

Cross Trainer

FSW23901



The Cross Trainer appeals to a wide demographic due to its low-impact design that incorporates both upper and lower body movement. Ergonomically optimized, it provides a comfortable exercise that's easy on the joints. Workload is adjustable with 10 resistance levels, controlled by a handle reachable from the standing position. The

smooth magnetic brake system caters to all training intensities, suitable for rehabilitation or athletic conditioning. It also features a phone holder for multimedia entertainment during workouts.



Item no. FSW23901-0001

General Product Information

Dimensions LxWxH	165x70x167 cm
Age group	13+
Capacity (users)	1
Colour options	   

Cross Trainer

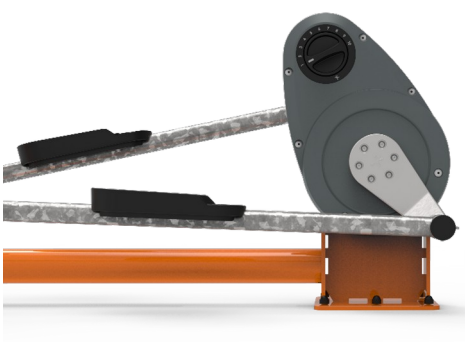
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Installation Information	
Max. fall height	50 cm
Safety surfacing area	16.3 m²
Total installation time	2.9 hours
Excavation volume	0.00 m³
Concrete volume	0.00 m³
Footing depth (standard)	0 cm
Shipment weight	164 kg
Anchoring options	Surface ✓ In-ground ✓
Warranty Information	
Steel frame	10 years
Aluminum	15 years
Movable parts	2 years
CircularHDPE	Lifetime
Spare parts guaranteed	10 years



The cross trainer has one welded steel frame connecting the front and the back of the machine. The frame creates an extremely strong and rigid constructing which is needed to cope with the high forces that can be applied.



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



The footplates are made from molded pp and secured to the cross trainer using 4 threaded inserts and accommodates most foot sizes.



The center console of has a phone holder made from s235 steel with a thickness of 6mm.

EN
16630
compliant



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	%
FSW23901-0001	638.31	6.14	44.69

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))

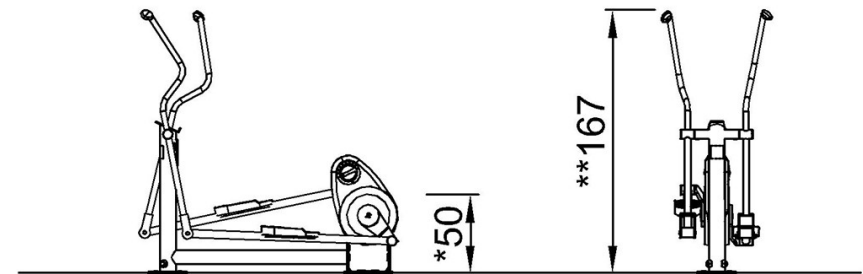
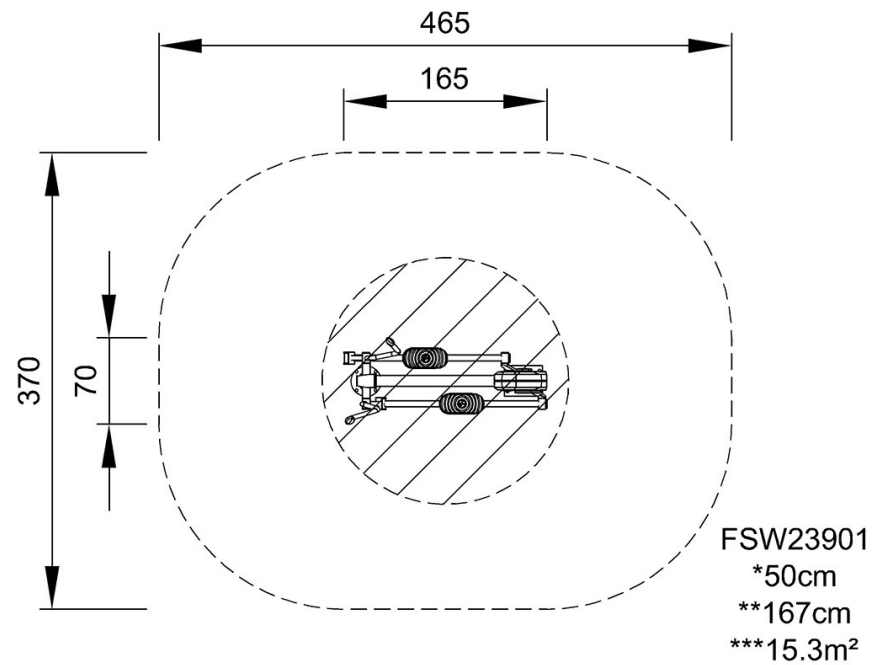
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* Max fall height | ** Total height | *** Safety surfacing area

* Max fall height | ** Total height



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