

Sit Up Bench Pro

FAZ606



With ergonomically correct placed leg fixtures, the bench facilitates abdominal crunches (sit-ups) strengthening all abdominal muscles without placing harmful stress on the lower back.

Item no. FAZ60600-0001	
General Product Information	
Dimensions LxWxH	44x153x93 cm
Age group	13+
Capacity (users)	1
Colour options	



See KOMPAN Fit app for more

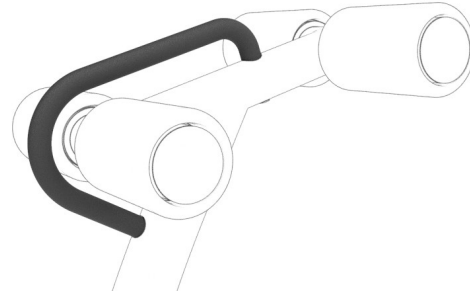


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The seat and back support are made of Polyurethane Rubber (PUR) and have an electro-galvanized steel insert plate that connects the seat to the steel frame. The seat and the back support are positioned under an 8-degree angle for the correct ergonomics. The back support has a groove to relieve the spine, accommodating a comfortable seating position, another benefit is that it drains water easily.



The bench has a support handle with a diameter of $\varnothing 30\text{mm}$. The support handle will make it easier to get on and off the bench and it will allow a variation in exercises. The grip powder coating, used on the support handle, is highly durable against wear and tear, offers isolation, and simultaneously gives users an outstanding grip during their workout.



All Steel components are made from carbon steel, with a hot-dip galvanized surface according to ISO1461, and a powder coating corrosion class C3 according to ISO12944-2. Lead content for surfaces is below 90ppm, and below 100ppm for base material.

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Installation Information

Max. fall height	93 cm
Safety surfacing area	13.7 m ²
Total installation time	3.4 hours
Excavation volume	0.00 m ³
Concrete volume	0.00 m ³
Footing depth (standard)	0 cm
Shipment weight	104 kg
Anchoring options	Surface ✓

Warranty Information

PUR components	10 years
Hot dip galvanised steel	Lifetime
Spare parts guaranteed	10 years



The Grip Powdercoating, used on the support handle, is highly durable against wear and tear, offers isolation, and simultaneously gives users an outstanding grip during their workout.



The rotating rollers are $\varnothing 110\text{mm}$ and made from PUR (Polyurethane Rubber, compact foam). The rollers have a steel insert that is electro galvanized. They provide support and ensure a comfortable position.



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.



Sustainability Data

FAZ606



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	%
FAZ60600-0001	245.50	4.63	39.76

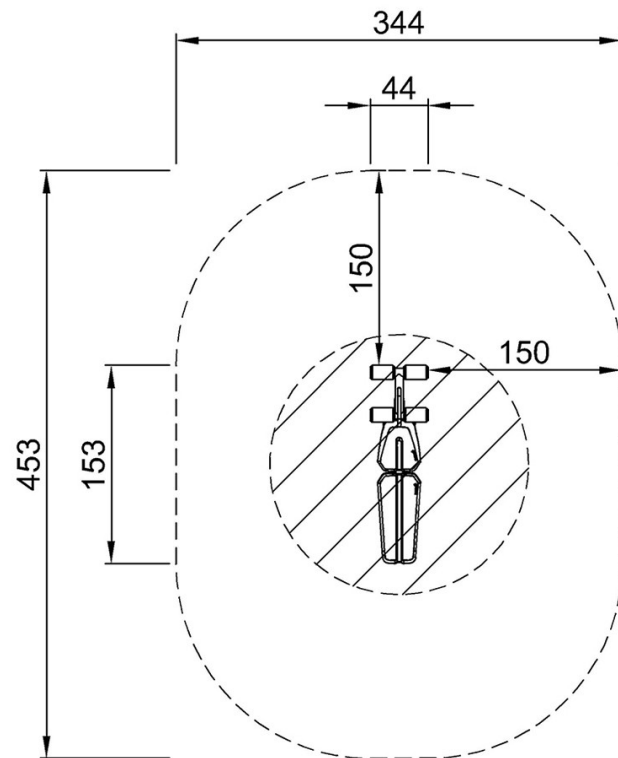
The overall framework applied for these factors is the Environmental Product Declaration (EPD), which quantifies "environmental information on the life cycle of a product and enable comparisons between products fulfilling the same function" (ISO, 2006). This follows the structure and applies a Life-Cycle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

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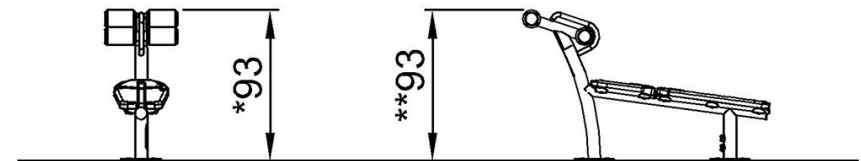
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* Max fall height | ** Total height | *** Safety surfacing area

* Max fall height | ** Total height



FAZ60600
*93cm
**93cm
***13.7m²



FAZ60600

[Click to see TOP VIEW](#)

[Click to see SIDE VIEW](#)