

# Triple Bars

FSW210



Street workout is a physical activity that symbolizes the freedom of movement and encourages socializing. It is a combination of athletics, calisthenics and other sports, and mostly performed in the public space. A Parallel Bar can be found on every street workout area to train the upper body and core stability. This triple parallel bar is 140 cm high, enough to

perform dips with extended legs. The rounded corners make it easy to swing your legs across the Parallel Bars, making it safe to try new tricks without the risk of injuries.

Item no. FSW21001-0901

### General Product Information

Dimensions LxWxH	196x116x140 cm
Age group	13+
Play capacity (users)	2
Colour options	



See KOMPAN Fit app for more



# Triple Bars

FSW210



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.



Bars intended as grips during exercises are made of hot-dip galvanised steel ø38mm. A great diameter to support the wrist when doing dips or handstands.

Item no. FSW21001-0901

## Installation Information

Max. fall height	140 cm
Safety surfacing area	10.2 m²
Total installation time	3.2
Excavation volume	0.17 m³
Concrete volume	0.13 m³
Footing depth (standard)	90 cm
Shipment weight	137 kg
Anchoring options	In-ground ✓ Surface ✓

## Warranty Information

Connectors	10 years
Cross beams	Lifetime
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.

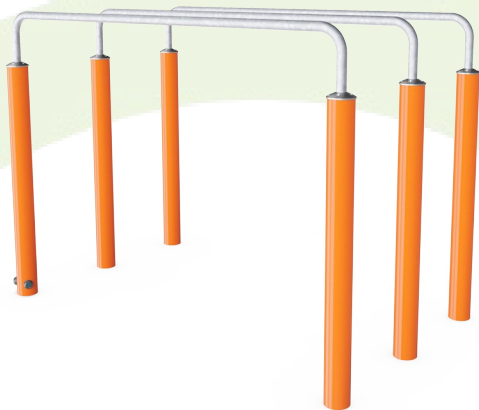


KOMPAN fitness products are standard available in Orange, Anthracite, Medium Grey, Dark Grey, Dark Blue, Light Blue, Yellow, Red, Black, Dark Green, Lime, Medium Green, Beige and Brown. All other RAL colours are available on request. It will always be possible to match the surroundings or colour theme!

**ASTM  
F3101  
compliant**

# Sustainability Data

FSW210



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	%
FSW21001-0901	181.62	1.92	67.50

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 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

By Bureau Veritas HSE  
www.bureauveritas.dk  
+45 7731 1000

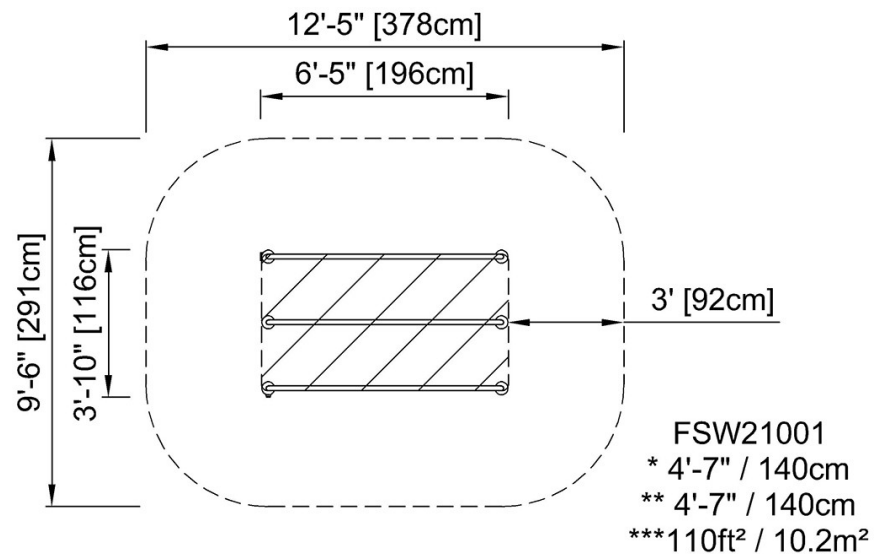


# Triple Bars

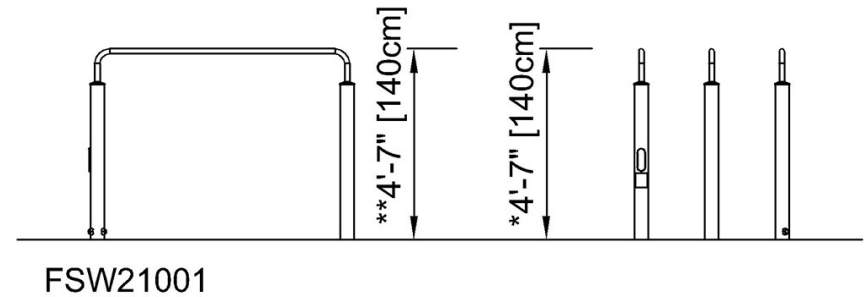
FSW210

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

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



[Click to see TOP VIEW](#)



[Click to see SIDE VIEW](#)