

Combi 4

FSW104



Compact and complete street workout and callisthenics combination for training and competition. It features an incline bench, parallel bars, push up bar, decline press, Swedish ladder, human flagpole and pull up station. Seven workout stations in one, and all within only 41 m². The 138cm wide pull up bars are designed to give plenty of space for

dynamic exercises and promote sideways exercises such as the typewriter pull up. The wide bars also allow for users to do pull ups next to each other and thereby compete or motivate each other.

Item no. FSW10401-0901

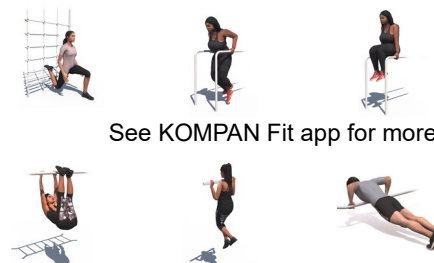
General Product Information

Dimensions LxWxH 384x435x240 cm

Age group 13+

Play capacity (users) 8

Color options



See KOMPAN Fit app for more



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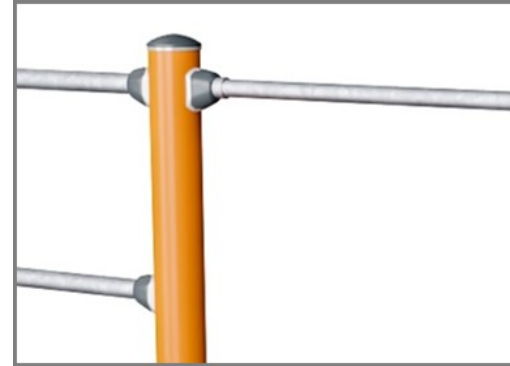
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The information sign is made of a PA6 (Polyamide) and shows the most relevant exercise and a QR code. When scanned the QR code will link to an animated illustration of the exercise and offers the possibility of downloading the KOMPAN sport & fitness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



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 everyone.

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Installation Information

Max. fall height	233 cm
Safety surfacing area	42.4 m ²
Total installation time	8.2
Excavation volume	0.84 m ³
Concrete volume	0.34 m ³
Footing depth (standard)	90 cm
Shipment weight	296 kg
Anchoring options	In-ground ✓ Surface ✓

Warranty Information



The handles offer 4 different heights to place the hands or feet



Post are made of $\varnothing 101.6 \times 2\text{mm}$, pre-galvanized carbon steel and powder coated, a great protection to all conditions.



The surface is made of Ekogrip™ panels, consisting of 15mm polyethylene with a 3mm top-layer of thermoplastic rubber. The Ekogrip™ panels have a non-skid effect for comfortable and safe training at all weather circumstances.



Combi 4

FSW104



Cradle to Gate A1-A3	Total CO ₂ emission	CO ₂ e/kg	Recycled materials
	kg CO ₂ e	kg CO ₂ e/kg	%
FSW10401-0901	783.90	3.46	46.40

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

Bente Hviid, Senior Consultant

Peter Bendtsen

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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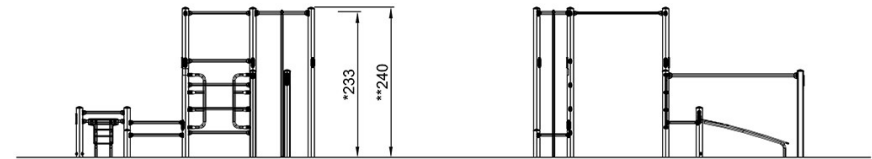
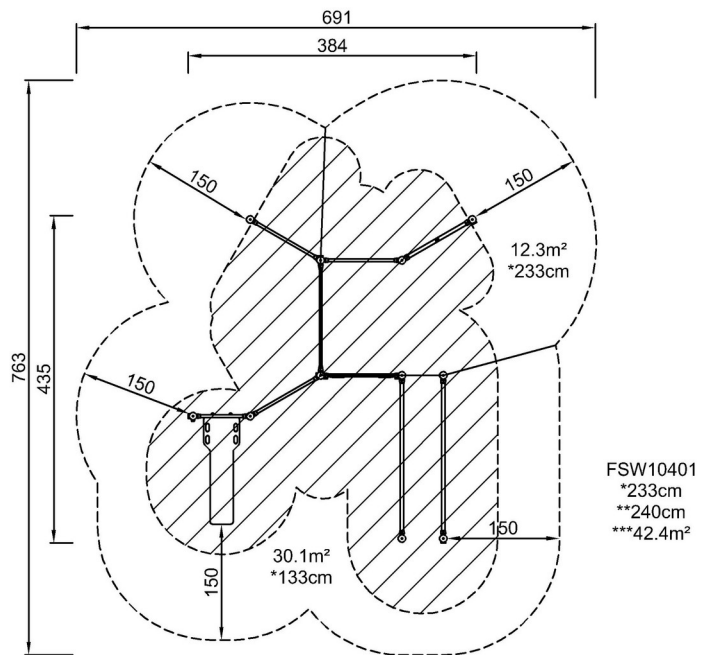


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* Max fall height | ** Total height | *** Safety surfacing area

* Max fall height | ** Total height



FSW10401

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[Click to see SIDE VIEW](#)