

# Arm Bike Pro

FAZ51100



Item no. FAZ51100-0801	
General Product Information	
Dimensions LxWxH	93x54x120 cm
Age group	13+
Play capacity (users)	1
Colour options	



See KOMPAN Fit app for more



KOMPAN's outdoor arm bike machine delivers a powerful cardiovascular workout for beginners and athletes alike. Inspired by indoor gym equipment, the hand bike's arm cycle function replicates the ergonomic pedaling motion found in a traditional push bike. Designed to challenge users of all fitness levels, our innovative arm bicycle can be used seated for an upper body workout or standing to engage all major muscle groups. The KOMPAN hand bike machine has a patented, self-powered resistance unit to provide a

smooth, progressive, and adaptable workout. To increase the intensity, users can pedal faster on the arm crank machine or manually adjust the resistance using their mobile device. The built-in Bluetooth within KOMPAN's arm cardio machine allows users to connect their phone or tablet using our FREE KOMPAN Fit app, turning their device into a fitness monitor where they can alter resistance and track performance. KOMPAN believes that fitness is for everyone, regardless of age or ability. As part of our mission to create healthier and

happier communities, we developed the outdoor arm bike machine to be fully inclusive. KOMPAN's arm bike is easily accessible via wheelchair and provides a great way for users to improve cardiovascular fitness without using their lower body. Installing an arm bike outdoors can help wheelchair users and those with impaired leg mobility feel more included in society by providing a physical activity that specifically caters to their needs.



Data is subject to change without prior notice.

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The seat is made of a Polyurethane Rubber and has a steel insert plate which connects it to the steel frame. The seat is positioned under a 12 degree angle, accommodating seating heights from 550-620mm.



The cover is made of one the hardest materials in the market, a Lexan Copolymer EXL9330 and has a thickness of 4mm. This cover can withstand any impact and will protect the electronics in the best possible way.



The Q-factor of the arm bike is 175mm, the crank is made of 18 mm stainless steel and connects the pedal arms which are casted stainless steel (grade 304) parts. The length of the pedal arms is 170mm and the pedals are connected with standard bike fittings.

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## Installation Information

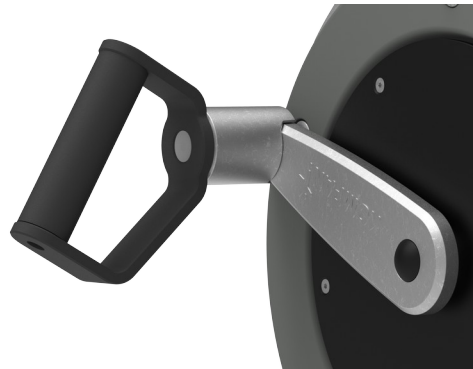
Max. fall height	62 cm
Safety surfacing area	11.3 m²
Total installation time	2.2
Excavation volume	0.34 m³
Concrete volume	0.21 m³
Footing depth (standard)	80 cm
Shipment weight	117 kg
Anchoring options	In-ground ✓ Surface ✓

## Warranty Information

Electronics	2 years
Frame	10 years
Handle	10 years
Saddle	10 years
Spare parts guaranteed	10 years



The Innovative self-powered electrical motor and gear providing a virtual flywheel to give real road experience. The resistance works as and automatic drive and adapts automatically to the pedaling speed. The users can overwrite the automatic drive manually by changing the resistance in steps (26 - Watts) through the App.



The ergonomically shaped handles accommodate 3 exercising positions standing, seated in a wheelchair or seated on the seat. The handles have a diameter of Ø36mm and are placed under a 30 degree angle. The top coat is Polyurea which gives good protection, grip and isolation.



You can connect the cardio machine to your phone or tablet via Bluetooth. This will provide instant feedback on speed, distance, cadence, watts, calories burned and time. You can also use your smart devices to manually adjust resistance (10 levels), have access to instructional and motivational videos, store and share activity data online!



# Sustainability Data

FAZ51100



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	%
FAZ51100-0801	266.80	4.11	37.20

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.

**Publication date: 30. October 2023**

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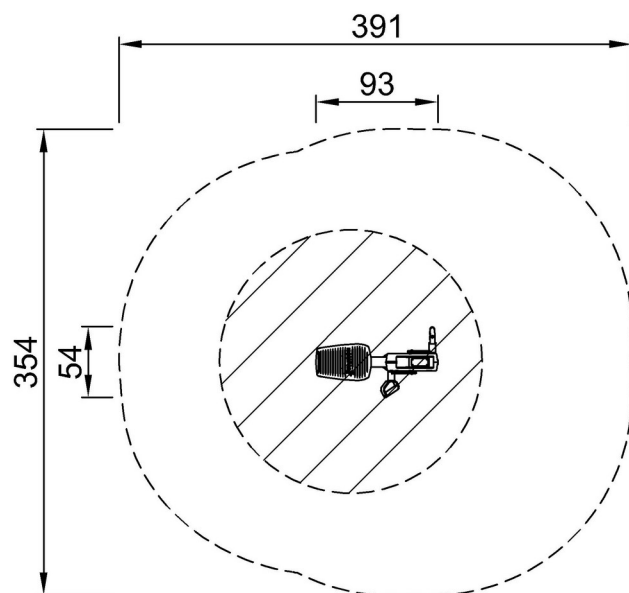


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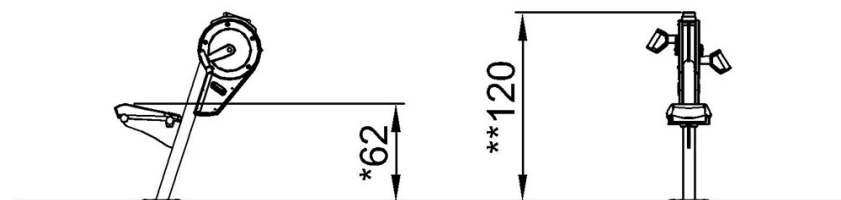
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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

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



FAZ51100  
\*62cm  
\*\*120cm  
\*\*\*11.3m<sup>2</sup>



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[Click to see TOP VIEW](#)

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