

Leg Lift & Pull Up

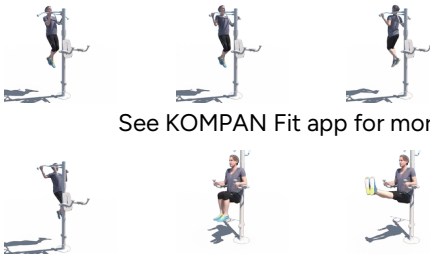
FSW238



Item no. FSW23800-0901

General Product Information

Dimensions LxWxH	117x110x240 cm
Age group	13+
Capacity (users)	2
Colour options	



See KOMPAN Fit app for more



This product provides an enormous amount of exercises on the square meter by combining the leg lift station and pull up bar. The Leg Lift Station is an excellent piece of equipment for ab workouts. it allows users to exercise their abdominal muscles by performing leg lifts while holding themselves up in the chair. Exercising in this manner

targets all of the abdominal muscles. Pull ups are an essential part of a strength training. The Pull Up bar offers a range of exercises, featuring multiple grips for different hand positions. By placing the feet on the horizontal bars beginners can decrease their bodyweight during pull ups and work their way up to advanced training. To make sure that

everyone can reach the pull up bar there is a stepping pod.

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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 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.



Post are made of Ø101.6 x 2mm, pre-galvanized carbon steel and powder coated, a great protection to all conditions.



Steps are made of extruded aluminium with a non-skid surface. Aluminium has high corrosion resistance and ensures durability of the product. Steps have been mounted at heights of 34,7cm and 54,7cm this creates an easy access to reach the overhead activity



The frame of the leg lift is made from Ø38 x 2mm HDG steel tube. The support plates are made from 15mm Ekogrip®, a 15 mm PE plate with a 3 mm top-layer of thermoplastic rubber with non-skid effect. The arm supports are 110 x 195mm, 580mm apart, and 1315mm above ground. The back support is 335 x 500mm. The opening in the back is 30 x 350mm.



The pull up bar is made from Ø32 mm HDG steel bar. The bar is 1080mm wide and 2300mm above ground

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Installation Information

Max. fall height	132 cm
Safety surfacing area	13.9 m²
Total installation time	3.8 hours
Excavation volume	0.23 m³
Concrete volume	0.13 m³
Footing depth (standard)	90 cm
Shipment weight	82 kg
Anchoring options	In-ground ✓ Surface ✓

Warranty Information

CircularHDPE	Lifetime
Post	10 years
Hot dip galvanised steel	Lifetime
Connector brackets	10 years
Spare parts guaranteed	10 years





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	%
FSW23800-0901	217.97	3.92	54.70

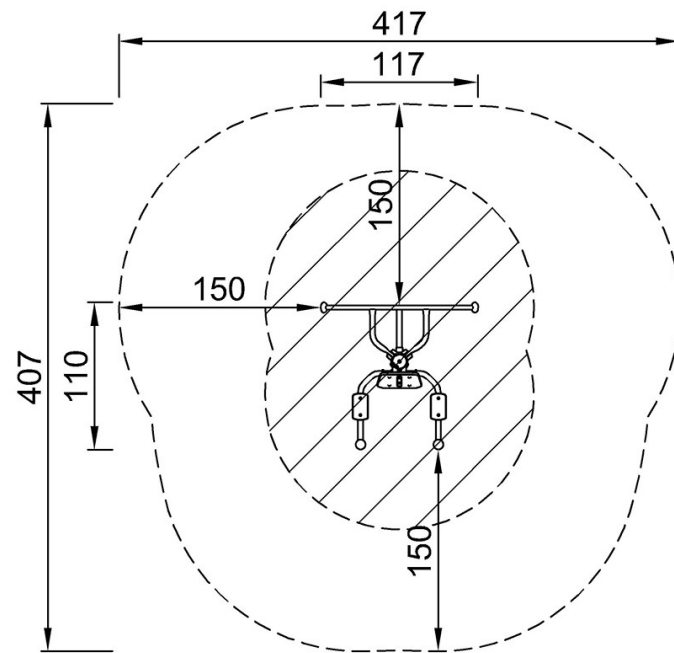
The overall framework applied for these factors is the Environmental Product Declaration (EPD), which quantifies "environmental information on the life cycle of a product and enable comparisons between products fulfilling the same function" (ISO, 2006). This follows the structure and applies a Life-Cycle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

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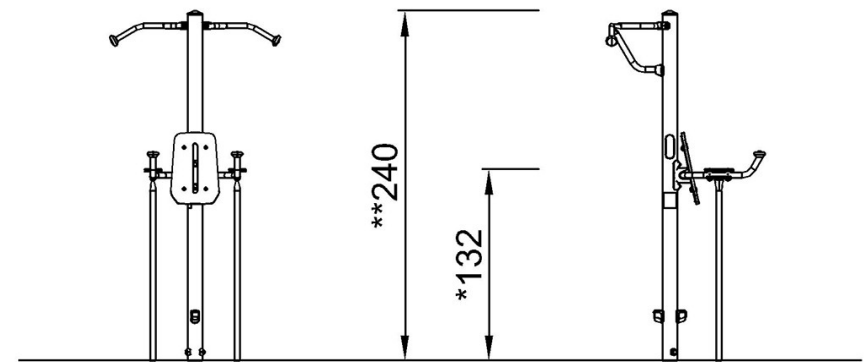
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* Max fall height | ** Total height | *** Safety surfacing area

* Max fall height | ** Total height



FSW23800
*132cm
**240cm
***13.9m²



FSW23800

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[Click to see SIDE VIEW](#)