

Ab Bench

FSW41000

KOMPAN®



품번 FSW41000-0001

일반 제품 정보

크기 (가로 × 세로 × 높이)	149x53x79 cm
이용 연령	13+
수용 인원	1
색상 옵션	●



The Ab Bench features ergonomically positioned leg supports that enable a variety of sit up exercises while effectively strengthening all abdominal muscles without placing harmful strain on the lower back. The ergonomically designed seat helps reduce stress on the spine during the exercise. The cushioned lower leg support ensures high user comfort.

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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.

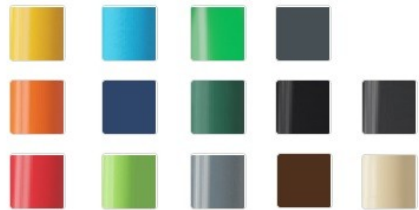


All Steel components are made from carbon steel, with a hot-dip galvanized surface according to ISO1461, and a powder coating corrosion class C3 according to ISO12944-2. Lead content for surfaces is below 90ppm, and below 100ppm for base material.

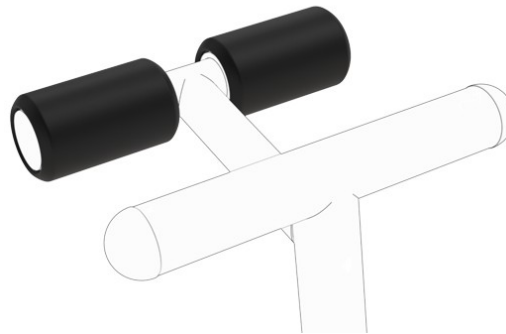


The seat and backrest is made of blowmolded PE and mounted directly onto the steel frame, making it highly durable and resistant to wear and tear. The seat and the back support are positioned under an 8-degree angle for the correct ergonomics. The back support has a groove to relieve the spine, accommodating a comfortable seating position, another benefit is that it drains water easily.

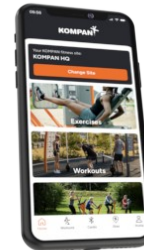
품번 FSW41000-0001	
설치 정보	
최대 낙하 높이	79 cm
안전 바닥 면적	13.6 m ²
총 설치 시간	0.0 시간
굴착량	0.00 m ³
콘크리트 사용량	0.00 m ³
기초 깊이 (표준)	0 cm
운송 중량	111 kg
고정 방식 옵션	
보증 정보	
아연도금 / 도장 금속	10 년
중공 PE 부품	10 년
PUR 부품	10 년
보증 대상 예비 부품	10 년



KOMPAN fitness products are standard available in Orange, Anthracite, Medium Grey, Dark Grey, Dark Blue, Light Blue, Yellow, Red, Black, Dark Green, Lime, Medium Green, Beige and Brown. All other RAL colours are available on request. It will always be possible to match the surroundings or colour theme!



A compact and durable foam positioned at the shins provides support and ensures a comfortable and stable position during exercise.



The information sign is made of PA6 (Polyamide) and shows the most relevant exercise and a QR code. The QR code links to a video of the exercise in the KOMPAN sports & fitness App, which will provide a large amount of exercises and training.

EN
16630
compliant

지속 가능성 데이터

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원료 채취 ~ 공장 출하 (A1~A3)	총 CO ₂ 배출량 kg CO ₂ e	CO ₂ 배출량 /kg kg CO ₂ e/kg	재활용 소재 %
FSW41000-0001	0.00	0.00	0.00

이 요소들에 적용된 전체 프레임워크는 환경 제품 선언 (Environmental Product Declaration, EPD) 으로, "제품의 전 과정에서 발생하는 환경 정보를 수치화하고, 동일한 기능을 수행하는 제품 간 비교를 가능하게 하는 것" (ISO, 2006) 을 목표로 합니다. 이 프레임워크는 구조를 준수하며, 원재료 단계부터 제조 단계 (A1-A3) 까지의 전체 제품 단계를 대상으로 한 전과정평가 (Life-Cycle Assessment, LCA) 접근법을 적용합니다.



Independent review certificate

Kompan A/S
C. F. Tietgens Blvd. 32C, 5220 Odense SØ

Bureau Veritas hereby attests that the CO₂e-calculations (covering materials, processing, waste and transport) done by Kompan for "Fitness", meet the requirements set by the listed standard.

Kompan A/S uses a selection of EPDs and emission factors from the Life Cycle Assessment database Ecoinvent 3.11. These values are reported as kg CO₂e, with all other impact categories excluded in line with the scope of ISO 14067:2018. The emission factors cover, material use, manufacturing processes, transport to Kompan, and electricity used during manufacturing. The presented emissions fall under GHG Protocol scope 3 emissions. Scope 1 and 2 are not presented. Scope 3 emissions include emission sources in the upstream value chain of a company, downstream emissions are excluded in this analysis.

Method: ISO 14067:2018 using GHG protocol guidance documents, reported as kg CO₂e.

Object

The verification has been done on the one pager "FAZ10100-0900" version: 27-10-2025. The supporting documentation "KOMPAN data_updated emissions factors_2025_V2" and "Emissions factors, EPD's and ecoinvent 3.11_2025" was also reviewed and approved.

Declaration

The review has been completed as a critical review with a limited assurance. I hereby confirm that nothing has come to the reviewer's attention which would lead to conclude that the study does not give an accurate depiction or isn't completed following method of the CO₂e calculation, the requirements of ISO 14067:2018, and 14071:2024, in the above referenced documentation.

Note: This verification only covers calculation elements according to method described in ISO 14067:2018 and may not be seen as a Life Cycle Assessment according to ISO 14067:2018.

Ref.: Kompan_Verification report 2025, 28-10-2025

Date of certificate: 29-10-2025

Expire date: 29-10-2027

Verified by: Julie Marie Vejsgaard Larsen, Environmental Auditor

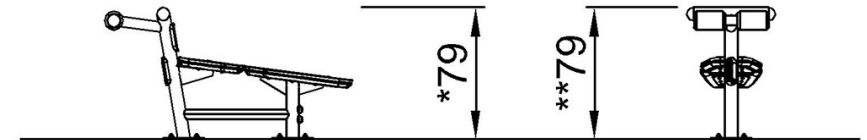
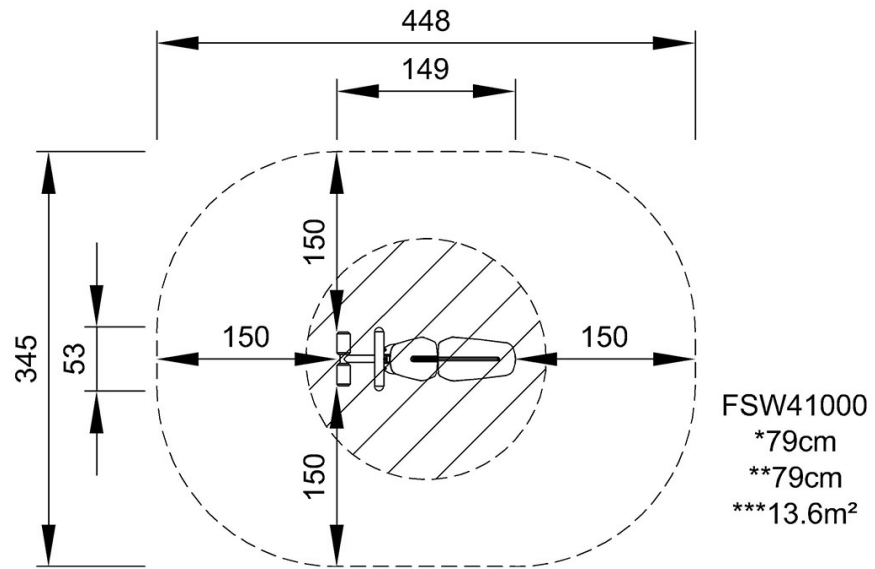
Signature:

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* 최대 낙하 높이 | ** 전체 높이 | *** 안전 바닥 면적

* 최대 낙하 높이 | ** 전체 높이



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