ups and high jumps. The Push-Up Bars have a clear instruction sign showing the basic

exercises. By connecting to the KOMPAN Fitness App, users will find multiple exercises and workouts for every level of difficulty.



Push Up Bars

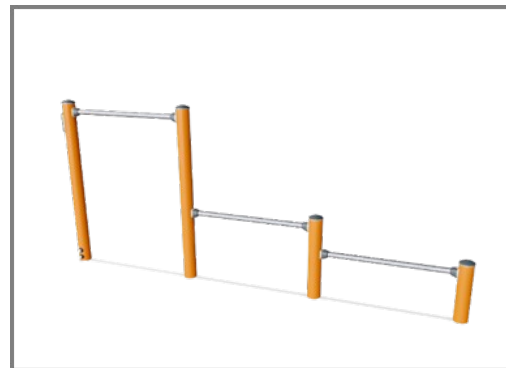
FSW209



Post are made of 101.6 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 FSW 209 features three 38 x 2mm push up bars at three heights of respectively 38cm, 58cm and 133cm.

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Installation Information

Max. fall height	4'4"
Safety surfacing area	239ft ²
Total installation time	2.7
Excavation volume	0.14yd ³
Concrete volume	0.04yd ³
Footing depth (standard)	2'11"
Shipment weight	148lbs
Anchoring options	In-ground ✓ Surface ✓

Warranty Information

Connectors	10 Years
Hot dip galvanized steel	Lifetime
Post	10 Years
Spare Parts Availability	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.

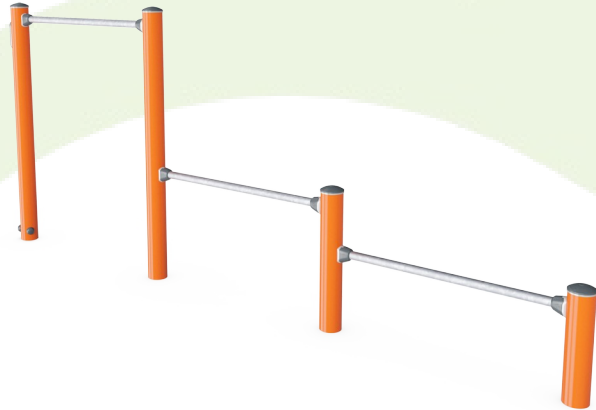


KOMPAN fitness products are standard available in Orange, RAL2010 and Grey, RAL7012. All other RAL colors are available on request. It will always be possible to match the surroundings or color theme!

**ASTM
F3101
compliant**

Sustainability Data

FSW209



Cradle to Gate A1-A3	Total CO ₂ emission	CO ₂ e/kg	Recycled materials
	kg CO ₂ e	kg CO ₂ e/kg	%
FSW20900-0901	77.13	1.73	73.11

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
 C.F. Tietgens Boulevard 32C
 DK-5220 Odense SØ
 Denmark



Verification of CO₂ calculation of: Fitness



Data version no. 2023-10-05

The CO₂ 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 CO₂ 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

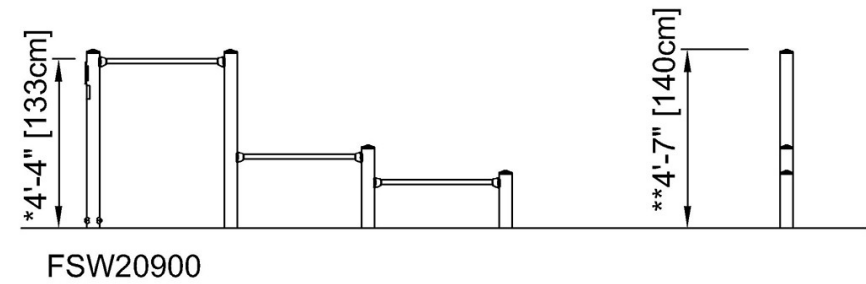
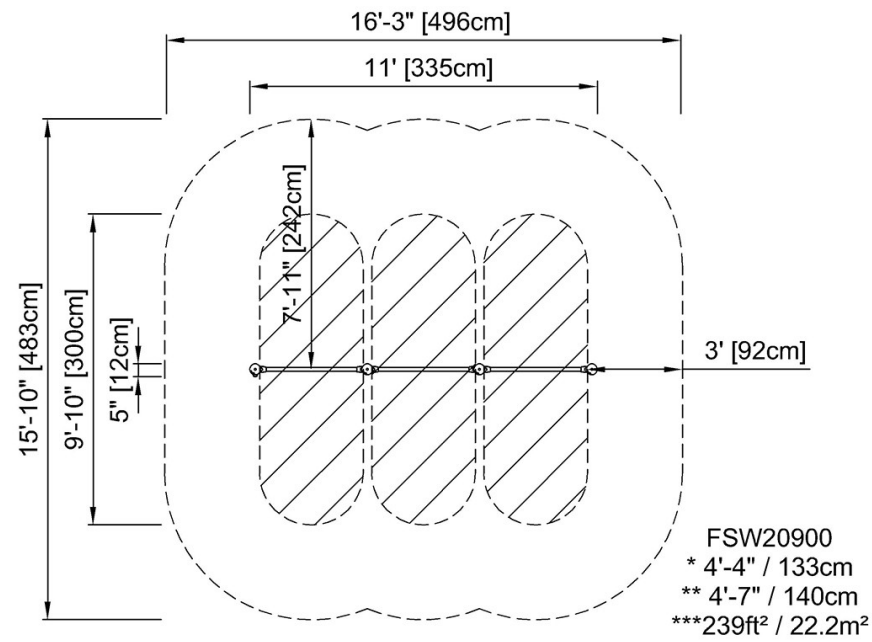


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* Max fall height | ** Total height | *** Safety surfacing area

* Max fall height | ** Total height



[Click to see TOP VIEW](#)

[Click to see SIDE VIEW](#)