

Push Up Bars

FSW209



Item no. FSW20900-0901

General Product Information

Dimensions LxWxH 335x12x140 cm

Age group 13+

Play capacity (users) 3

Colour options 



See KOMPAN Fit app for more



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. To increase jumping skills and explosivity the bars can be used as hurdles for plyometric training. Additionally the bars can be used to climb under through.



Push Up Bars

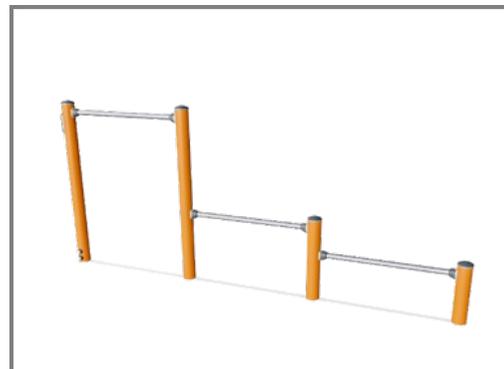
FSW209



Post are made of Ø101.6 x 2mm, pre-galvanized carbon steel and powder coated, a great protection to all 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.



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

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Installation Information

Max. fall height	133 cm
Safety surfacing area	18.0 m ²
Total installation time	2.7
Excavation volume	0.11 m ³
Concrete volume	0.03 m ³
Footing depth (standard)	90 cm
Shipment weight	72 kg
Anchoring options	In-ground ✓ Surface ✓

Warranty Information

Connectors	10 years
Hot dip galvanised steel	Lifetime
Post	10 years
Spare parts guaranteed	10 years



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.



The information sign is made of a PA6 (Polyamide) and shows the most relevant exercise and a QR code. When scanned the QR code will link to an animated illustration of the exercise and offers the possibility of downloading the KOMPAN sport & fitness App, which will provide a large amount of exercises and workouts.



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!



Sustainability Data

FSW209



Cradle to Gate A1-A3	Total CO ₂ emission	CO ₂ e/kg	Recycled materials
	kg CO ₂ e	kg CO ₂ e/kg	%
FSW20900-0901	160.81	3.61	48.50

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))

Kompan A/S
 C.F. Tietgens Boulevard 32C
 DK-5220 Odense SØ
 Denmark



Verification of CO₂ calculation of: Fitness



Data version no. 2023-10-05

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: 30. October 2023 | Valid until: 30. October 2025

Verified by:

Julie Marie Vejsgaard Larsen, LCA & EPD Consultant

Verification based on report: Validation of CO₂ 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

By Bureau Veritas HSE
 www.bureauveritas.dk
 +45 7731 1000

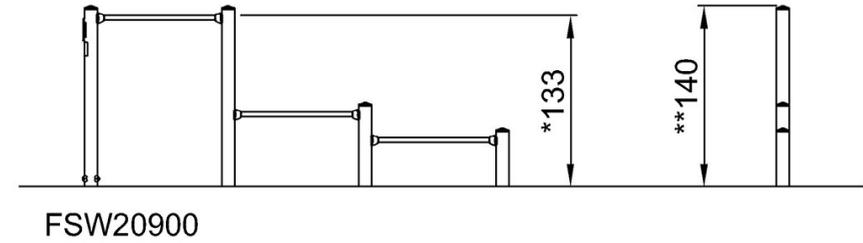
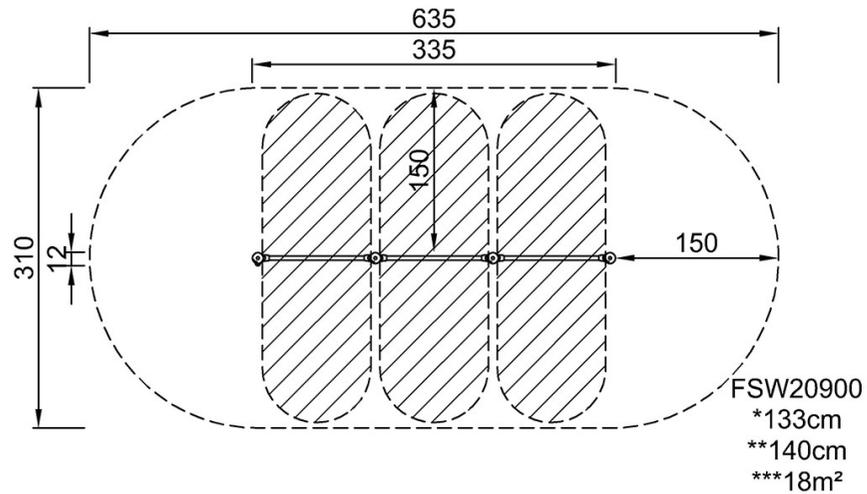


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* Max fall height | ** Total height | *** Safety surfacing area

* Max fall height | ** Total height



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[Click to see SIDE VIEW](#)