

Push Up Bars Robinia

FRO209



Item no.	
General Product Information	
Dimensions LxWxH	343x19x161 cm
Age group	13+
Capacity (users)	3
Colour options	



The push-up bars are specifically designed for upper body training. The chest and arms can be trained through exercises such as rows or dips. If you do not mind getting dirty you can 'belly crawl' underneath the bars. Otherwise, a single hurdle can also be used for exercises on the spot such as push-ups and high jumps. The Push-up Bars have a clear instruction sign

showing the basic exercise and a QR code. By clicking on the QR code users can connect to the KOMPAN fitness App, where they will find multiple exercises and workouts at every level.

The Robinia bars are made from de-barked and sap-free Robinia trunks in various dimensions. Robinia is a native European wood species with

high strength and natural durability in various climatic conditions. KOMPAN uses wood from FSC-certified sources.



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All Organic Robinia products by KOMPAN are made of 100% Robinia wood from sustainable European sources. On request it can be supplied with FSC® Certified (FSC® C004450) Robinia wood.

The Robinia wood can be supplied as untreated raw wood or painted with a brown coloured transparent pigment that maintains the golden wood colour of the wood.

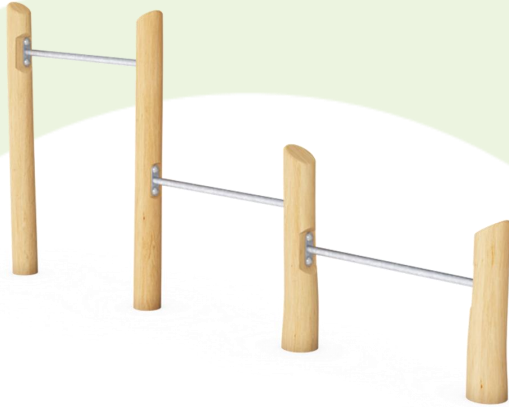
The FSW 209 features three 38 x 2mm push up bars at three heights of respectively 38cm, 58cm and 133cm.

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.

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Installation Information	
Max. fall height	133 cm
Safety surfacing area	17,7 m ²
Number of installers	2
Total installation time	0,0
Excavation volume	
Concrete volume	
Footing depth (standard)	
Shipment weight	
Anchoring options	
Warranty Information	
Robinia wood	15 years
Hot dip galvanised steel	Lifetime
Spare parts guaranteed	10 years



Sustainability



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 of: Fitness



Data version no. 2021-09-27

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: 15. October 2021 | Valid until: 15. October 2023

Validated by:

Bente Hviid, Senior Consultant

Peter Bendtsen, Senior Consultant

Validation based on report: Validation of CO₂ calculation of 8 categories of Kompan product line, version 1.0, prepared by: Bureau Veritas HSE, Denmark: Bente Hviid and Peter Bendtsen.

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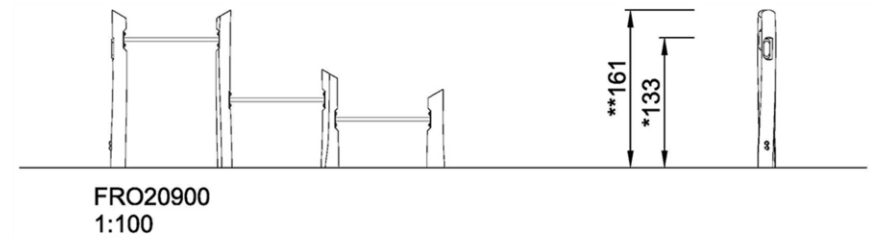
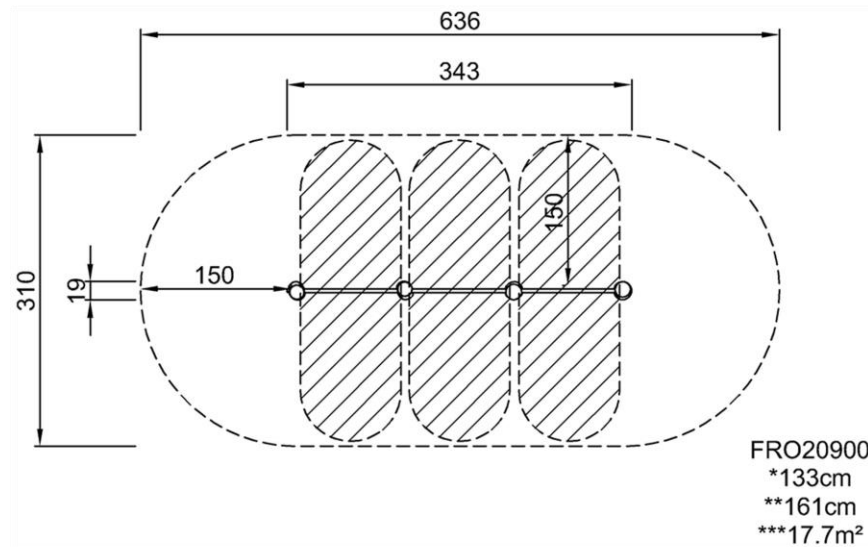


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* Max fall height | ** Total height | *** Safety surfacing area

* Max fall height | ** Total height



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