

# Sit Up Bench Robinia

FRO203



The Bench provides perfect training for the core and lower back muscles by doing exercises such as leg lifts and sit-ups. Easy grips are created to make sure anyone can do the exercise in the correct way. The durable Ekogrip® surfacing offers perfect grip, allowing the bench to be used as a jump box for performing various step and jump exercises

under all weather conditions. The Bench has a clear instruction sign showing the basic exercise and a QR code. By using the QR code users can connect to the KOMPAN fitness App, where they will find multiple exercises and workouts at every level. The Robinia bars are made from de-barked and sap-free Robinia trunks in various

dimensions. Robinia is a native European wood species with high strength and natural durability in various climatic conditions. KOMPAN uses wood from FSC-certified sources.

Item no. FRO20300-1001	
General Product Information	
Dimensions LxWxH	95x157x104 cm
Age group	13+
Play capacity (users)	1
Colour options	



See KOMPAN Fit app for more



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All Organic Robinia products by KOMPAN are made of Robinia wood from sustainable European sources. On request it can be supplied as FSC® Certified (FSC® C004450).



The ø414mm top plate is made from 15mm Ekogrip®, a 15mm PE plate with a 3mm top-layer of thermoplastic rubber with non-skid effect. The height is 217mm and the range of motion is +/- 90°, with a EPDM rubber stop at each end.



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.

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## Installation Information

Max. fall height	63 cm
Safety surfacing area	10.2 m²
Total installation time	3.3
Excavation volume	0.20 m³
Concrete volume	0.00 m³
Footing depth (standard)	100 cm
Shipment weight	106 kg
Anchoring options	In-ground ✓ Surface ✓

## Warranty Information

EcoCore HDPE	Lifetime
Hot dip galvanised steel	Lifetime
Robinia wood	15 years
Spare parts guaranteed	10 years

**ASTM  
F3101**  
compliant

# Sustainability Data

FRO203



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	%
FRO20300-1001	77.60	0.99	9.30

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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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.

**Publication date: 30. October 2023**

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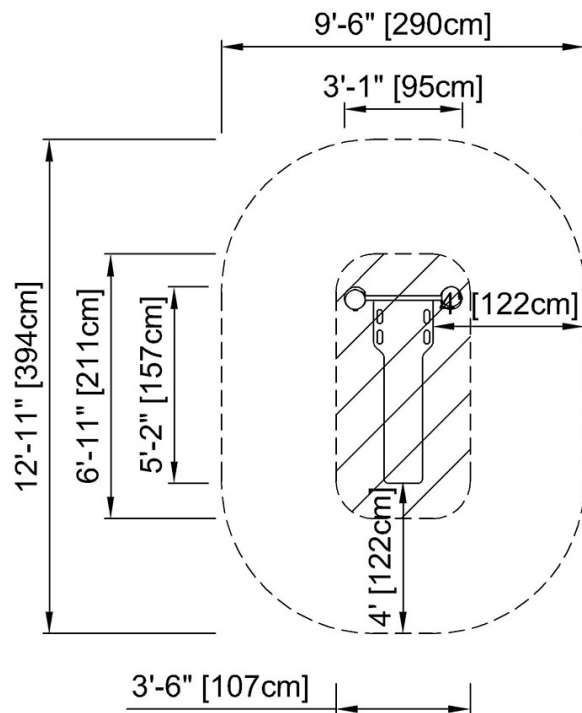


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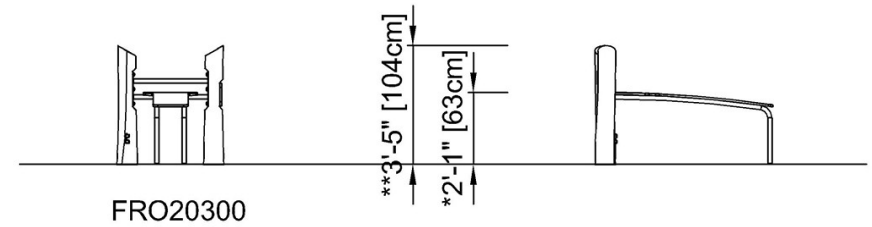
FRO203

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

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



FRO20300  
\* 2'-1" / 63cm  
\*\* 3'-5" / 104cm  
\*\*\* 110ft<sup>2</sup> / 10.2m<sup>2</sup>



[Click to see TOP VIEW](#)

[Click to see SIDE VIEW](#)