Over Under

FSW214

Item no. FSW21400-0900	
General Product Information	
Dimensions LxWxH	4'11"x18'7"x3'10"
Age group	13+
Play capacity (users)	4
Color options	

See KOMPAN Fit App for More Information

The trained athletes will go over the high bar and underneath the low bar, while the beginners will do it the other way around. This is a great way to train strength, agility, coordination and flexibility. The Over Under obstacle is a great example that everyone can be challenged at their own level. Because the bars are positioned closely to another, a combination of lower body and upper body strength is required to overcome this obstacle. Rounded corners make it safe and simple for anyone to try exercises in which they swing over their legs over the bar.

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Post are made of 101.6 x 2mm, pre-galvanized carbon steel and powder coated, a great protection to all conditions.

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.

Bars intended as grips during exercises are made of hot-dip galvanized steel ø38mm. A great diameter to support the wrist when doing dips or handstands.

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Installation Information	
Max. fall height	3'10"
Safety surfacing area	302ft²
Total installation time	3.7
Excavation volume	0.3yd³
Concrete volume	0.16yd³
Footing depth (standard)	2'11"
Shipment weight	326lbs
Anchoring options	In-ground ✔
	Surface ✔
Warranty Information	
Hot dip galvanized steel	Lifetime
Post	10 Years
Spare Parts Availability	10 Years

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.

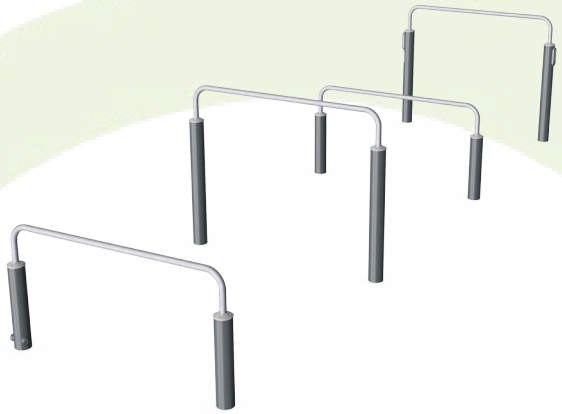
The information sign is made of a PA6 (Polyamide) and shows the most relevant exercise and a QR code. When scanned the QR code will link to an animated illustration of the exercise and offers the possibility of downloading the KOMPAN sport & fitness App, which will provide a large amount of exercises and workouts.

The FSW 214 consist of 4 bars placed at a distance of 175cm. The low bars are 78cm high and the high bars are 118cm high.

ASTM
F3101
compliant

Sustainability Data

FSW214



Cradle to Gate A1-A3	Total CO_2 emission	CO_2e/kg	Recycled materials
	kg CO_2e	kg CO_2e/kg	%
FSW21400-0900	353.10	3.43	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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Validation of CO_2 calculation method
BUREAU VERITAS
HSE Denmark A/S

Verification of CO_2 calculation of: Fitness

Data version no. 2023-10-05

The CO_2 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_2 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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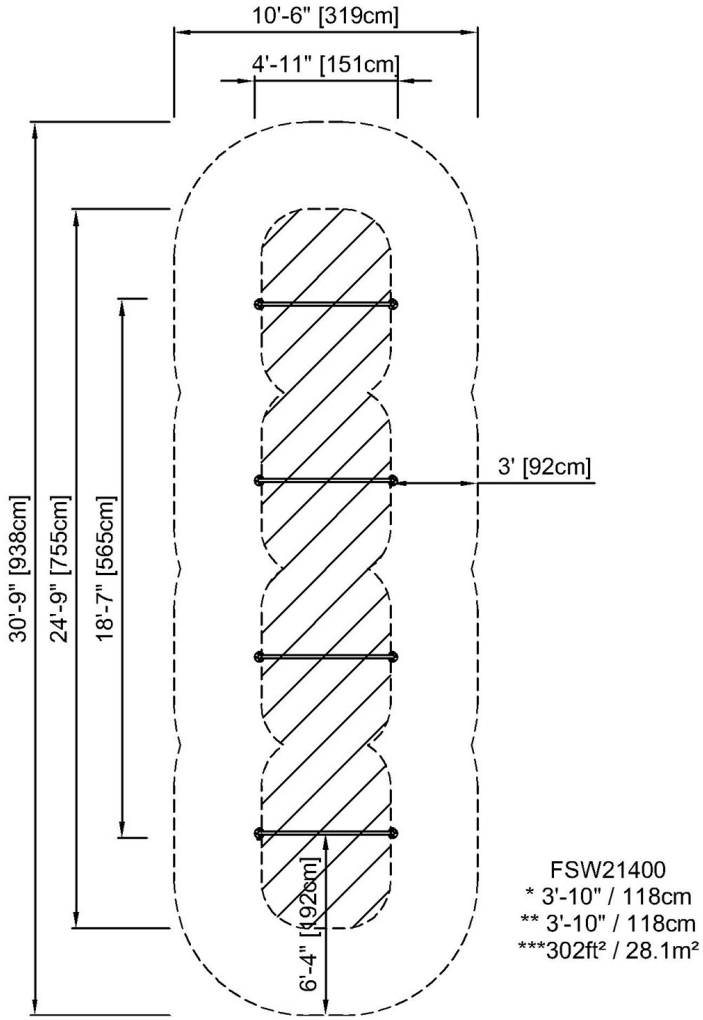
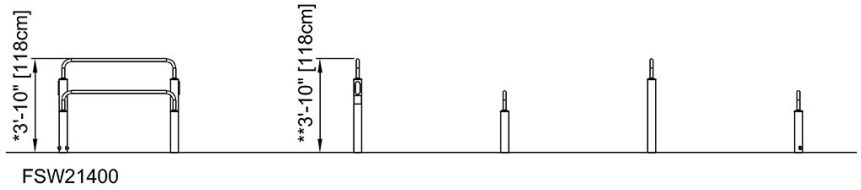
* Max fall height | ** Total height | *** Safety surfacing area	* Max fall height | ** Total height





Click to see TOP VIEW	Click to see SIDE VIEW