


# Sit Up Bench Pro

FAZ606



Deze Sit-up-bank heeft ergonomisch beenrollen, die steun en stabiliteit geven tijdens het uitvoeren van crunches (sit-ups). Zo kunnen buikspieren worden getraind zonder de onderrug te belasten.

Item nummer FAZ60600-0001	
Algemene Product Informatie	
Afmetingen LxBxH	44x153x93 cm
Leeftijdsgroep	13+
Speelcapaciteit	1
Kleuropties	



Meer op KOMPAN Fit app

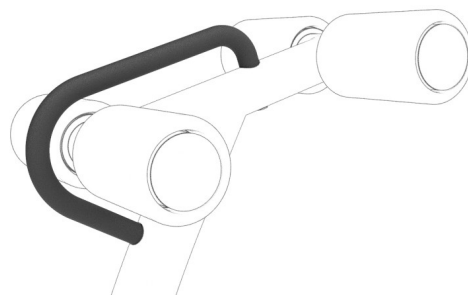


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The seat and back support are made of Polyurethane Rubber (PUR) and have an electro-galvanized steel insert plate that connects the seat to the steel frame. The seat and the back support are positioned under an 8-degree angle for the correct ergonomics. The back support has a groove to relieve the spine, accommodating a comfortable seating position, another benefit is that it drains water easily.



The bench has a support handle with a diameter of  $\varnothing 30\text{mm}$ . The support handle will make it easier to get on and off the bench and it will allow a variation in exercises. The grip powder coating, used on the support handle, is highly durable against wear and tear, offers isolation, and simultaneously gives users an outstanding grip during their workout.



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.

Item nummer FAZ60600-0001

## Installatie informatie

Max. valhoogte	93 cm
Veiligheidszone	13,7 m <sup>2</sup>
Totale installatietijd	3,4
Graafwerk (vol.)	0,00 m <sup>3</sup>
Benodigd beton	0,00 m <sup>3</sup>
Verankeringsdiepte	0 cm
Verzendingsgewicht	104 kg
Verankeringsopties	Oppervlak ✓

## Garantie informatie

Gegalvaniseerd staal	Levenslang
PUR components	10 jaar
Gegarandeerde reserveonderdelen	10 jaar



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.



The rotating rollers are  $\varnothing 110\text{mm}$  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.



Alle KOMPAN-fitnessproducten voldoen aan de ASTM F3101 & EN16630 Outdoor Fitness-normen. De belastingstesten worden uitgevoerd als een statische test door dynamische factoren en veiligheidsfactoren toe te voegen aan de gespecificeerde belasting van 78 kg per gebruiker. Een product dat bedoeld is voor 1 gebruiker wordt belast met 420 kg.



# Sustainability Data

FAZ606



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	%
FAZ60600-0001	197,10	3,72	27,30

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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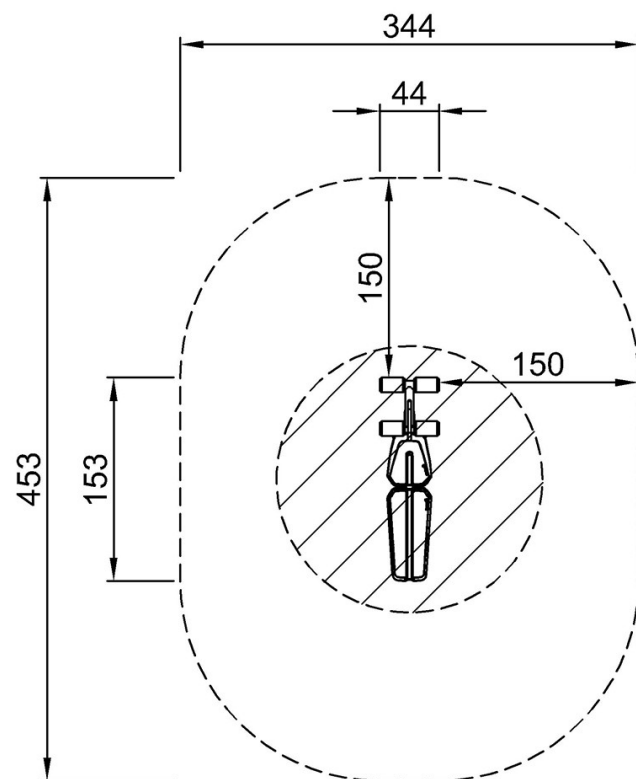


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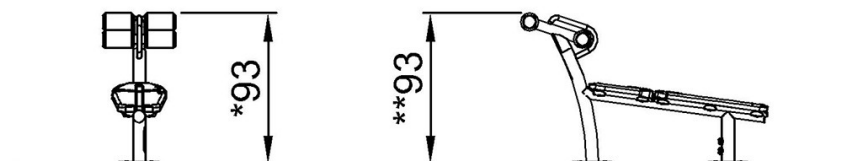
FAZ606

Max. valhoogte | Totale Hoogte | Veiligheidszone

Max. valhoogte | Totale Hoogte



FAZ60600  
\*93cm  
\*\*93cm  
\*\*\*13.7m<sup>2</sup>



FAZ60600

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