

# Push Up Bars

FPW209



The push up bars are specifically designed for upper body training. The chest and arms can be trained through exercises such as rows or dips. If you do not mind getting dirty you can 'belly crawl' underneath the bars. Otherwise a single hurdle can also be used for exercises on the spot such as push ups and high jumps.

Item no. FPW20900-0900	
General Product Information	
Dimensions LxWxH	337x11x140 cm
Age group	8+
Play capacity (users)	3
Colour options	



# Push Up Bars

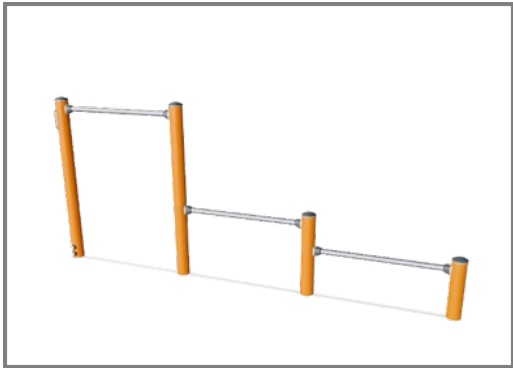
FPW209



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.



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

Item no. FPW20900-0900	
Installation Information	
Max. fall height	133 cm
Safety surfacing area	17.7 m²
Total installation time	2.6
Excavation volume	0.18 m³
Concrete volume	0.07 m³
Footing depth (standard)	90 cm
Shipment weight	75 kg
Anchoring options	In-ground ✓ Surface ✓
Warranty Information	
Connectors	10 years
Galvanised Steel	Lifetime
Post	10 years
Spare Parts Guarantee	10 years



# Sustainability Data

FPW209



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	%
FPW20900-0900	160.40	3.61	48.50

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**  
C.F. Tietgens Boulevard 32C  
DK-5220 Odense SØ  
Denmark



### 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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**By Bureau Veritas HSE**  
www.bureauveritas.dk  
+45 7731 1000

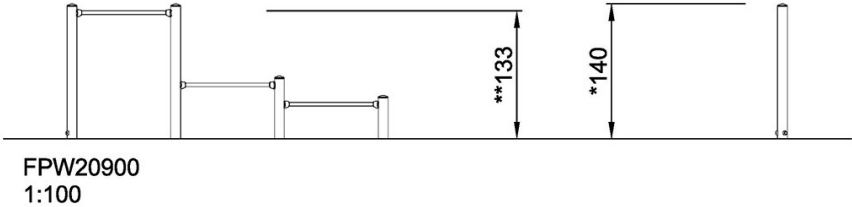
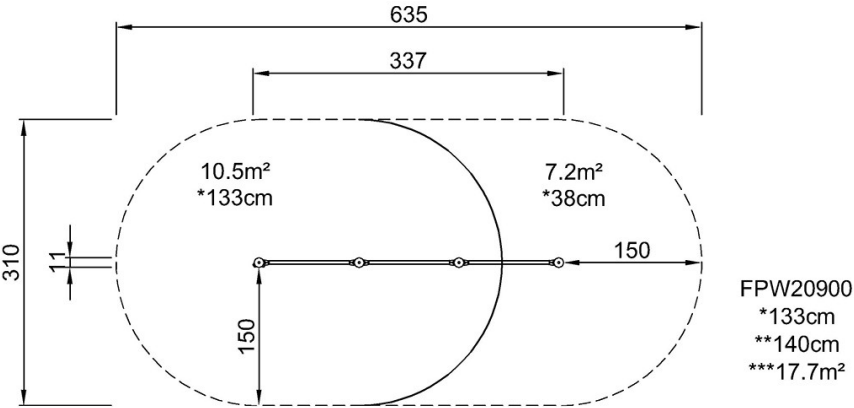


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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

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



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[Click to see SIDE VIEW](#)