

# Incline Press

FPW206



Street workout is a physical activity that symbolises the freedom of movement and encourages socializing. It is a combination of athletics, calisthenics and other sports, and mostly performed in the public space. The incline press is specifically designed for beginners that are having a hard time with push ups and pull ups. The side handles offer

different positions and heights to place hands or feet, allowing the user to decrease and increase own bodyweight while performing exercises like push ups. The top bar makes it possible to do many more exercises. From pull ups where you train the upper body to knee raises that work your abdominal muscles.

Item no. FPW20600-0900	
General Product Information	
Dimensions LxWxH	120x11x240 cm
Age group	8+
Play capacity (users)	1
Color options	



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Post are made of Ø101.6 x 2mm, pre-galvanized carbon steel and powder coated, a great protection to all conditions.



The FSW 209 features three 38 x 2mm push up bars at three heights of respectively 38cm, 58cm and 133cm.



The connectors are made of die-cast aluminium, specially alloyed for the outdoor environments and heavy usage. The screws attaching the connectors are stainless steel and protected by zinc washers.

Item no. FPW20600-0900	
Installation Information	
Max. fall height	233 cm
Safety surfacing area	18.5 m²
Total installation time	2.6
Excavation volume	0.35 m³
Concrete volume	0.19 m³
Footing depth (standard)	90 cm
Shipment weight	73 kg
Anchoring options	In-ground ✓
	Surface ✓



# Sustainability Data

FPW206



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	%
FPW20600-0900	156.40	3.59	48.00

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.

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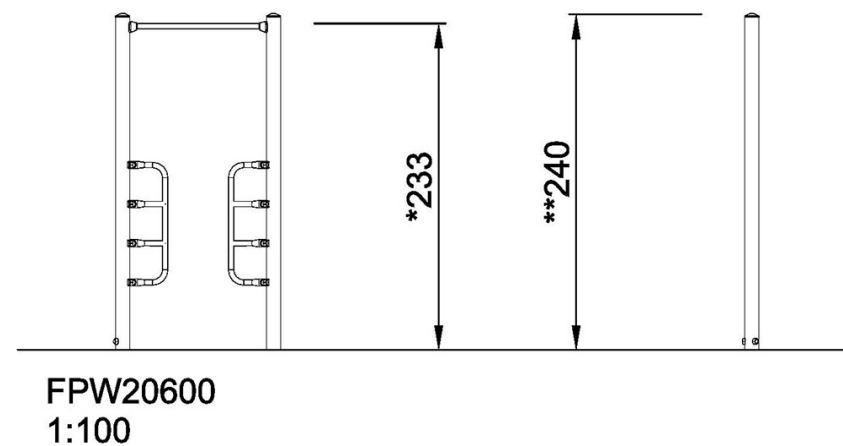
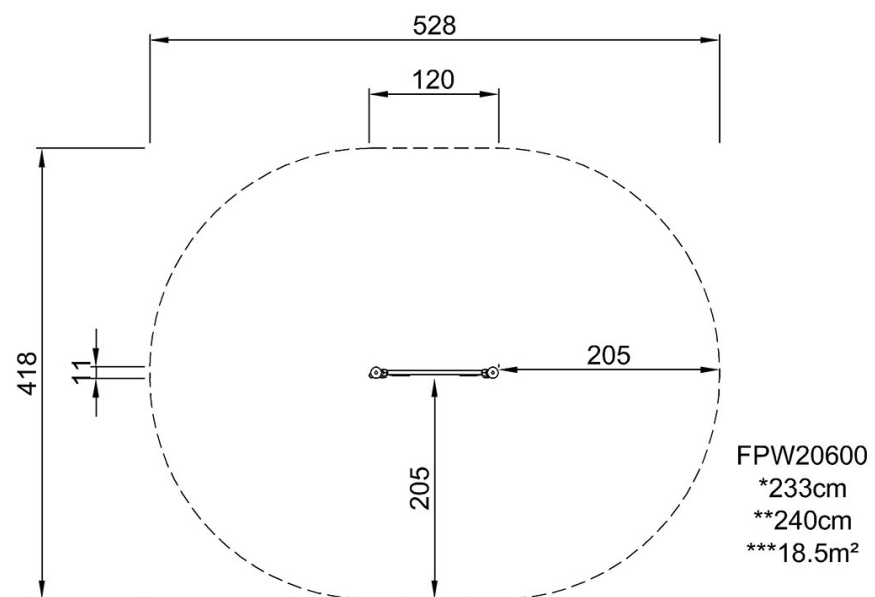


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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

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



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[Click to see SIDE VIEW](#)