

# Pull Up Station

FSW208



Item no. FSW20801-0901

## General Product Information

Dimensions LxWxH 274x12x240 cm

Age group 13+

Play capacity (users) 2

Colour options 



See KOMPAN Fit app for more



The vertical ladder can be used as a wall, to influence difficulty levels of various exercises such as hand stand push ups, Bulgarian split squats, and push ups. Additionally, the vertical ladder is perfect for stretching and offers a step up for reaching the pull up bar. The Pull Up Bar is made from solid steel and has a diameter of 32 mm. An ideal size for both men and women

to have a good grip. See more Outdoor Pull Up Bars here.

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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.



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.



All bars intended for pull ups are made of solid,  $\varnothing 32\text{mm} \times 138\text{m}$ , hot-dip galvanised, S235JR steel bars. This diameter gives the right grip for all users.

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### Installation Information

Max. fall height	133 cm
Safety surfacing area	21.2 m <sup>2</sup>
Total installation time	3.2
Excavation volume	0.38 m <sup>3</sup>
Concrete volume	0.21 m <sup>3</sup>
Footing depth (standard)	90 cm
Shipment weight	110 kg
Anchoring options	In-ground ✓ Surface ✓

### Warranty Information

Connectors	10 years
Galvanised Steel	Lifetime
Post	10 years
Spare Parts Guarantee	10 years



All of KOMPAN's fitness products are compliant with AS 4685:2021, ASTM F3101 & EN16630 Outdoor Fitness Standards. Load tests are performed to the specified load of 78kg per user. A product intended for one user is loaded with 420kg.



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 pull up bar is mounted at the height of 233cm with a clean workout space underneath, next to a vertical ladder which has six horizontal bars. The spaces between the bars are 38cm.



# Sustainability Data

FSW208



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	%
<b>FSW20801-0901</b>	242.10	3.49	48.20

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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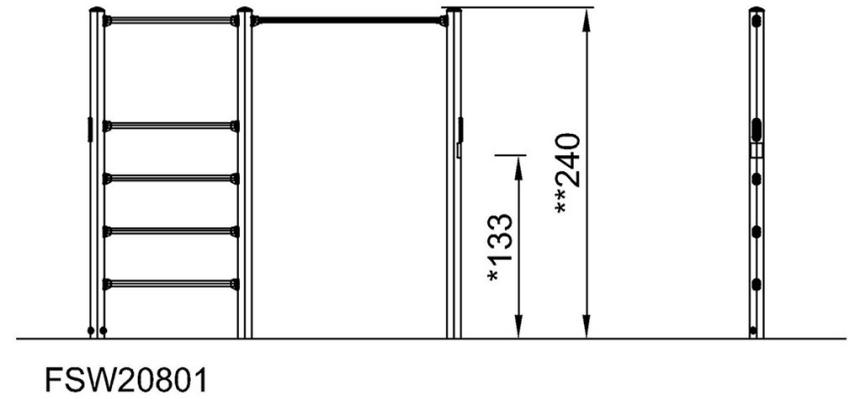
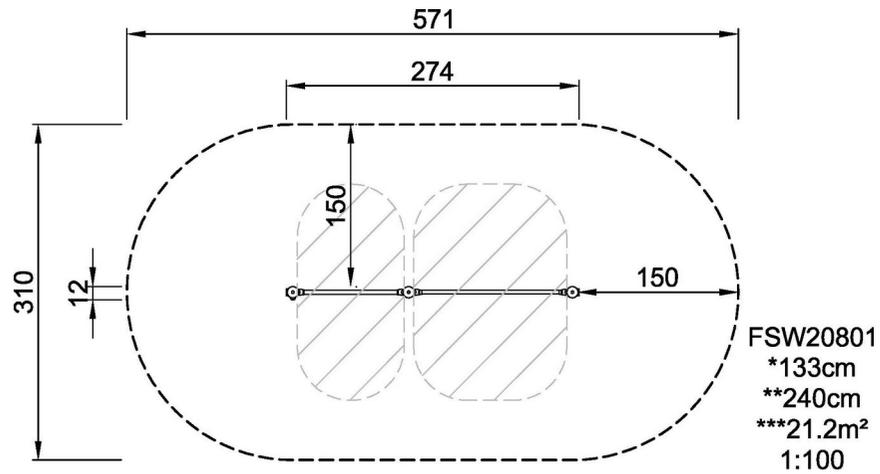


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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

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



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[Click to see SIDE VIEW](#)