

Stretch Station

FSW223



The stretch station invites to several body weight strength and stretch exercises for all difficulty levels. Shoulders and torso can be stretched in all relevant angles independently of individual flexibility. Lower limbs can be stretched by placing the feet on the lowest bars or on the ground with hand support on the bars. Or for more challenging stretches,

feet can be placed on higher bars. Also, when physiotherapists are involved, the stretch station is a perfect mount for elastic bands.

Item no. FSW22302-0902

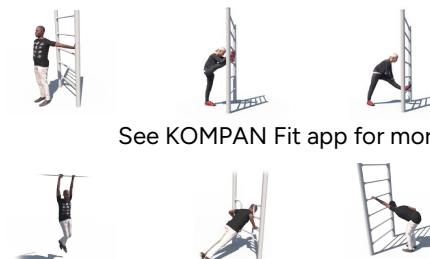
General Product Information

Dimensions LxWxH 121x121x200 cm

Age group 13+

Capacity (users) 4

Colour options



See KOMPAN Fit app for more



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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.



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 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	93 cm
Safety surfacing area	15.4 m ²
Total installation time	3.5 hours
Excavation volume	0.59 m ³
Concrete volume	0.34 m ³
Footing depth (standard)	90 cm
Shipment weight	121 kg
Anchoring options	In-ground ✓ Surface ✓
Warranty Information	
Hot dip galvanised steel	Lifetime
Post	10 years
Connectors	10 years
Spare parts guaranteed	10 years



The handles offer 4 different heights to place the hands or feet



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



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.





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	%
FSW22302-0902	269.73	3.30	68.15

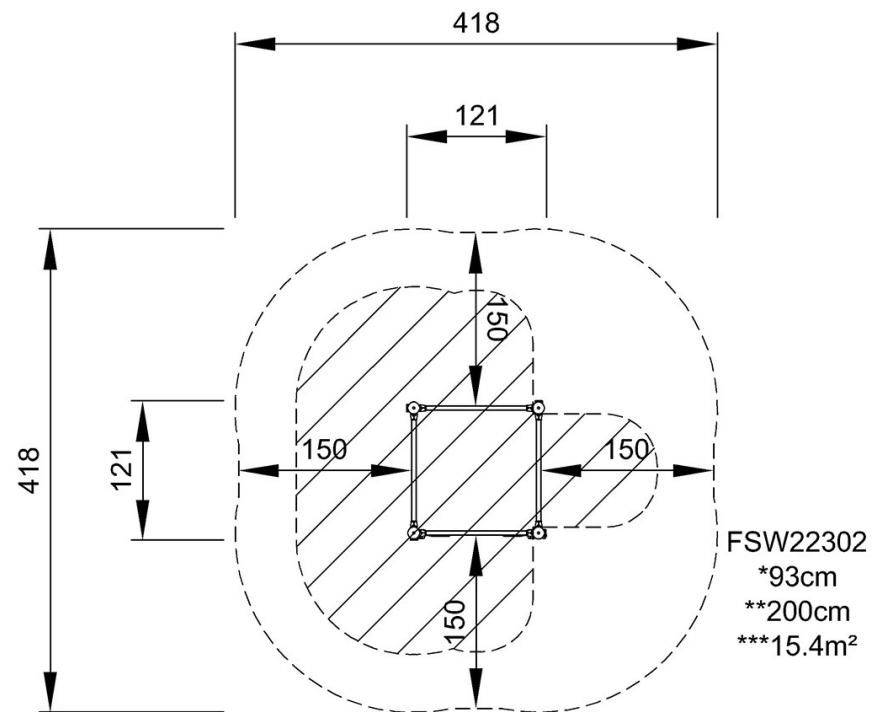
The overall framework applied for these factors is the Environmental Product Declaration (EPD), which quantifies "environmental information on the life cycle of a product and enable comparisons between products fulfilling the same function" (ISO, 2006). This follows the structure and applies a Life-Cycle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

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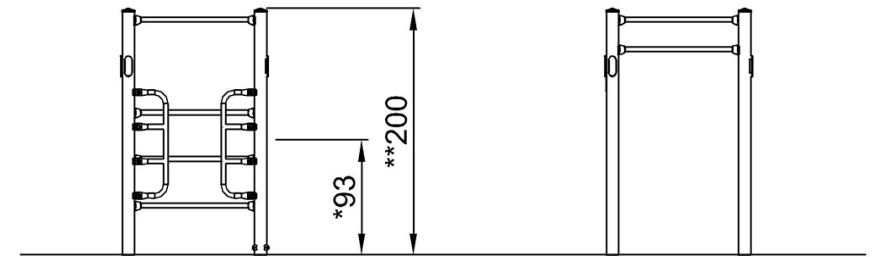
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* Max fall height | ** Total height | *** Safety surfacing area

* Max fall height | ** Total height



[Click to see TOP VIEW](#)



FSW22300

[Click to see SIDE VIEW](#)