

# Cross Trainer Pro

FAZ52100



The popular cross-trainer known from indoor fitness is now available for outdoor training. With the best ergonomics on the market, KOMPAN's Cross-Trainer gives an intense workout and adds an extra intensity layer with a special sprint mode (glute mode) that allows a high-calorie workout that strengthens the gluteus and lower limbs while focusing on the

core stabiliser muscles. The KOMPAN Cross Trainer provides a safe, non-impacting workout without putting unnecessary stress on the joints. The KOMPAN cardio family is designed to give users of all ages, physiques, and fitness levels cardiovascular training that keeps their heart rate above the needed 65% of their maximum heart rate. The intelligent system

automatically adapts the workout to the pace set by the user, securing that the user gets a proper resistance. Besides the automatic drive, the user can also choose to manually adjust the resistance with the KOMPAN cardio APP.

Item no. FAZ52100-0801	
General Product Information	
Dimensions LxWxH	179x83x175 cm
Age group	13+
Play capacity (users)	1
Colour options	



See KOMPAN Fit app for more



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**KOMPAN**  
Let's play



Users can connect their mobile phones or tablets to the cardio machines via bluetooth. This will provide instant feedback on speed, distance, cadence, watts, calories burnt. Through the KOMPAN Fitness App users can also use their smart devices to adjust resistance (10 levels) manually, and view instructional and motivational videos, store and share activity data online.



The cross trainer has one welded steel frame connecting the front and the back of the machine. The frame creates an extremely strong and rigid design method which is needed to cope with the high impact that can be applied.



The cover is 4mm thick and made of Lexan™ Copolymer EXL9330, which is one of the toughest materials available in the world.

Item no. FAZ52100-0801	
Installation Information	
Max. fall height	60 cm
Safety surfacing area	15.3 m²
Total installation time	3.8
Excavation volume	0.68 m³
Concrete volume	0.42 m³
Footing depth (standard)	80 cm
Shipment weight	317 kg
Anchoring options	In-ground ✓ Surface ✓
Warranty Information	
Electronics	2 years
Footrests	10 years
Frame	10 years
Handlebars	10 years
Spare Parts Guarantee	10 years



The innovative self-powered electrical motor and gear provides a virtual flywheel to give real road cycle experience. The resistance works as an automatic drive and adapts automatically. The users can overwrite the automatic drive manually by changing the resistance in 10 steps (45-750 Watts) through KOMPAN's fitness app or on screen.



The handle bars are designed with multiple hand positions to accommodate different postures and riding styles. It is a casted aluminium part with polyurea coating for good grip and insulation.



The footrests are made 39cm long x 15cm wide, accommodating all foot sizes. The back of the footrest has a specially designed inclined surface which will bring the users to a sprint position, which allows users to activate their gluteus, hamstrings and lower back muscles.



# Sustainability Data

FAZ52100



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	%
FAZ52100-0801	596.00	3.10	45.50

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))

## Kompan A/S

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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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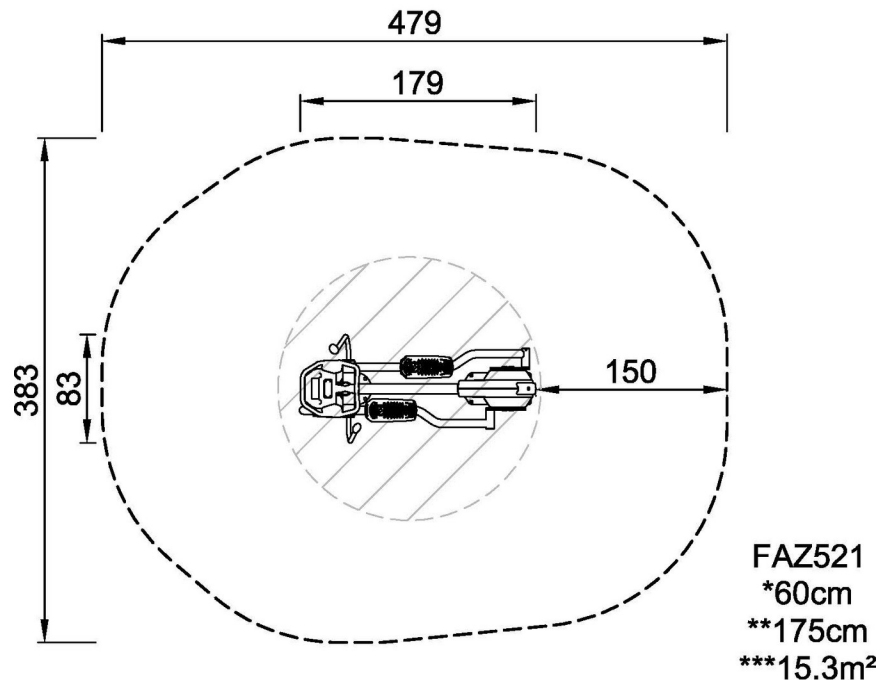


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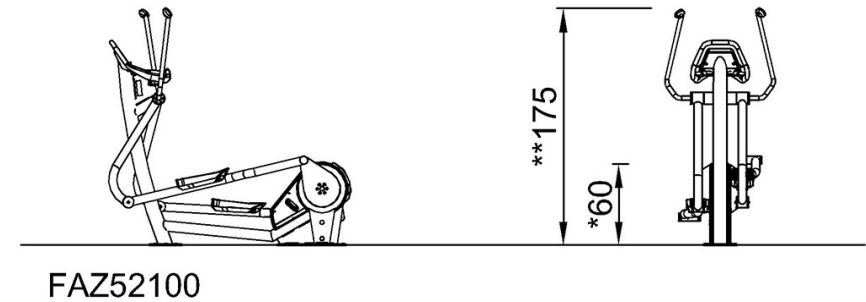
FAZ52100

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

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



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[Click to see SIDE VIEW](#)