



Sit Up Bench

FSW203



Item no. FSW20300-0901

General Product Information

Dimensions LxWxH	153x88x81 cm
Age group	13+
Capacity (users)	1
Colour options	 



The Bench provides perfect training for the core and lower back muscles by doing exercises such as leg lifts and sit ups. Easy grips are created to make sure anyone can do the exercise in a correct way. The durable Ekogrip® surfacing offers perfect grip, allowing the bench to be used as a jump box for performing various step and jump exercises

under all weather conditions. The Bench has a clear instruction sign showing the basic exercise and a QR code. By using the QR code users can connect to the KOMPAN fitness App, where they will find multiple exercises and workouts at every level.



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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 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.

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Installation Information	
Max. fall height	63 cm
Safety surfacing area	14,0 m ²
Numbers of installers (persons)	2
Total installation time	2.9
Excavation volume	0,11 m ³
Concrete volume	0,00 m ³
Footing depth (standard)	90 cm
Shipment weight	54 kg
Anchoring options	In-ground ✓ Surface ✓
Warranty Information	
EcoCore HDPE	Lifetime
Post	10 years
Connectors	10 years
HDG structural parts	Lifetime
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.



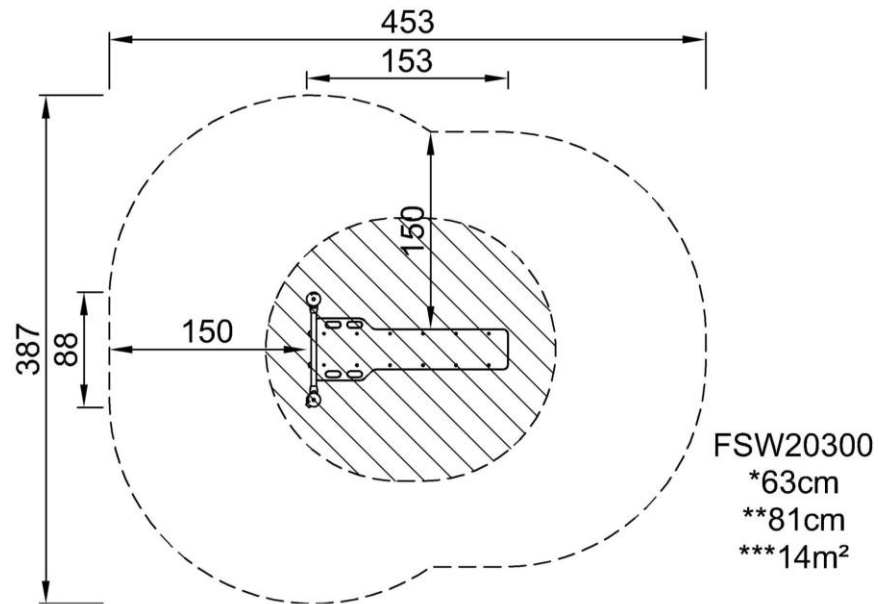
KOMPAN fitness products are standard available in Orange, RAL2010 and Grey, RAL7012. All other RAL colours are available on request. It will always be possible to match the surroundings or colour theme!

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

* Max fall height | ** Total height



FSW20300
1:100

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