

Sit-Up Bench

KPX121



The Sit Up Bench provides a comfortable place for people to perform a classic exercise to the fullest. Using the Sit Up Bench will strengthen the abdominal wall by improving muscle endurance and strength. Users can develop their posture and also work preemptively to prevent back problems. The Bench is tilted slightly backwards with a supporting arm at the

legs to help you maintain an optimal position throughout the exercise.

Item no. KPX121-3617	
General Product Information	
Dimensions LxWxH	80x116x159 cm
Age group	13+
Play capacity (users)	1
Colour options	● ●



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For ensuring the integrity of the main frame the support post is made of a hot-dip galvanized steel tube of $\varnothing 159\text{mm}$, with a wall thickness of 4mm and has a post cap made of powder-coated aluminium.



The sign consists of a 1.5mm aluminium plate with serigraphy print, sealed by a subsequent anodizing process, screwed on to a machined plate of 19mm EcoCore™.



Handlebar/Support tube is made of a hot-dip galvanized steel tube $\varnothing 38\text{mm}$ with a wall thickness of 4mm.



Panels of 19mm EcoCore™. EcoCore™ is a highly durable, eco friendly material, which is not only recyclable after use, but also consists of a core produced from 100% recycled material.



The support bar is made of a hot-dip galvanized steel tube $\varnothing 38\text{mm}$ with a wall thickness of 4mm. A strong connection which is necessary to withstand the forces that are created during this movement.



End caps are made of injection molded PA6 (polyamide - Nylon). A great protection to all conditions.

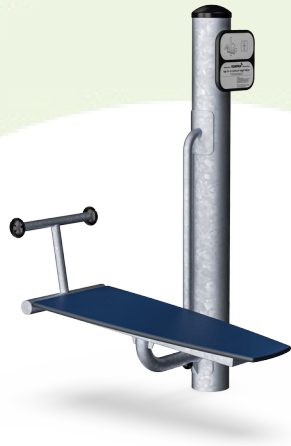
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Installation Information

Max. fall height	43 cm
Safety surfacing area	12,1 m ²
Total installation time	3,9
Excavation volume	0,35 m ³
Concrete volume	0,21 m ³
Footing depth (standard)	82 cm
Shipment weight	83 kg
Anchoring options	In-ground ✓ Surface ✓

Warranty Information

Hot dip galvanized steel	Lifetime
EcoCore HDPE	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	%
KPX121-3617	173,70	2,49	53,10

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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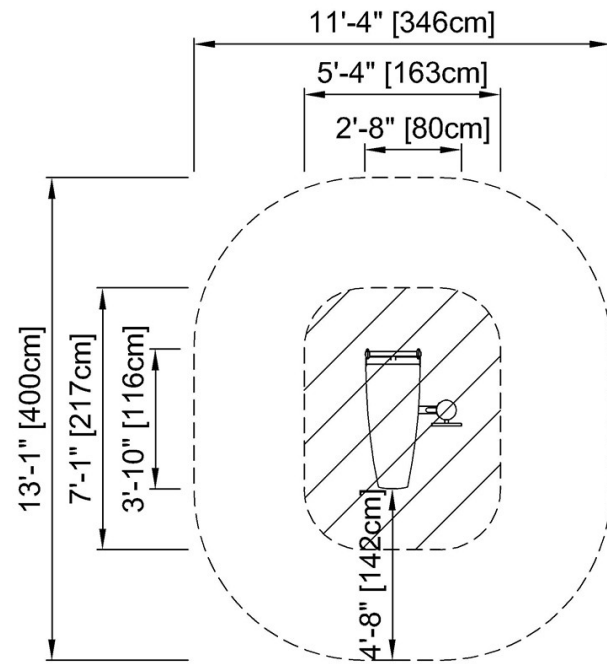


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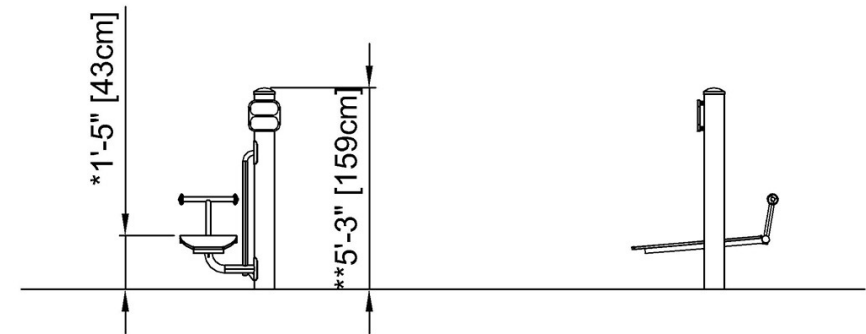
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* Max fall height | ** Total height | *** Safety surfacing area

* Max fall height | ** Total height



KPX121
* 1'-5" / 43cm
** 5'-3" / 159cm
*** 130.2ft² / 12.1m²



KPX121-xx17

[Click to see TOP VIEW](#)

[Click to see SIDE VIEW](#)