

# Lower Back Bench Pro

FAZ607



With the adaptable foot, calf and thigh support, the bench facilitates back extension exercises in various forms thereby strengthening hip extensor, lower back and upper back muscles. The strength machines and benches allow for simple, safe, and effective strength training for all major muscle groups. This increases daily functional capacity, especially for the elderly,

sports performance, aesthetic appearance, and metabolic fitness.

Item no. FAZ60700-0001	
General Product Information	
Dimensions LxWxH	73x105x89 cm
Age group	13+
Play capacity (users)	1
Color options	



See KOMPAN Fit app for more

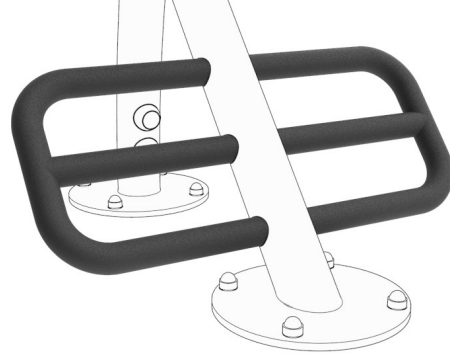


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The distance between the two handles is 667mm. The handles make it easier for the user to get on and off the equipment and allow alternative exercises like dips.



The Bench has 3 footrest positions to fit users of all sizes and to vary exercises.



The Grip Powdercoating, used on the support handle, is highly durable against wear and tear, offers isolation, and simultaneously gives users an outstanding grip during their workout.

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Installation Information	
Max. fall height	89 cm
Safety surfacing area	13.2 m²
Total installation time	3.4
Excavation volume	0.00 m³
Concrete volume	0.00 m³
Footing depth (standard)	0 cm
Shipment weight	93 kg
Anchoring options	Surface ✓



The rotating rollers are Ø 110mm and made from PUR (Polyurethane Rubber, compact foam). The rollers have a steel insert that is electro galvanized. They provide support and ensure a comfortable position.



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.



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.



# Sustainability Data

FAZ607



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	%
FAZ60700-0001	150.50	3.15	40.00

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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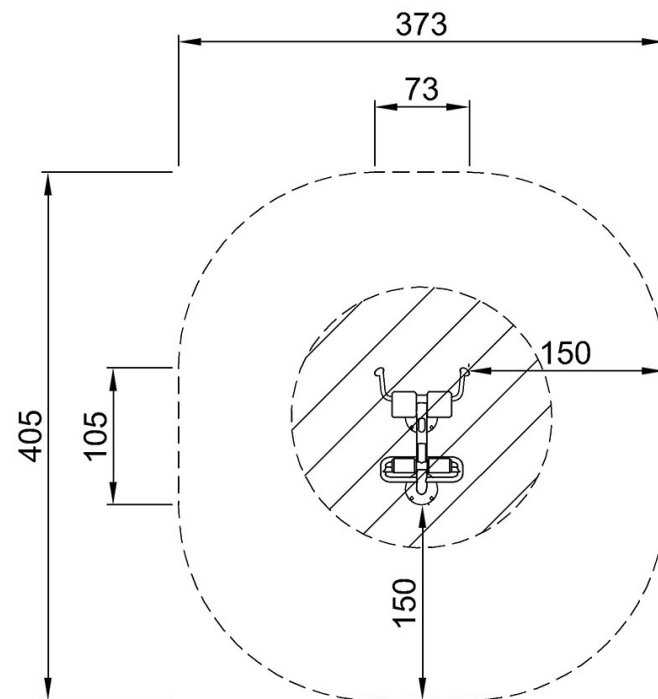


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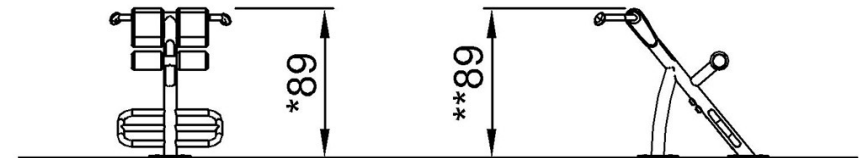
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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

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



FAZ60700  
\*89cm  
\*\*89cm  
\*\*\*13.2m<sup>2</sup>



FAZ60700

[Click to see TOP VIEW](#)

[Click to see SIDE VIEW](#)