

Assisted Step

FSW222



The step is probably the most simple and versatile device available. The step-up exercise is an essential exercise that can be used for both strength, posture control and cardio exercise. For accommodating the balance and safety challenges for elderly people, the step is complimented with a support rail.

Item no. FSW22200-0902	
General Product Information	
Dimensions LxWxH	151x44x118 cm
Age group	13+
Play capacity (users)	1
Colour options	



See KOMPAN Fit app for more



Assisted Step

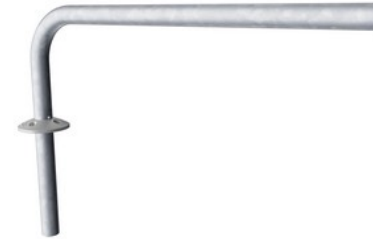
FSW222



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 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.



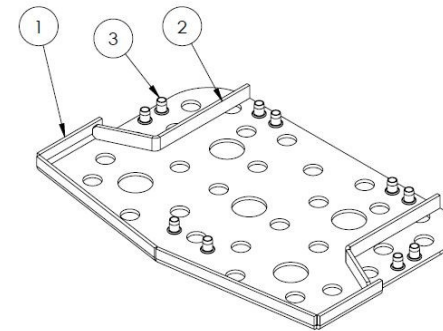
Handrail intended as grips during exercises are made of hot-dip galvanised steel $\varnothing 38\text{mm}$, a great diameter for a good grip and to support the wrist. The height of the handrail is 940mm from the top of the HPL plate. The distance between the rails is 900mm.



The half ball is $\varnothing 500 \times 250$. The material is SBR granular rubber, recycled SBR (Styrene Butadiene Monomer, Synthetic Rubber) UV stabilised to a maximum without the use of heavy metal stabilisers, for optimal grip during jumping and stepping exercises under all weather circumstances.



The post is made of $\varnothing 101.6 \times 2\text{mm}$, pre-galvanised carbon steel and powder coated which is a great protection solution for all climate conditions.



A 5 mm hot-dip galvanised carbon steel plate must be moulded inside the SBR to offer optimal stability and optimise the mounting of the step to the frame.

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Installation Information

Max. fall height	20 cm
Safety surfacing area	12.3 m ²
Total installation time	2.7
Excavation volume	0.18 m ³
Concrete volume	0.10 m ³
Footing depth (standard)	90 cm
Shipment weight	98 kg
Anchoring options	In-ground ✓ Surface ✓

Warranty Information

Connectors	10 years
Galvanised Steel	Lifetime
Post	10 years
SBR rubber	2 years
Spare Parts Guarantee	10 years



Sustainability Data

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Cradle to Gate A1-A3	Total CO ₂ emission	CO ₂ e/kg	Recycled materials
	kg CO ₂ e	kg CO ₂ e/kg	%
FSW22200-0902	166.30	2.45	59.00

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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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.

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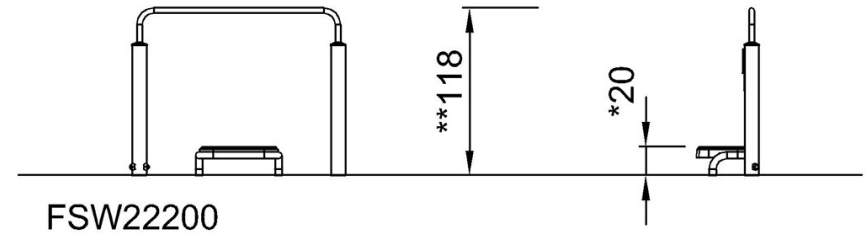
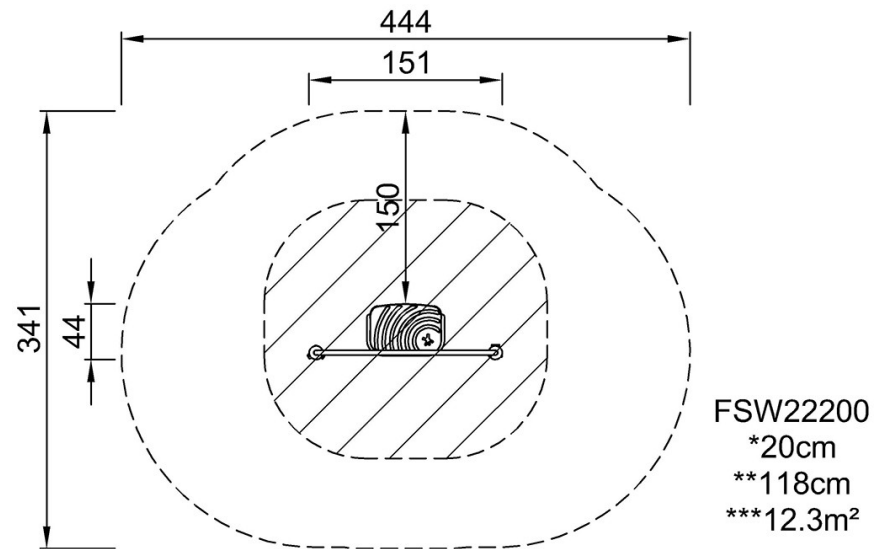


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* Max fall height | ** Total height | *** Safety surfacing area

* Max fall height | ** Total height



[Click to see TOP VIEW](#)

[Click to see SIDE VIEW](#)