

# Cross Training Pro Combi 2

FAZ20301



Item no. FAZ20301-0900	
General Product Information	
Dimensions LxWxH	34'5"x3'6"x10'11"
Age group	13+
Play capacity (users)	9
Color options	



See KOMPAN Fit App for More Information



Suspension training is very effective because it simultaneously increases strength, balance, flexibility, and core stability. With 49 exercises the suspension trainer is one of the most versatile pieces of exercise equipment on which all muscle groups can be trained in a functional and effective way, no matter what the fitness level of the user is. The intensity of each exercise can be determined by adjusting the

body position to add more or less resistance. The Parallel Bars are suitable for beginners who want to learn how to do dips. They can start with leaning push-ups against the bar, and can later move on to actual dips, which can initially be made easier by resting the feet on the additional bars. An innovative magnetic braking system in the Magnetic Bells allows the user to increase the resistance by increasing

the speed of movement. The patented system also functions as a brake when someone drops the magnetic bells and will reduce the impact significantly. The Magnetic bells move freely up and down and can spin 360 degrees. This allows the users to do exercises that are very similar to Medicine Ball and Kettle Bell exercises.

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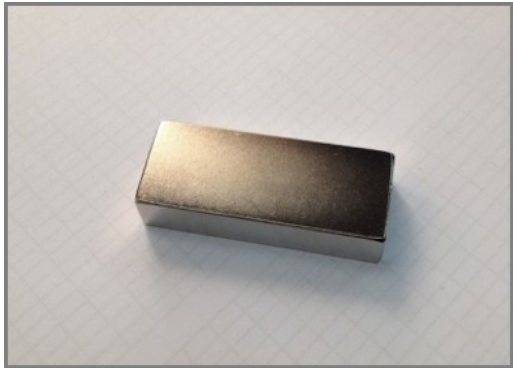
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The uniquely designed handles are made of PUR and a reinforced aluminium frame that ensures a strong but light design. The ergonomically shaped handles guarantee a good and pleasant grip for all users.



The big instruction signs are made as a sandwich construction consisting of 2 x 6mm polycarbonate sheets with clear instructions printed on the inside of the panels. This gives a vandalism proof construction.



The magnets which are used are High Strength Neodymium magnets. The magnetic radiation is under strict control, the radiation level never exceeds 5 Gauss (0.5mT), which makes them perfectly safe to use as an training item.

Item no. FAZ20301-0900	
Installation Information	
Max. fall height	4'1"
Safety surfacing area	442ft²
Total installation time	13.6
Excavation volume	2.13yd³
Concrete volume	1.09yd³
Footing depth (standard)	2'11"
Shipment weight	1796lbs
Anchoring options	In-ground ✓ Surface ✓
Warranty Information	
Coated steel parts	10 Years
PUR components	10 Years
Ropes & nets	10 Years
Signs	10 Years
Spare Parts Availability	10 Years



The tubes on which the magnetic bells move are ø40mm, made of grade AW 6082-T6 aluminium and have an anodized layer of 20µm. The tube has a full steel core for structural integrity.



The product offers two sets of parallel bars ø48.3 x 4mm, three different heights (104, 114 and 124cm) and four lower side bars ø33.7 x 3mm. Combined these 6 bars offer a wide variety of training options.



Each suspension trainer has 3 sets of handles positioned at 3 different heights, 40, 90 and 130cm. This allows people of all lengths to do the exercises and gives the user the opportunity to do over 40 different exercises.

**ASTM  
F3101**  
compliant

# Sustainability Data

FAZ20301



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	%
FAZ20301-0900	2,193.00	3.17	44.30

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))

## 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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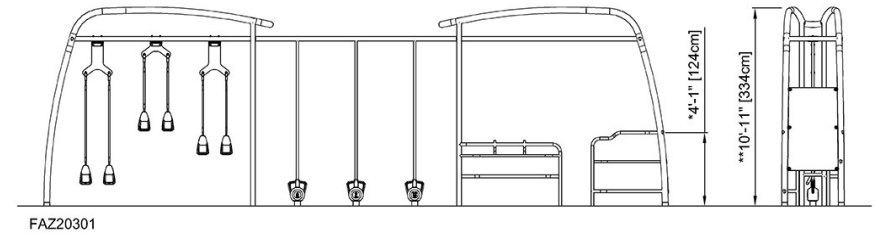
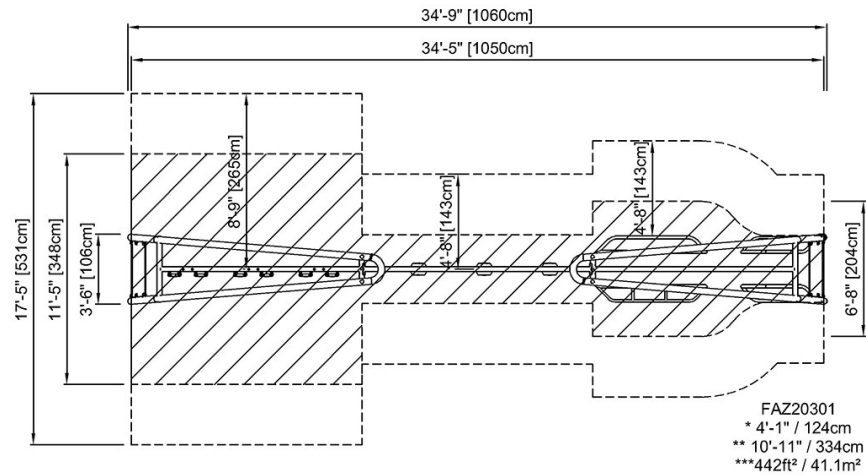


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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

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



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