

Over Under

FSW214



Trained athletes will go over the high bar and underneath the low bar, while the beginners will do it the other way around. 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. The bars are positioned closely to another therefore 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 their legs over the bar.

Item no. FSW21400-0900	
General Product Information	
Dimensions LxWxH	151x566x118 cm
Age group	13+
Play capacity (users)	4
Colour options	



See KOMPAN Fit app for more



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The post is made of Ø101.6 x 2mm, pre-galvanised carbon steel and powder coated which is a great protection solution for all climate 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 galvanised steel ø38mm. A great diameter to support the wrist when doing dips or handstands.

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Installation Information

Max. fall height	118 cm
Safety surfacing area	35.0 m²
Total installation time	3.7
Excavation volume	0.23 m³
Concrete volume	0.12 m³
Footing depth (standard)	90 cm
Shipment weight	159 kg
Anchoring options	In-ground ✓ Surface ✓

Warranty Information

Galvanised Steel	Lifetime
Post	10 years
Spare Parts Guarantee	10 years



All of KOMPAN's fitness products are compliant with AS 4685:2021, ASTM F3101 & EN16630 Outdoor Fitness Standards. Load tests are performed to the specified load of 78kg per user. A product intended for one user is loaded with 420kg.



The information sign is made of a PA6 (Polyamide) and shows the most relevant exercises. When users scan the QR code, this will link them to an animated illustration of the exercise and offers the possibility of downloading the KOMPAN Fitness App, which is programmed with many more exercise alternatives.

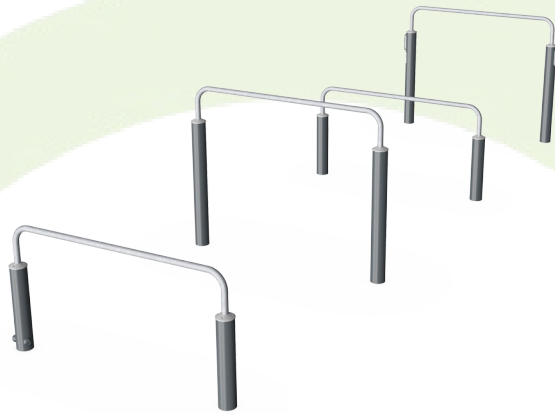


The FSW 214 consist of four bars which are placed at a distance of 175cm. The low bars are 78cm high, and the high bars are 118cm high.



Sustainability Data

FSW214



Cradle to Gate A1-A3	Total CO ₂ emission	CO ₂ e/kg	Recycled materials
	kg CO ₂ e	kg CO ₂ e/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))

KOMPAN
Let's play

Kompan A/S

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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.

Publication date: 30. October 2023

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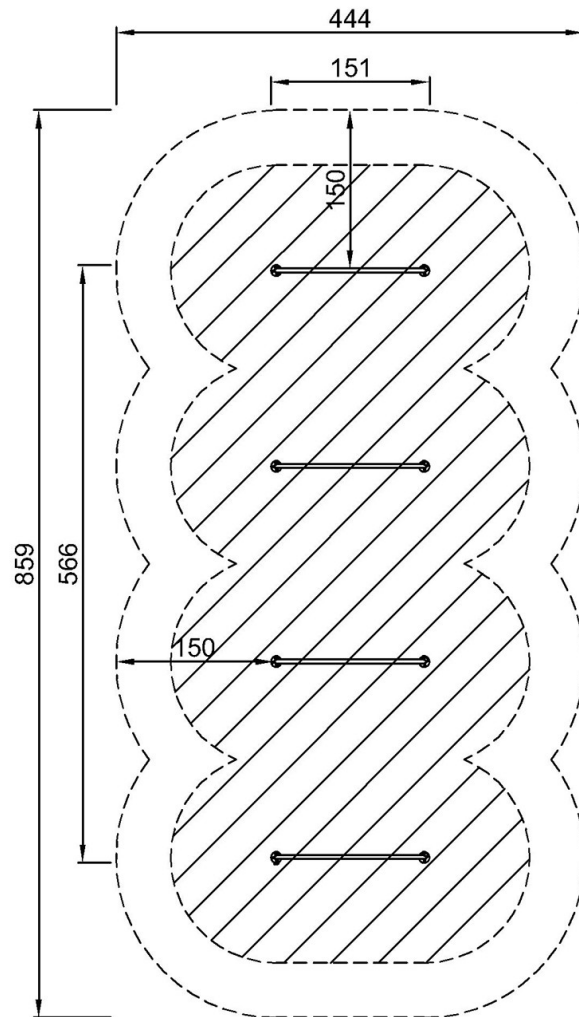


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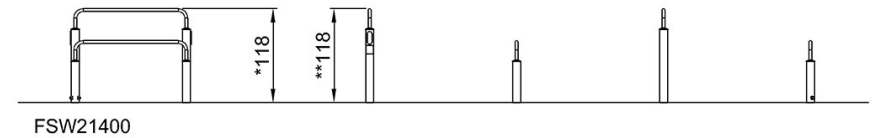
FSW214

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

* Max fall height | ** Total height



FSW21400
*118cm
**118cm
***35m²



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[Click to see SIDE VIEW](#)