

Lower Back Bench

FAZ607



Item no.	
General Product Information	
Dimensions LxWxH	73x105x89 cm
Age group	13+
Capacity (users)	1
Colour options	



With the adaptable foot, calf and thigh support, the bench facilitates back extension exercises in various forms thereby strengthening hip extensor, lower back and upper back muscles.

The strength machines and benches allow for simple, safe, and effective strength training for all major muscle groups. This increases daily

functional capacity, especially for the elderly, sports performance, aesthetic appearance, and metabolic fitness.



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The distance between the two handles is 667mm. The handles make it easier for the user to get on and of the equipment and allow alternative exercises like dips.



The Bench has 3 footrest positions to fit users of all sizes and to vary exercises.

The Grip Powdercoating, used on the support handle, is highly durable against wear and tear, offers isolation, and simultaneously gives users an outstanding grip during their workout.



The rotating rollers are Ø 110mm and made from PUR (Polyurethane Rubber, compact foam). The rollers have a steel insert that is electro galvanized. They provide support and ensure a comfortable position.



All Steel components are made from carbon steel, with a hot-dip galvanized surface according to ISO1461, and a powder coating corrosion class C3 according to ISO12944-2. Lead content for surfaces is below 90ppm, and below 100ppm for base material.



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.



Item no.	
Installation Information	
Max. fall height	89 cm
Safety surfacing area	13,2 m ²
Number of installers	2
Total installation time	0,0
Excavation volume	
Concrete volume	
Footing depth (standard)	
Shipment weight	
Anchoring options	
Warranty Information	
PUR components	10 years
Hot dip galvanised steel	Lifetime
Spare parts guaranteed	10 years



Cradle to Gate A1-A3	Total CO ₂ emission	CO ₂ e/kg	Recycled materials
	kg CO ₂ e	kg CO ₂ e/kg	%

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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Validation of
 CO₂ calculation
 BUREAU VERITAS
 HSE Denmark AIS



Validation of CO₂ calculation of play module item no. PCM200309-0010.



Data version no. 2021-01-11

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 play module item no. PCM200309-0010. (Scope 3 emissions include emission sources in the upstream and downstream value chain).

Date: 25. January 2021
Validated by:

Bente Nesting, Senior Consultant

Peter Bendtsen, Senior Consultant

Validation based on report: Validation of CO₂ calculation of play module – Kompan, version 1.0, prepared by: Bureau Veritas HSE, Denmark: Bente Hviid Nesting and Peter Bendtsen

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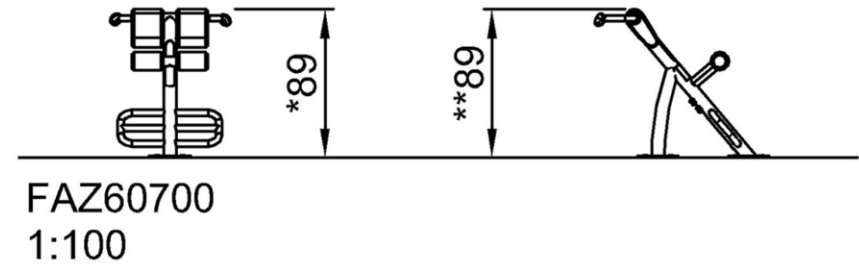
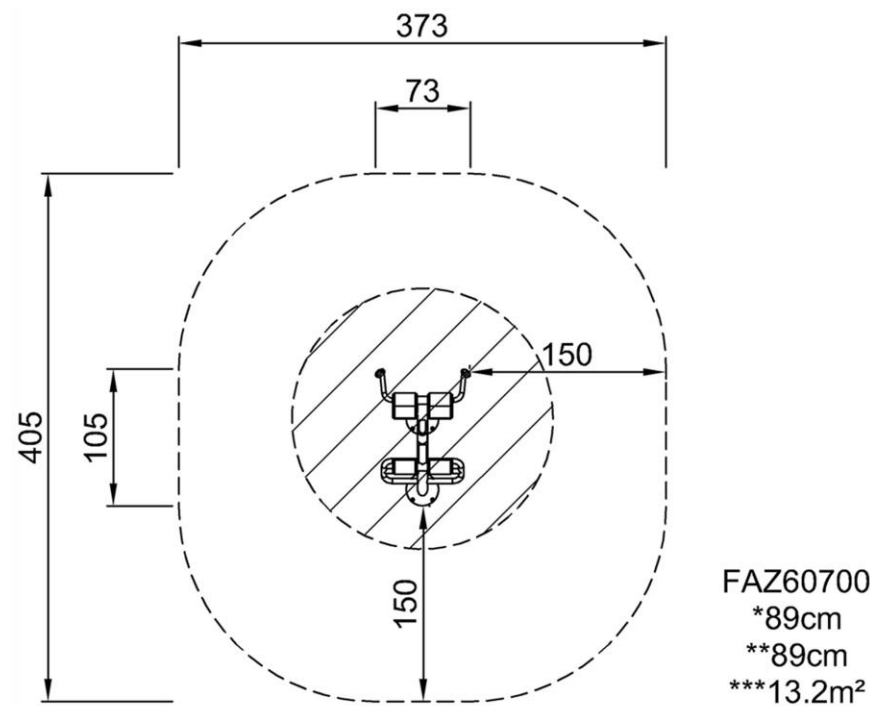


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* Max fall height | ** Total height | *** Safety surfacing area

* Max fall height | ** Total height



[Click to see 1:100 ratio TOP VIEW](#)

[Click to see 1:100 ratio SIDE VIEW](#)