

# Dip Bench

FPW202



A row of parallel handle bars suitable for the more advanced hand balancing exercises such as hand stand push ups. Also perfect for dips, an ideal exercise for strengthening the chest, shoulder and arm muscles. Rounded corners makes it safe and simple for anyone to try exercises in which they try to swing their legs over the bar

Item no. FPW20200-0900	
General Product Information	
Dimensions LxWxH	197x52x73 cm
Age group	8+
Play capacity (users)	2
Color options	



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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. FPW20200-0900

## Installation Information

Max. fall height	73 cm
Safety surfacing area	15.4 m²
Total installation time	2.7
Excavation volume	0.11 m³
Concrete volume	0.00 m³
Footing depth (standard)	90 cm
Shipment weight	76 kg
Anchoring options	In-ground ✓ Surface ✓



# Sustainability Data

FPW202



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	%
FPW20200-0900	166.21	3.32	48.72

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**  
Let's play

## Kompan A/S

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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.

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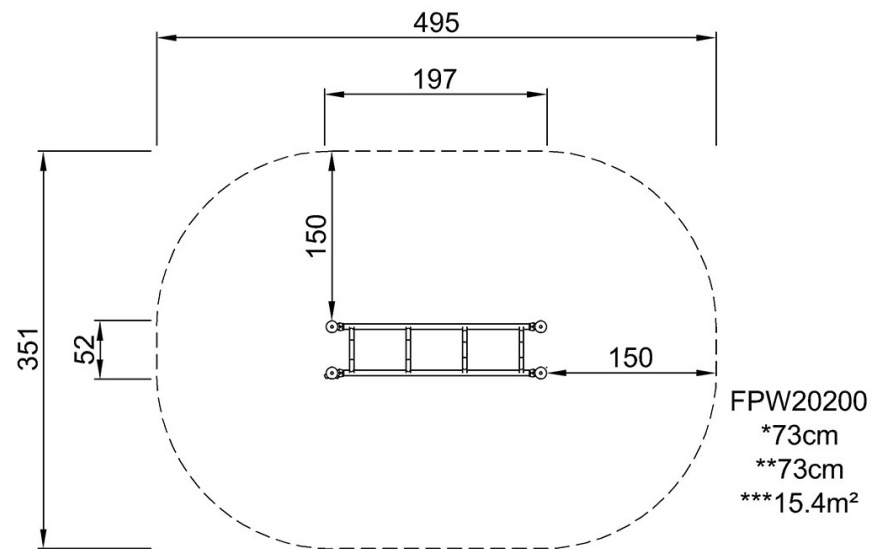


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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

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



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[Click to see SIDE VIEW](#)