

Arm Bike

FSW24001



Item no. FSW24001-0001	
General Product Information	
Dimensions LxWxH	82x55x115 cm
Age group	13+
Capacity (users)	1
Colour options	   



The Arm Bike features a seat and adaptable space to accommodate seated, wheelchair-bound, or standing users, ensuring it is inclusive for all fitness levels and abilities. The equipment's adjustable resistance, sourced from a magnetic brake on a flywheel, delivers a smooth cycling experience critical for arm workouts. Users can effortlessly select from 10

resistance levels by turning a handle, enabling a range from gentle exercises to high-intensity interval training.



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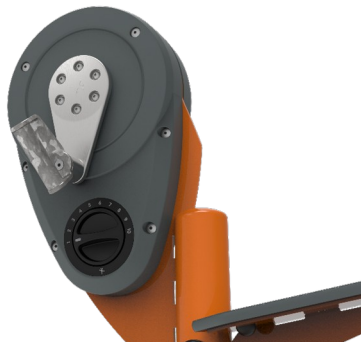
To ensure the integrity of the machine, the orange-colored main posts are made of $\varnothing 101.6 \times 3\text{mm}$ s235 steel posts, which are hot dip galvanized and powder coated.



The Arm Bike accommodate 3 exercising positions, standing, seated in a wheelchair or seated on the seat. The handles have a diameter of $\varnothing 36\text{mm}$ and are placed under a 30-degree angle.



The magnetic resistance system is fully covered and can be adjusted with a rotatable handle in 10 steps. The selector system is intuitive in use, you rotate the handle to select a different amount of resistance.



The resistance unit and all mechanical parts are hidden in the fully closed cabinet which is made from UV-stabilized Polycarbonate (PC). As a result, entrapment is not possible, making it extremely safe to use and providing protection against the elements.



The machine is equipped with a weighted flywheel that ensures that the motion stays fluid and comfortable during use.



Seat is made of Ekogrip™ panel that consist of a 15mm thick PE base with 3 mm top-layer of soft rubber with a non-skid effect.

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Installation Information	
Max. fall height	60 cm
Safety surfacing area	11.6 m ²
Total installation time	2.1 hours
Excavation volume	0.00 m ³
Concrete volume	0.00 m ³
Footing depth (standard)	0 cm
Shipment weight	106 kg
Anchoring options	Surface ✓ In-ground ✓
Warranty Information	
Steel frame	10 years
Handle	10 years
Movable parts	2 years
Polycarbonate PC panels	10 years
Spare parts guaranteed	10 years

EN
16630
compliant

Sustainability Data

FSW24001



Independent review certificate

Kompan A/S
C. F. Tietgens Blvd. 32C, 5220 Odense SØ

Bureau Veritas hereby attests that the CO₂e-calculations (covering materials, processing, waste and transport) done by Kompan for "Fitness", meet the requirements set by the listed standard.

Kompan A/S uses a selection of EPDs and emission factors from the Life Cycle Assessment database Ecoinvent 3.11. These values are reported as kg CO₂e, with all other impact categories excluded in line with the scope of ISO 14067:2018. The emission factors cover, material use, manufacturing processes, transport to Kompan, and electricity used during manufacturing. The presented emissions fall under GHG Protocol scope 3 emissions. Scope 1 and 2 are not presented. Scope 3 emissions include emission sources in the upstream value chain of a company, downstream emissions are excluded in this analysis.

Method: ISO 14067:2018 using GHG protocol guidance documents, reported as kg CO₂e.

Object

The verification has been done on the one pager "FAZ10100-0900" version: 27-10-2025. The supporting documentation "KOMPAN data_updated emissions factors_2025_V2" and "Emissions factors, EPD's and ecoinvent 3.11_2025" was also reviewed and approved.

Declaration

The review has been completed as a critical review with a limited assurance. I hereby confirm that nothing has come to the reviewer's attention which would lead to conclude that the study does not give an accurate depiction or isn't completed following method of the CO₂e calculation, the requirements of ISO 14067:2018, and 14071:2024, in the above referenced documentation.

Note: This verification only covers calculation elements according to method described in ISO 14067:2018 and may not be seen as a Life Cycle Assessment according to ISO 14067:2018.

Ref.: Kompan_Verification report 2025, 28-10-2025
Date of certificate: 29-10-2025
Expire date: 29-10-2027

Verified by: Julie Marie Vejsgaard Larsen, Environmental Auditor

Signature: 



Cradle to Gate A1-A3	Total CO ₂ emission	CO ₂ e/kg	Recycled material
	kg CO ₂ e	kg CO ₂ e/kg	%
FSW24001-0001	391.39	7.03	39.15

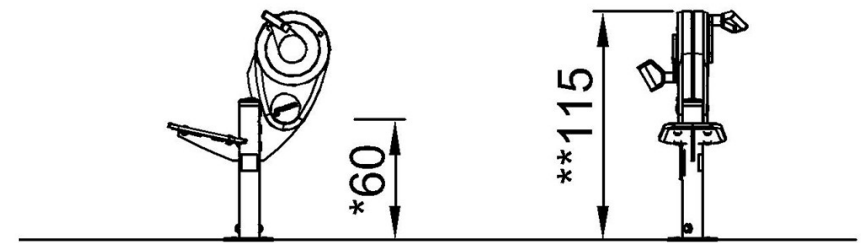
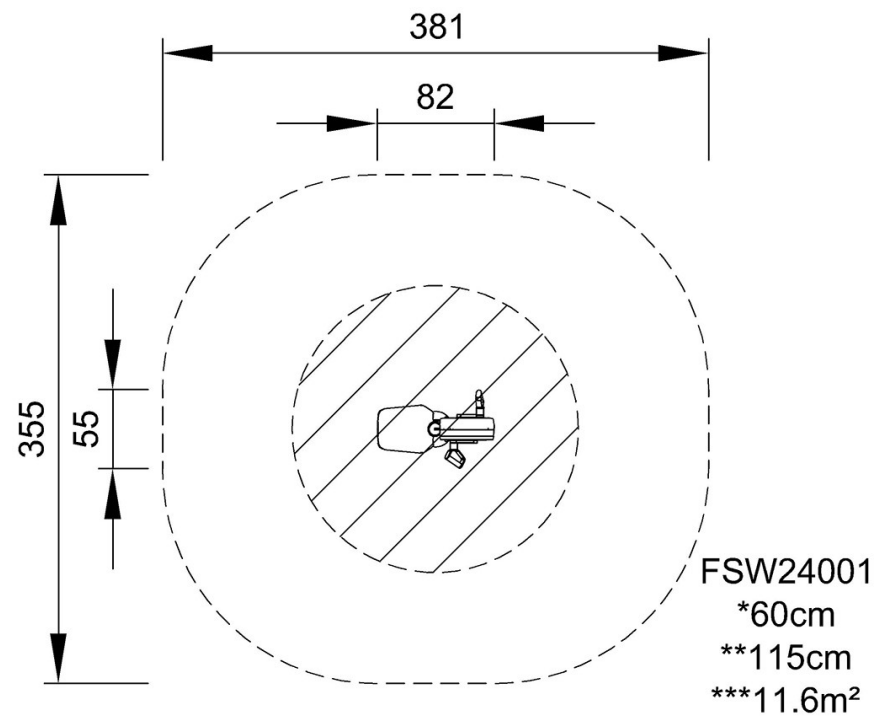
The overall framework applied for these factors is the Environmental Product Declaration (EPD), which quantifies "environmental information on the life cycle of a product and enable comparisons between products fulfilling the same function" (ISO, 2006). This follows the structure and applies a Life-Cycle Assessment approach to the entire Product stage from raw material through manufacturing (A1-A3))

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

* Max fall height | ** Total height



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[Click to see SIDE VIEW](#)