

Leg Lift & Pull Up

FPW238



This product provides an enormous amount of exercises on the square meter by combining the leg lift station and pull up bar. The Leg Lift Station is an excellent piece of equipment for ab workouts. it allows users to exercise their abdominal muscles by performing leg lifts while holding themselves up in the chair. Exercising in this manner targets all of the abdominal

muscles. Pull ups are an essential part of a strength training. The Pull Up bar offers a range of exercises, featuring multiple grips for different hand positions. By placing the feet on the horizontal bars beginners can decrease their bodyweight during pull ups and work their way up to advanced training. To make sure that everyone can reach the pull up bar there is a

stepping pod.



产品编号 FPW23800-0900

产品信息概览

长宽高尺寸	117x110x240 cm
适用年龄段	8+
容纳人数	2
颜色选择	

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连接器是由压铸铝，适合户外环境和高频率使用。连接的螺丝是不锈钢的，并由锌垫圈保护。



立柱由 Ø101.6x 2mm 制成，预镀锌碳钢，粉末涂层，可在所有情况下提供出色的保护。



四格台阶为 900x280 毫米，高 171mm。



The frame of the leg lift is made from Ø38 x 2mm HDG steel tube. The support plates are made from 15mm Ekogrip®, a 15 mm PE plate with a 3 mm top-layer of thermoplastic rubber with non-skid effect. The arm supports are 110 x 195mm, 580mm apart, and 1315mm above ground. The back support is 335 x 500mm. The opening in the back is 30 x 350mm.



The pull up bar is made from Ø32 mm HDG steel bar. The bar is 1080mm wide and 2300mm above ground

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安装信息	
最大跌落高度	233 cm
安全面积	19.4 m²
安装总时长	3.6
开挖量	0.23 m³
混凝土使用量	0.12 m³
标准入地深度	90 cm
运输重量	84 kg
固定选项	入地 ✓ 地表 ✓
质保信息	
连接罩	10 年
EcoCore HDPE	终身质保
镀锌钢结构	终身质保
立柱	10 年
承保零部件	10 年



Sustainability Data

FPW238



从原材料到成品	CO ₂ 排放总量	CO ₂ 排放量 / 千克	回收的原料
	kg CO ₂ e	kg CO ₂ e/kg	%
FPW23800-0900	178.60	3.15	45.10

这些因素采用的总体框架为环保产品声明 (EPD)，该声明可量化“产品生命周期的环保信息，并对相同功能的产品进行对比” (ISO, 2006)。在遵循该框架的同时，对从原材料到制造的整个产品阶段 (A1-A3) 应用生命周期评估法。



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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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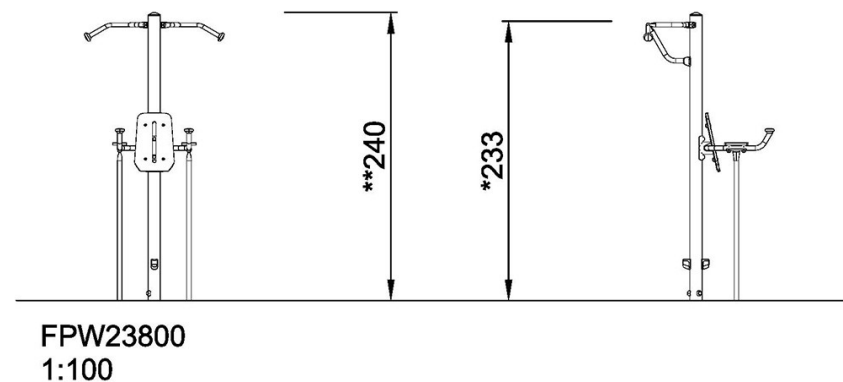
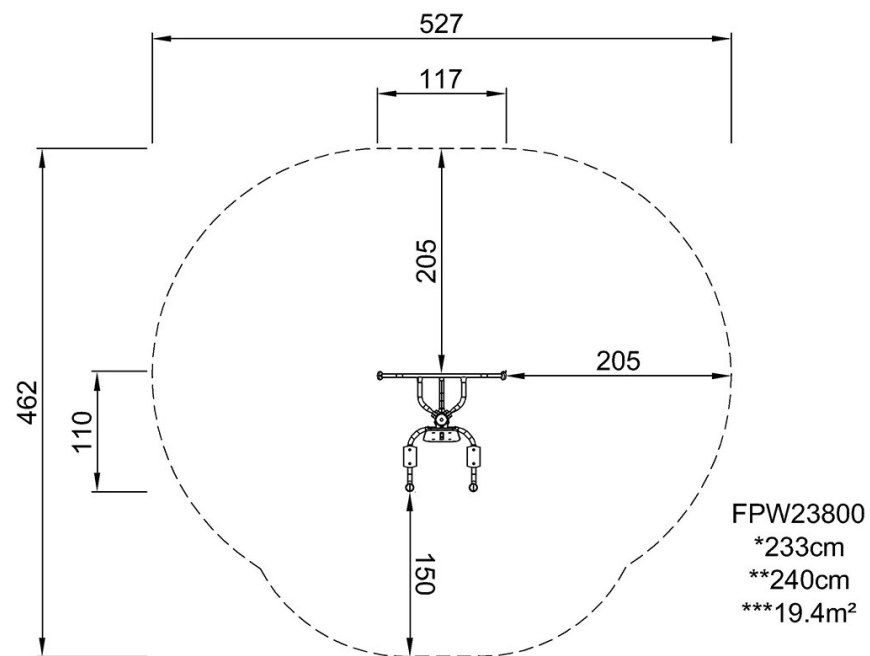


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最大跌落高度 | 总高度 | 安全区域

最大跌落高度 | 总高度



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