

Suspension Trainer Pro

FAZ10101



Suspension training is very effective because it simultaneously increases strength, balance, flexibility and core stability. With 49 exercises the suspension trainer is one of the most versatile pieces of exercise equipment on which all muscle groups can be trained in a functional and effective way, no matter what the fitness level of the user is. With the suspension

trainer everyone can workout at their own level due to the scalable resistance. The intensity of each exercise can be determined by adjusting the body position to add more or less resistance.

Item no. FAZ10101-0900	
General Product Information	
Dimensions LxWxH	12'10"x3'6"x10'11"
Age group	13+
Play capacity (users)	3
Color options	



See KOMPAN Fit App for More Information



Suspension Trainer Pro

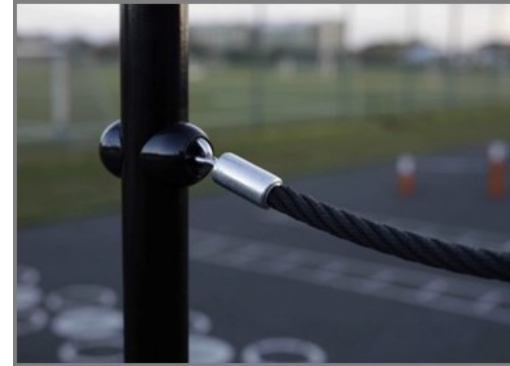
FAZ10101



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.



Ropes are made of UV-stabilized PA with inner steel cable reinforcement. The rope is induction treated in order to create a strong connection between steel and rope which leads to good wear resistance.



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.



For ensuring the integrity of the main frame, the orange colored main posts are made of $\varnothing 101.6 \times 3\text{mm}$ steel posts, which are hot dip galvanized and powder coated Orange (RAL2010). The supportive posts receive the same surface treatment and are made of $\varnothing 76.1 \times 3.6\text{mm}$ steel tubes, powder coated grey (RAL7012).



The KOMPAN suspension trainer has independently anchored handles with a 40cm distance between the ropes. It gives the user plenty of workout space between the ropes and makes the suspension trainer extremely easy and comfortable to use.

Item no. FAZ10101-0900

Installation Information

Max. fall height	0'0"
Safety surfacing area	220ft ²
Total installation time	6.4
Excavation volume	0.82yd ³
Concrete volume	0.46yd ³
Footing depth (standard)	2'11"
Shipment weight	775lbs
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

**ASTM
F3101**
compliant

Sustainability Data

FAZ10101



Cradle to Gate A1-A3	Total CO ₂ emission	CO ₂ e/kg	Recycled materials
	kg CO ₂ e	kg CO ₂ e/kg	%
FAZ10101-0900	853.40	3.22	44.20

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 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.

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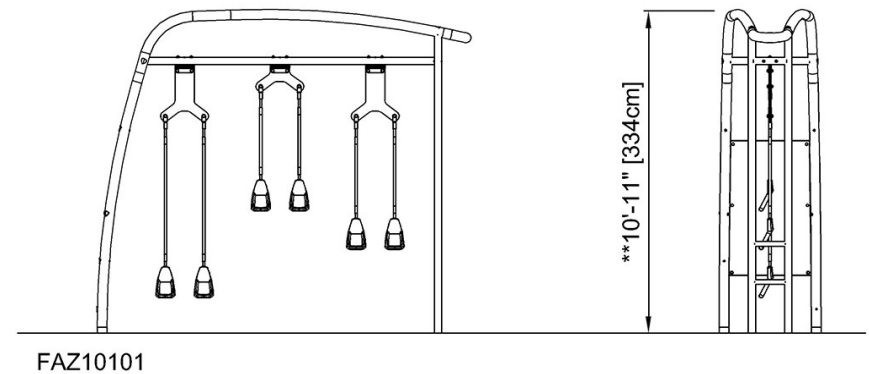
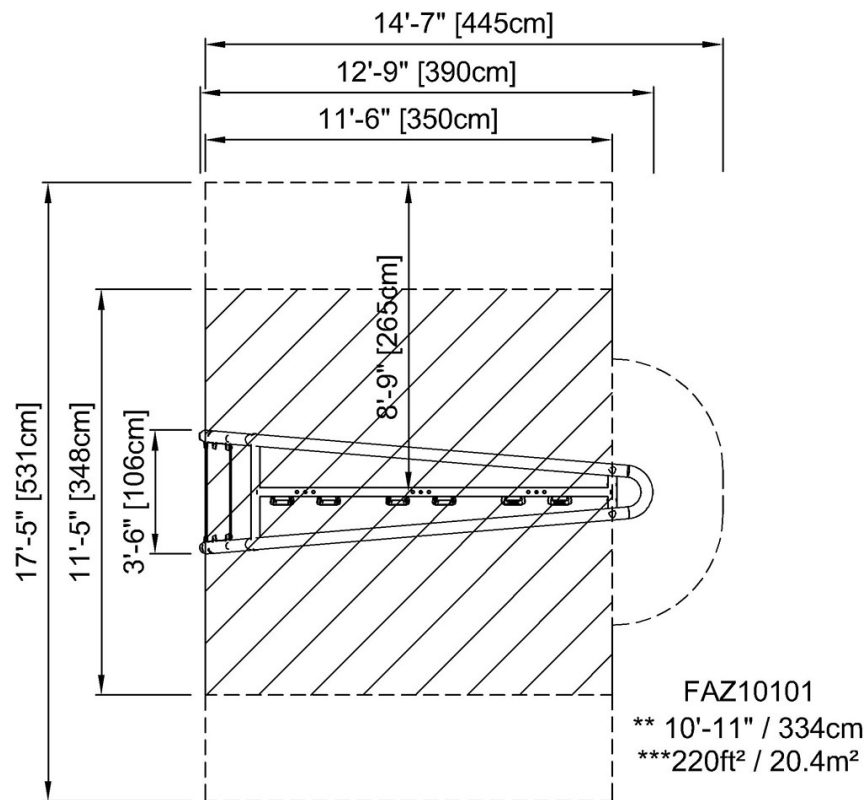


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* Max fall height | ** Total height | *** Safety surfacing area

* Max fall height | ** Total height



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[Click to see SIDE VIEW](#)