

# Cross Training Combi 5 Compact

FAZ206

**KOMPAN**  
Let's play



Item no. FAZ20600-0900

## General Product Information

Dimensions LxWxH 497x218x291 cm

Age group 13+

Play capacity (users) 5

Colour options



The Combi 5 combines two of the most versatile functional training products, the Suspension Trainer and the Core Twist. 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. With the suspension trainer everyone can workout at their own level due to the scalable resistance. The intensity of each exercise can be determined by adjusting the body position to add more or less resistance. The second activity is the Core

Twist. The Core Twist offers innovative and resistance adjustable core training. The pole rotates 360° clockwise and counter clockwise with a resistance that can be determined by speed of movement. Also part of the Core Twist Station are the pull up station and the leg lift station.

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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 Sign is made from a 15mm Polycarbonate and supported by Ø38.2mm top bar. This is an extremely solid assembly which provides great structural stability. The sign shows the 11 main exercises and has a QR code which refers users to the Kompan Fit APP that offers extended support on exercises and training.



The pull up bar is made from Ø32 mm HDG steel bar. The bar is 1080mm wide and 2300mm above ground

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### Installation Information

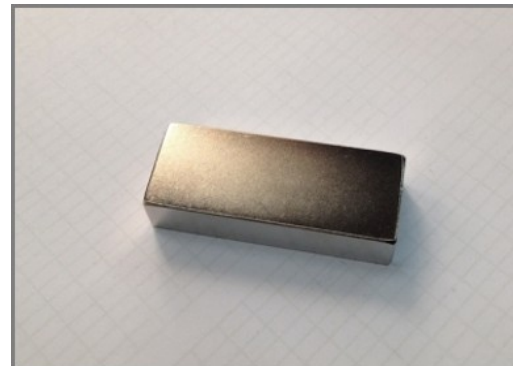
|                          |                     |
|--------------------------|---------------------|
| Max. fall height         | 132 cm              |
| Safety surfacing area    | 31.3 m <sup>2</sup> |
| Total installation time  | 8.0                 |
| Excavation volume        | 0.49 m <sup>3</sup> |
| Concrete volume          | 0.25 m <sup>3</sup> |
| Footing depth (standard) | 90 cm               |
| Shipment weight          | 465 kg              |
| Anchoring options        |                     |

### Warranty Information

|                            |          |
|----------------------------|----------|
| Coated steel parts         | 10 years |
| Movable parts              | 2 years  |
| PUR components             | 10 years |
| Stainless steel components | Lifetime |
| Spare parts guaranteed     | 10 years |



The frame of the leg lift is made from Ø38 x 2mm HDG steel tube. The support plates are made from 15mm Ekogrip®, a 15 mm PE plate with a 3 mm top-layer of thermoplastic rubber with non-skid effect. The arm supports are 110 x 195mm, 580mm apart, and 1315mm above ground. The back support is 335 x 500mm. The opening in the back is 30 x 350mm.



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 a training item.



KOMPAN fitness products are standard available in Orange, Anthracite Grey, Medium Grey, Dark Grey, Night Sky Blue, Light Blue, Yellow, Red, Black, Moss Green, Lime Green, Medium Green, Sand and Nut Brown. All other RAL colours are available on request. It will always be possible to match the surroundings or colour theme!





| 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>FAZ20600-0900</b> | 959.90                         | 3.49                    | 43.50              |

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 CO<sub>2</sub> calculation of: Fitness



Data version no. 2021-09-27

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

Validated by:

Bente Hviid, Senior Consultant

Peter Bendtsen, Senior Consultant

Validation based on report: Validation of CO<sub>2</sub> calculation of 8 categories of Kompan product line, version 1.0, prepared by: Bureau Veritas HSE, Denmark: Bente Hviid and Peter Bendtsen.

**Publication date: 15. October 2021**

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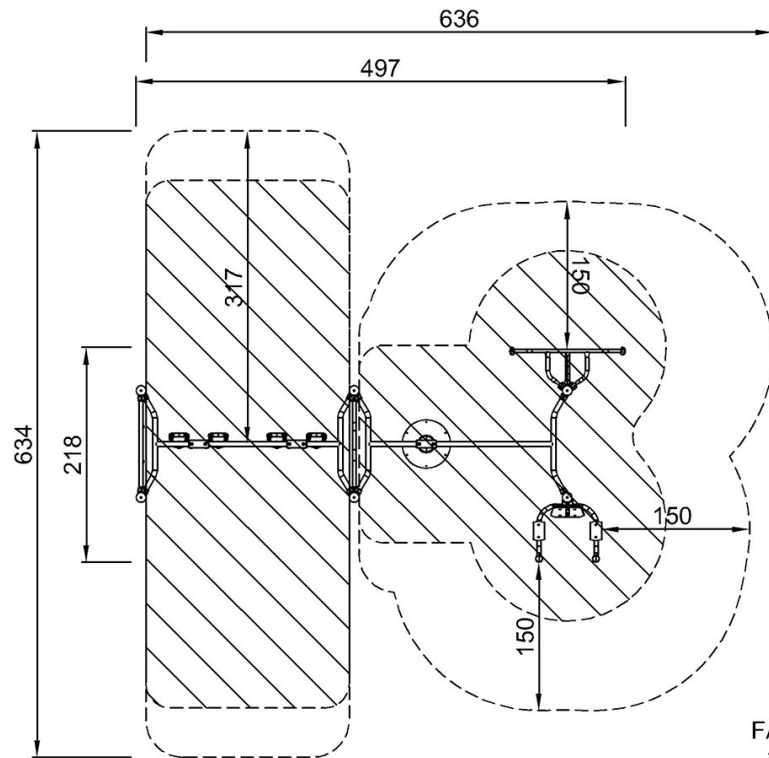


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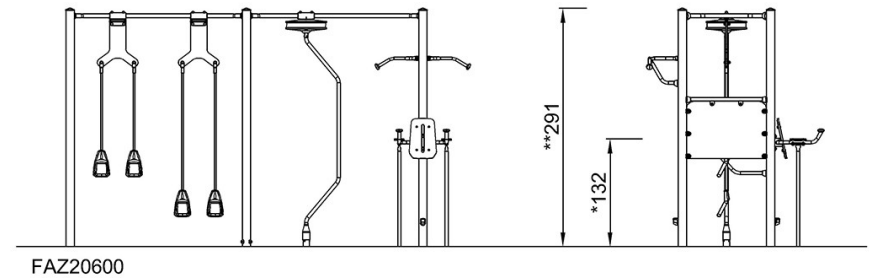
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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

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



FAZ20600  
\*132cm  
\*\*291cm  
\*\*\*31.3m<sup>2</sup>



[Click to see TOP VIEW](#)

[Click to see SIDE VIEW](#)