

# Cross Training Pro Combi 3

FAZ20401

**KOMPAN**  
Let's play



Item no. FAZ20401-0900

## General Product Information

Dimensions LxWxH	34'5"x3'6"x10'11"
Age group	13+
Play capacity (users)	9
Color options	



See KOMPAN Fit App for More Information



The two Core Twist poles rotate 360° clockwise and counterclockwise with a resistance that the speed of movement can determine. The Core Twist offers everyone a complete functional workout to increase overall strength and core stability. An innovative magnetic breaking system in the Magnetic Bells allows the user to increase the resistance by increasing the

movement speed. The patented system also functions as a brake when someone drops the magnetic bells and will reduce the impact significantly.

With the suspension trainer, everyone can work out at their level due to the scalable resistance. The intensity of each exercise can be

determined simply by adjusting the body position to add more or less resistance.

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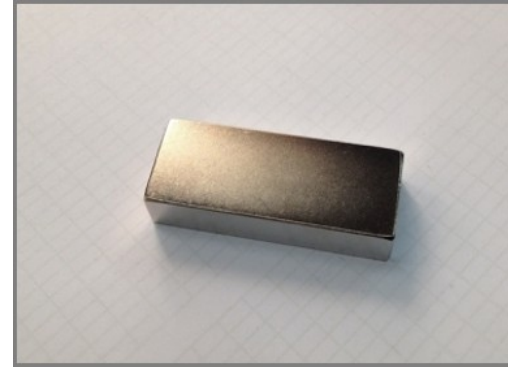
FAZ20401



The uniquely designed handles are made of PUR and a reinforced aluminium frame that ensures a strong but light design. The ergonomically shaped handles guarantee a good and pleasant grip for all users.



The big instruction signs are made as a sandwich construction consisting of 2 x 6mm polycarbonate sheets with clear instructions printed on the inside of the panels. This gives a vandalism proof construction.



The magnets which are used are High Strength Neodymium magnets. The magnetic radiation is under strict control, the radiation level never exceeds 5 Gauss (0.5mT), which makes them perfectly safe to use as a training item.

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### Installation Information

Max. fall height	0'0"
Safety surfacing area	417ft <sup>2</sup>
Total installation time	15.3
Excavation volume	2.13yd <sup>3</sup>
Concrete volume	1.09yd <sup>3</sup>
Footing depth (standard)	2'11"
Shipment weight	1919lbs
Anchoring options	In-ground ✓ Surface ✓

### Warranty Information

Coated steel parts	10 Years
PUR components	10 Years
Ropes & nets	10 Years
Signs	10 Years
Spare Parts Availability	10 Years



The tubes on which the magnetic bells move are ø40mm, made of grade AW 6082-T6 aluminium and have an anodized layer of 20µm. The tube has a full steel core for structural integrity.



The ergonomically shaped PUR elements on the captain's chair secure a good posture and creates a good isolation in order to make the exercise as comfortable as possible.



Each suspension trainer has 3 sets of handles positioned at 3 different heights, 40, 90 and 130cm. This allows people of all lengths to do the exercises and gives the user the opportunity to do over 40 different exercises.

**ASTM  
F3101**  
compliant

# Sustainability Data

FAZ20401



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	%
<b>FAZ20401-0900</b>	2,364.74	3.27	43.35

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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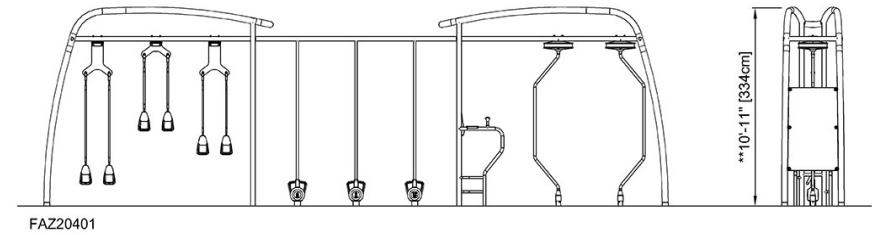
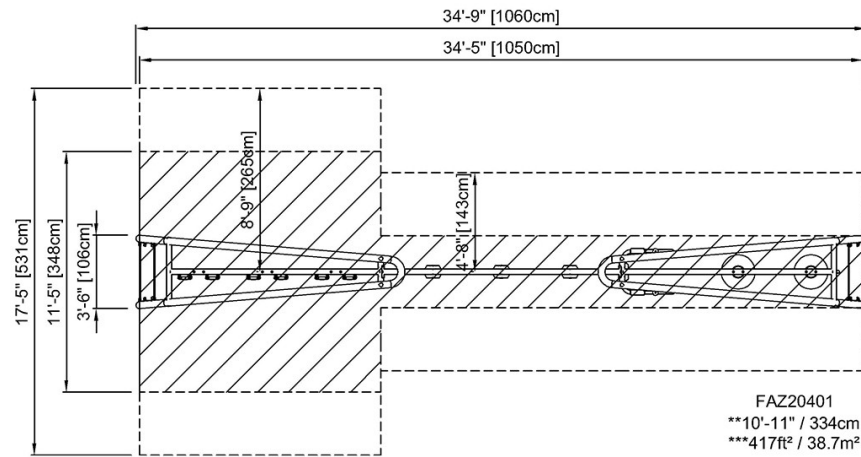


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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

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



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[Click to see SIDE VIEW](#)