

Outdoor fitness solutions



Publisher: KOMPAN A/S

KOMPAN Group is one of the world's leading manufacturers of outdoor activity areas.

For more than 50 years, the company has designed, manufactured and marketed an extensive range of high-quality playground equipment, outdoor fitness equipment and outdoor furniture.

KOMPAN® products are sold around the world through KOMPAN subsidiaries, agents and distributors.

Photos by KOMPAN®. All images are for conceptual purposes only.

Installation hours shown under the products indicate total installation time excluding excavation. Actual installation time may vary depending on site conditions and installer experience.

KOMPAN's general conditions of sales, delivery and assembly can be found on local market websites via www.kompan.com

Errors and omissions excepted.

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KOMPAN® products comply with relevant safety standards EN1176 and EN16630 and are verified by TÜV SÜD.



Made Green

products are made from materials with at least 51% and up to 95% recycled materials from consumer waste, such as recycled fishing nets, used textiles, food packaging, used plastic bags etc. In the production of Made Green products, we work purposefully to increase the proportion of recycled materials. It is well-documented and third-party verified.



Born Green

means products are made from natural hardwoods like robinia. Robinia is highly durable and does not require any chemical wood preservatives. KOMPAN Robinia products can also come with FSC® certification (FSC C004450).



Look for the icon

This icon marks selected product examples with an extra high percentage of recycled material.



Fitness equipment

marked with this symbol can be used directly from a wheelchair.



Inclusive Fitness

Fitness equipment marked with this symbol can be used by everyone, independent of gender, age, body weight, fitness or cognitive ability.



Look for FSC®-certified products on product pages. The mark of responsible forestry.

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Who we are

Outdoor fitness solutions

For all users, all purposes and all locations

Welcome to KOMPAN, your ultimate destination for outdoor fitness innovation.

You already know that staying fit and healthy is essential. Regular exercise reduces the risk of chronic disease, boosts mental well-being and enhances overall quality of life. You may already associate KOMPAN with play, but perhaps not yet with fitness.

At KOMPAN, we also specialise in creating cutting-edge, high-quality fitness solutions that make health and wellness accessible to everyone.

Our ambition is to transform parks and recreational spaces into vibrant, active environments where people of all ages can connect, move and thrive together. **We call it KOMPAN CommonGround™.**

So, why choose KOMPAN Fitness?

Because we design proven outdoor fitness solutions for all users, all purposes and all locations, backed by years of expertise. Our equipment helps communities become more active, strengthens social connections, reduces healthcare costs and fosters a sense of pride and belonging.

With KOMPAN, you're not just installing equipment, you're creating opportunities for healthier, happier lives.

Ready. Steady. Go!



Effective outdoor fitness

The most effective exercise takes place in the moderate to the high-intensity category. Because people are different, the equipment must be able to offer a wide range of different workloads.

0-60%

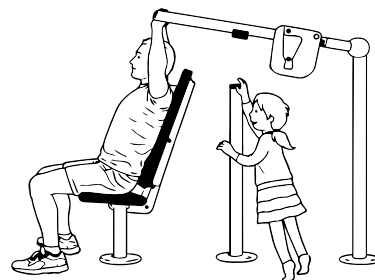
Low –
low effect

60-85%

Moderate –
effective training

85-100%

High –
effective but difficult



Safety: All KOMPAN Fitness equipment is engineered with internal stops, and the weight stacks are mounted inside the profile, preventing entrapment and pinch points.

Safe and effective outdoor fitness

For all abilities and demands

We want all users of an outdoor KOMPAN fitness site to feel like they belong. People are all different. That's why we create exercise equipment for people of all abilities. We achieve this in two ways: scalable user positions and adjustable resistance. In other words, no matter who you are, you will be able to use KOMPAN's equipment in a way that optimises your results. Bit by bit. One step at a time.

Whether for health or performance, we know from science that the combination of intensity, duration and type of exercise

yields results. It seems obvious that exercise equipment must have the functionality to accommodate these demands.

However, this is not always the case for outdoor fitness. And we are changing that. With our high-quality equipment, you can recreate a safe, functional and effective outdoor fitness site, as you know them from indoor training facilities.

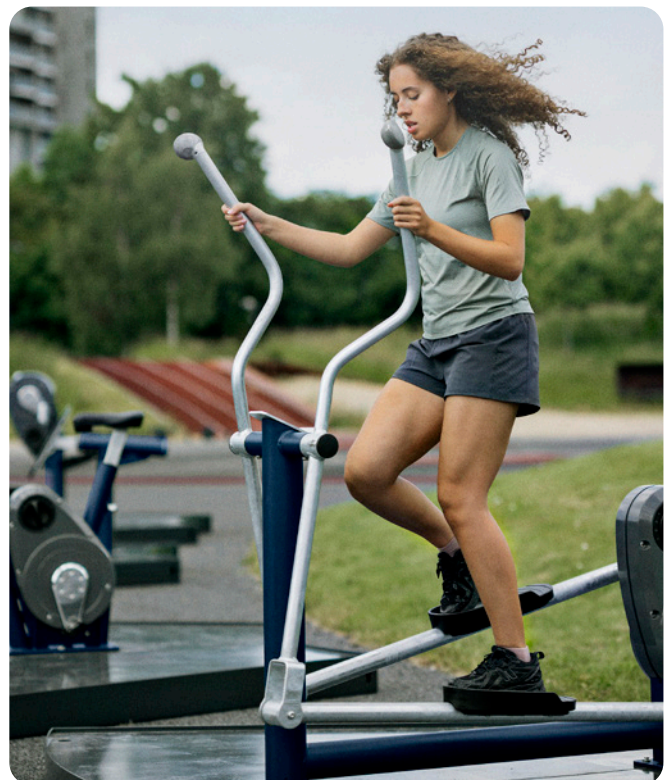
The science of exercise

Equipment based on research, clever engineering and innovation

When the outdoor fitness boom started 20 years ago, equipment was at a very primitive stage. We strongly believe that outdoor fitness should provide the same quality of exercise and engagement as we know it from indoor fitness, and we can achieve this by using science and testing.

The KOMPAN Fitness Institute supports our commitment to excellence. With a strong research background, KOMPAN ensures product development is based on the latest health and exercise science. For us, knowledge and best practices are the foundation of bringing the best fitness solution to your community.

We conduct our own research and collaborate with universities and networks of experts. This ensures that our equipment, whether designed for seniors or athletes of all abilities, is safe and effective. The knowledge and insights gained from science and best practices are directly applied to our product development every step of the way.



The KOMPAN Cross Trainer has an optimised movement pattern that allows for the effective engagement of all major muscle groups.



The cardiorespiratory effectiveness of the cross-trainer is validated using the same test methods used to evaluate professional athletes.

Your full-service play and fitness supplier

A seamless, end-to-end partnership for play, fitness and KOMPAN CommonGround™ solutions

1 Inspiration & planning

Local insight from day one

Your project starts with local KOMPAN sales and project teams who understand regional standards, regulations and market dynamics. We guide you on layouts, surfacing and inclusion and safe design principles, ensuring everything is right from the start and that your fitness investment delivers maximum value for your community.

2 Design

Co-design that's unique, safe and meaningful

Work closely with our in-house landscape architects and the KOMPAN Design Studio. Every design is informed by insights from the KOMPAN Play and Fitness Institutes, ensuring that play and exercise areas provide proven developmental and health benefits. From sketches to 3D visuals, we help you create something truly unique, and every solution is engineered to be safe, durable and certifiable.



Book a free discovery meeting



Scan and book now

Multigenerational activity spaces work beautifully when they feel shared and socially connected, even though the safety standard for outdoor fitness equipment requires that adult fitness equipment is not placed in the immediate vicinity of children's play areas. The key is to design a single, cohesive environment made up of clearly defined zones: Each meeting its own safety requirements – while still feeling like one unified place for families and communities to be active together.



3 Installation

One accountable partner

We work the way you prefer: full turnkey (civil works, surfacing, equipment and installation under KOMPAN project management) or equipment-only, collaborating seamlessly with your contractors. Our experienced teams and approved partners ensure your site is delivered on time, on spec and ready for use, using the best quality materials for long life and low maintenance.

4 Maintenance & service

Lifetime care sustains your playground

Since 1970, KOMPAN has built for durability and backed it with local service teams and partners, fast spare-parts availability and clear maintenance programs. We also lead the way in reducing our carbon footprint, replacing virgin materials with high-quality recycled alternatives wherever possible. Without compromising strength or safety. Our support helps extend the life of your playground or fitness site, keeping it safe and attractive for years to come.



Fitness for all

A visit to a KOMPAN play or fitness site offers positive experiences for children and adults of all abilities.

So, choosing KOMPAN means investing in a healthier, more connected community for parks and recreational areas. For all types of people.

Our exercise equipment encourages social interaction, physical activity and mental well-being, making your park a vibrant hub for all residents.

With a universal design approach, our solutions cater to the needs of all individuals, ensuring that everyone can enjoy our fitness sites, regardless of their abilities.

We recognise that everyone has individual limits and goals. Our inclusive playgrounds and fitness areas provide engaging and supportive environments to reach and surpass those limits, resetting the bar for individuals of all abilities to advance and grow.

Fitness areas for all:

Principles for inclusive outdoor fitness:

- Accessibility
- Usability
- Adjustability
- Products having clear colour and design signals
- Multifunctionality (when possible)
- Combining general and specific functionality



**Want to learn
more?**



Download our white papers on fitness
design research and recommendations
for fitness sites.



Guided workouts



KOMPAN Fitness app

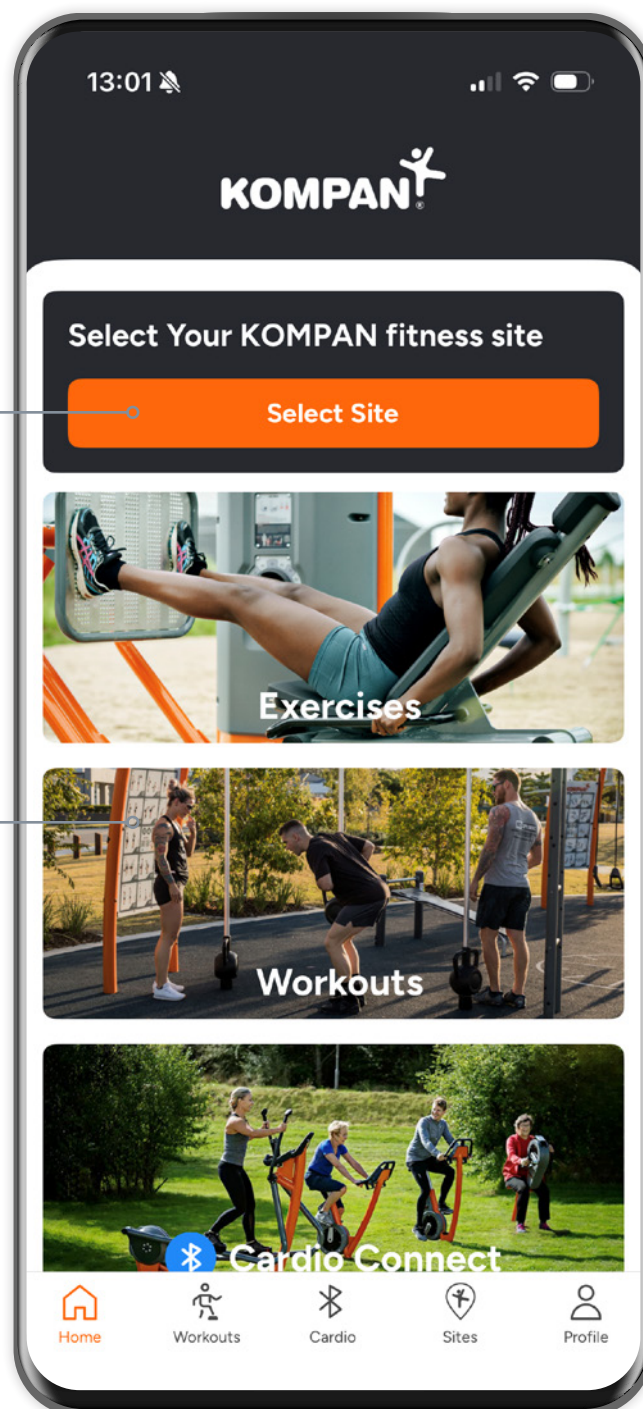
Choose your KOMPAN fitness site in the top menu and choose the site in the map view. Workouts and exercises that relate to the equipment on the site will appear.

Depending on the equipment on the site, you can find both cardio and strength workouts of different intervals, so you can fit your workout to your exercise level. 12 minutes, 24 minutes or more – the choice is yours.

KOMPAN Fitness app: A guide to performing exercises correctly, and much more!

Encouraging outdoor activity goes beyond installing fitness equipment in a park or recreational area. Inspiring, educating and motivating people to visit and use the fitness site is essential. The KOMPAN Fitness app offers a range of tools to help the residents in your area work up a sweat, build strength and stay motivated anytime, anywhere. The app is free, and serves as a digital personal trainer ensuring users are guided in their workouts and exercises.

The best thing: The solution is just a click away on a smartphone and connects users with your KOMPAN fitness site.



KOMPAN Fitness app
Available for download in
App Store or Google Play.



End-to-end solutions

Turnkey fitness packages

From initial insight to long-term performance, our fitness packages deliver complete, end-to-end solutions. With decades of expertise, evidence-based design and global project delivery, we combine high-quality equipment, smart layouts and reliable support to create multigenerational training environments.







End-to-end solutions

Fitness packages

Full-body plug'n'workout solutions

When we stop moving, it impacts our health, as well as how we feel, focus and connect. Over time, this can cause lower energy, reduced concentration and a growing sense of isolation. So, turnkey fitness packages or, should we say, plug-and-workout community fitness solutions are an easy way to engage your community. They are simple to use and designed for

comprehensive, full-body workouts suitable for all abilities and fitness levels. And best of all, they're right outside your door.

KOMPAN fitness experts are here to guide you through every step of the process, from design to installation, and beyond. We are not just the provider; we are your full-service partner.

This is an example of a configurable fitness package. Whether you are working with a limited space, a specific budget or just looking to enhance your community space, we have a fitness package that covers your needs.



Fitness package guide

Our fitness package guide is your go-to tool for picking the right solution. In just a few steps, our guide will suggest the best options for you. Become inspired to build your outdoor fitness site.

FitBLOCK

FSP10101

The FitBLOCK universal design brings athletes, seniors, wheelchair users and beginners together to work out in the same space – without complicated equipment, dependency on opening hours or gym membership required. From strength and cardio training to stretching and recovery, FitBLOCK covers every essential workout in one high-capacity and easy-to-use platform.

Accommodating up to 40 users, FitBLOCK offers a variety of training options for individuals and groups supported by thorough training guides and the KOMPAN Fitness app. Whether in a park, an urban development or school, FitBLOCK is building happier and healthier communities – one block at a time.





Perfect for add-on
to a play area.



BikeBLOCK

FSP10200

BikeBLOCK is an accessible outdoor cardio solution designed to get people moving – no matter their age or ability. With two classic bikes and one inclusive arm bike, it supports both lower and upper-body training, making it easy for everyone, including wheelchair users, to stay active.

BikeBLOCK offers high user value with minimal complexity. The compact, durable design ensures easy installation and low maintenance, while the inclusive set-up broadens community reach.

360BLOCK

FSP10801

360BLOCK represents the gold standard of outdoor fitness, combining strength, cardio and functional training into one complete solution. It delivers everything users expect from a modern fitness centre: adjustable resistance, varied cardio options and bodyweight exercises, all within a compact, well designed space. This versatility makes it suitable for a wide range of users, from beginners to advanced athletes.

360BLOCK offers exceptional value by maximising both space and user engagement. Its comprehensive design attracts diverse user groups, increasing usage and community impact. The result is a future-ready fitness destination that supports healthier lifestyles across the entire community.





CircuitBLOCK

FSP10701

CircuitBLOCK is a complete outdoor training system inspired by the efficiency of indoor fitness circuits. By combining cardio and adjustable strength exercises in a logical sequence, it encourages users to move continuously from one exercise to the next, delivering time-efficient, full-body workouts. It creates an engaging and social training experience for users of all fitness levels. CircuitBLOCK is designed for maximum impact with minimal upkeep.

Its high user capacity makes it ideal for busy parks and recreational areas. Easy to install and adaptable to different layouts, CircuitBLOCK transforms public spaces into active hubs that promote healthier, more connected communities.

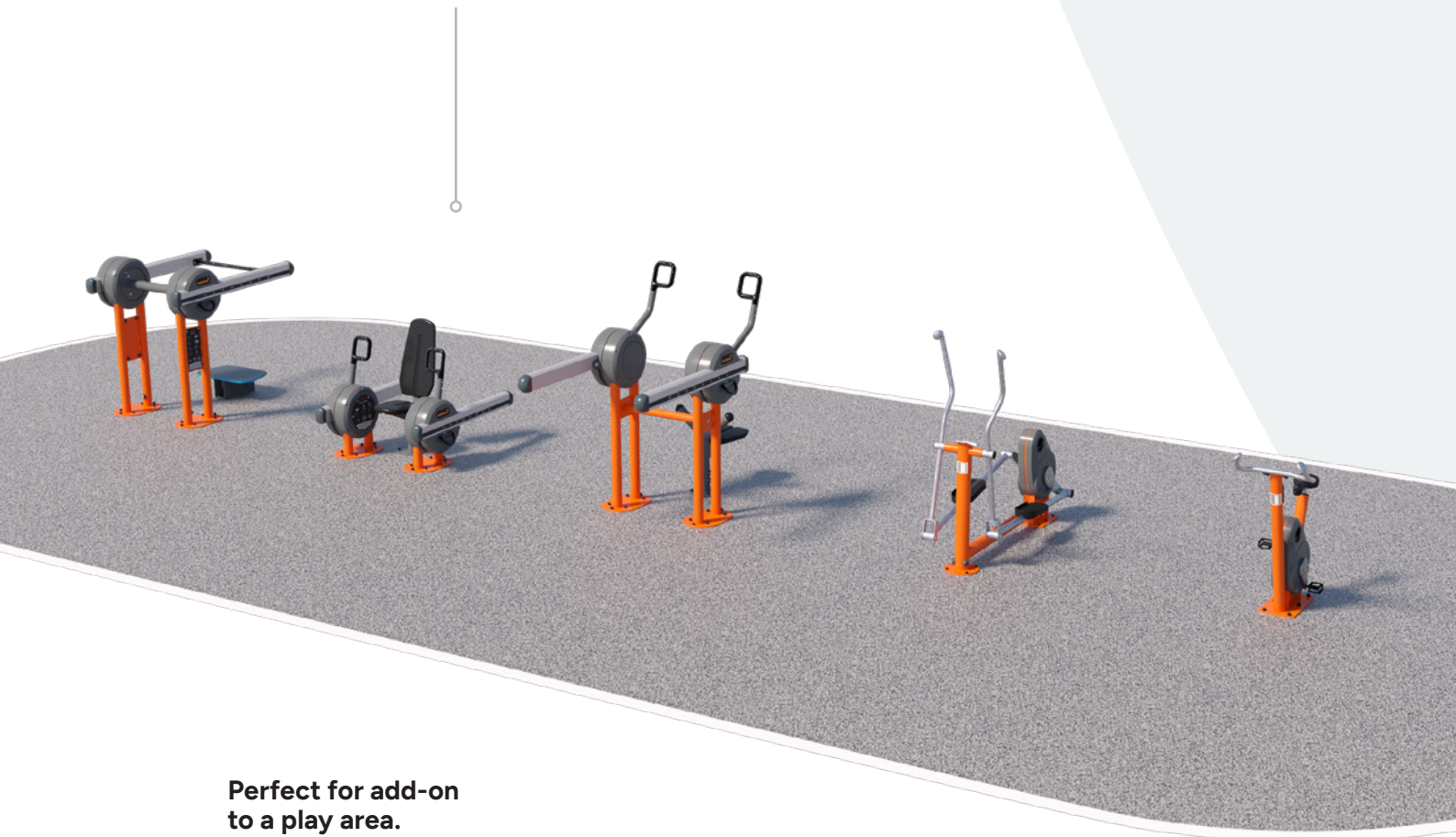
CompactBLOCK

FSP10501

The CompactBLOCK is the ideal solution for adding outdoor fitness to smaller spaces without compromising on quality or variety. It offers a full-body workout by combining adjustable strength training and cardio equipment, similar to what you find in indoor gyms.

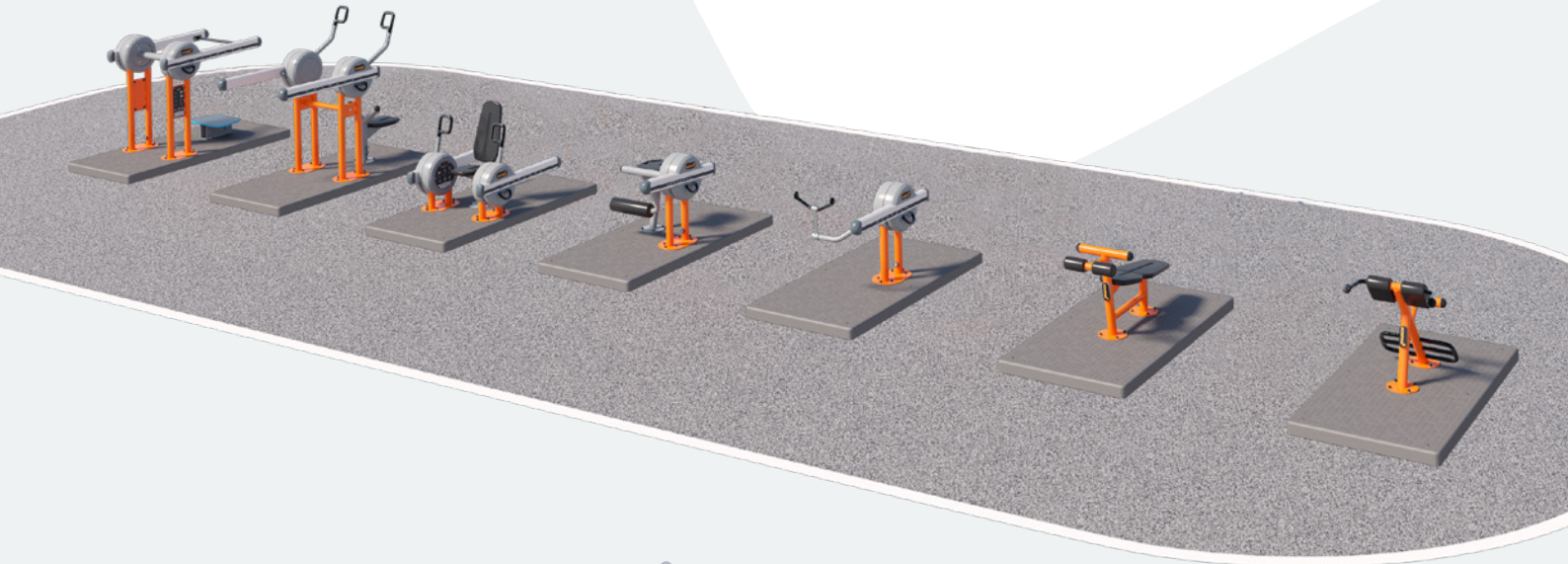
The CompactBLOCK is a smart way to upgrade playgrounds with a fitness zone, allowing parents to enjoy a workout while supervising their children.

The no-critical fall height design means no expensive surfacing is required, making installation simple and cost-effective. Ideal for parks, housing developments and schools, the CompactBLOCK turns passive waiting into productive exercise, creating vibrant, multi-generational spaces.



**Perfect for add-on
to a play area.**





PowerBLOCK

FSP10601

PowerBLOCK brings structured and progressive strength training into any outdoor environment. It enables users to follow a clear workout flow targeting all major muscle groups. With adjustable resistance and guided exercise sequences, it supports both beginners and experienced users in building strength safely and effectively.

The benefits of strength training are well known and include improved health, increased longevity and injury prevention.

PowerBLOCK responds directly to the growing demand for strength training, while maintaining low operational costs. Easy installation reduces both time and expense, as it can be mounted without the need for safety surfacing. The solution is built for high usage, and the modular layout adapts easily to available space.

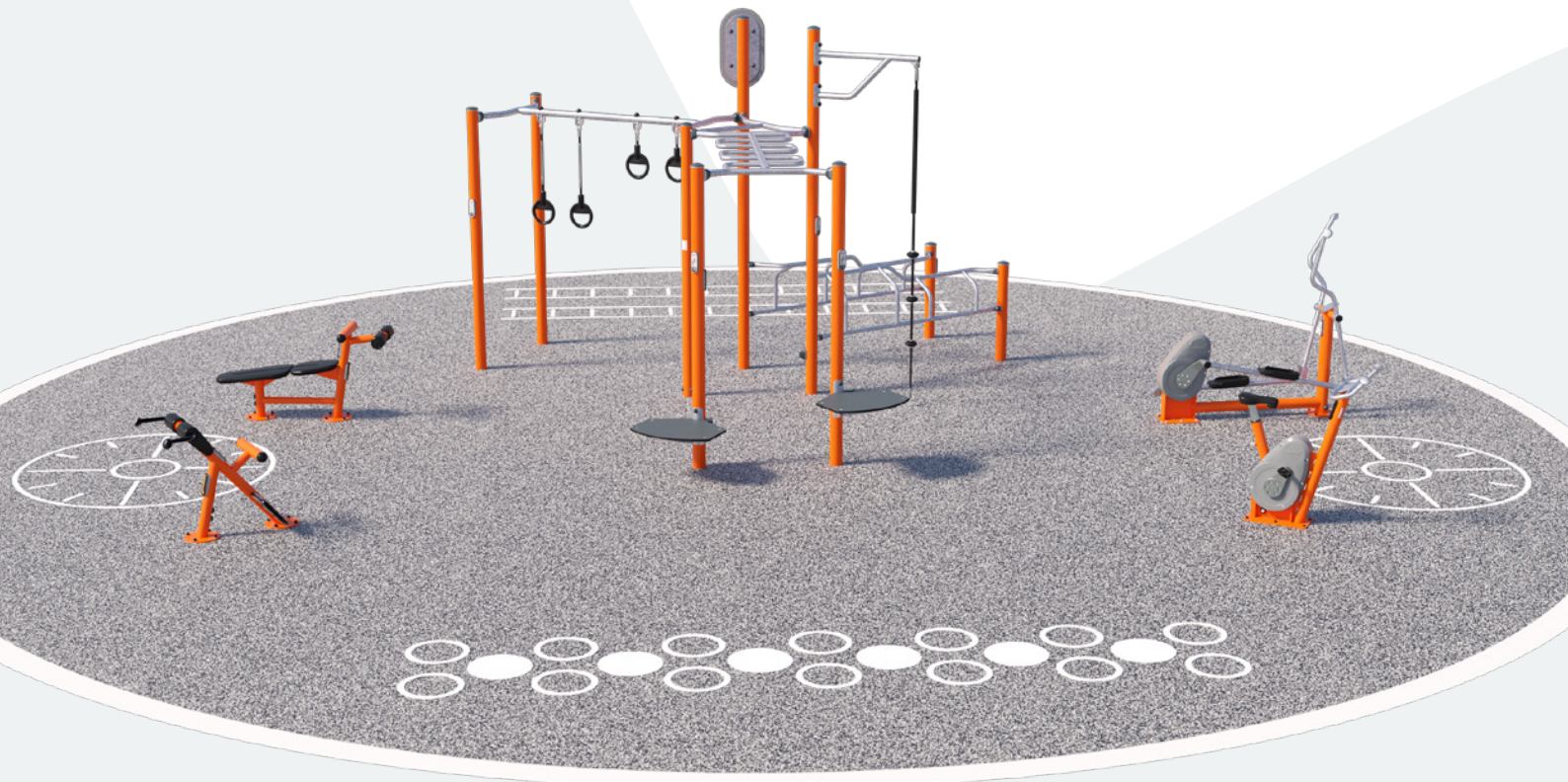
StreetBLOCK

FSP10300

StreetBLOCK is a dynamic outdoor fitness solution built around calisthenics and bodyweight training. From pull-ups and dips to core and cardio exercises, StreetBLOCK offers a complete training experience within a compact footprint. Designed for high capacity on a low budget, it allows multiple users to train simultaneously without the need for expensive equipment.

StreetBLOCK is a smart investment in youth engagement and community activation, making it ideal for parks, schools and public spaces. Its durable construction ensures long-term use with minimal maintenance.





FunctionalBLOCK

FSP10400

FunctionalBLOCK is a versatile outdoor training space that combines strength, functional and cardio training. It offers a mix of overhead elements such as snake bar, arm swing and rings, alongside dynamic, functional exercises. The universal parallel bars encourage creativity in training and are directly accessible to wheelchair users, allowing users of all ages and abilities to explore a wide variety of exercises in one shared space.

Its inclusive design makes it accessible to a broad audience, while robust, low-maintenance materials ensure easy installation and maintenance, providing a long-lasting fitness solution for public spaces.





Strength

Our strength category delivers real and safe outdoor strength training with equipment that mirrors the feel and performance of indoor gym machines built for durability in public spaces without compromising training quality.

Strength for everyone





Why choose KOMPAN Strength equipment

1

Adjustable resistance training

Real adjustable resistance for scalable, gym-grade workouts across all fitness levels. This is not ineffective fitness equipment – it's authentic strength training outdoors.

2

High safety with internal stops

Superior safety with fully enclosed mechanisms and internal stops, eliminating finger pinch and entrapment risks. Thus, it is safe to place the equipment in the near proximity of a playground area.

3

Inclusivity and ease of use

With adjustable seating and ergonomic handles the inclusive strength equipment is designed to accommodate all body types. The design is user-friendly, so it's easy to use, even for beginners.



See Essentials Strength video

Two product lines. One goal. Real strength

Essentials Strength

Exceptional value with premium feel and performance

A simple, non-intrusive design that blends naturally into any environment and feels intuitive to use for everyone

Independent, unilateral movement for balanced strength and versatile training options

Pro Strength

Indoor-style training experience with outdoor durability

Smooth, incremental resistance adjustments for progressive results

Ergonomic multi-grip handles for comfort, control and targeted workouts





NEW

Essentials Strength

**Real
resistance
training**

NEW Essentials Strength

KOMPAN Essentials Strength brings true gym-quality training outdoors in a solution designed for everyone. Each machine features adjustable resistance, allowing users of all ages and abilities to train safely at their own level and progress over time – from beginners and teenagers to active adults and seniors.

At its core is a fully enclosed, patent-pending weight system, where the load moves within a sealed aluminium profile to maximise safety, prevent tampering and ensure smooth, low-maintenance performance in all weather conditions.

The product line includes 12 biomechanically optimised machines covering all key movement patterns, enabling effective full-body training with natural motion and high user confidence.

With compact footprints, inclusive design features and durable construction, Essentials Strength fits seamlessly into any environment, delivering a high-impact outdoor fitness solution that encourages participation, supports long-term health and strengthens community use.

Essentials Strength

Designed to fit everyone

Essentials Strength brings indoor gym-quality workouts to the great outdoors. Each machine features incremental, scalable resistance, allowing all users to progress safely at their own pace. Compared to our Pro Strength range, Essentials offers a highly functional workout experience at a lower product and installation cost, while also featuring a more compact design. With 12 dedicated machines, the Essentials Strength line provides a complete full-body training experience outdoors.



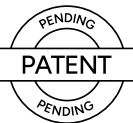
A responsible choice

Post-consumer recycled material:

Hollow Plastic Parts 33%

Low-carbon Extruded Aluminium 75%

Steel parts following industrial standards.



Shoulder Press
FSW40300



Tricep Dip
FSW40700



Chest Press
FSW40100

PRODUCT INFORMATION

Product number	Product name	 	Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)
FSW40100	Chest Press	✓	13+ / -	1	46	109	425 x 427	5	1,267
FSW40300	Shoulder Press	✓	13+ / -	1	43	123	425 x 457	6	1,389
FSW40700	Tricep Dip	✓	13+ / -	1	-	120	370 x 401	4	614



Horizontal Row
FSW40200



New
product line



Bicep Curl
FSW40800



45%
recycled
material

Pull Down
FSW40400

PRODUCT INFORMATION

Product number	Product name	 	Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)
FSW40200	Horizontal Row	✓	13+ / -	1	50	109	425 x 462	6	1,270
FSW40800	Bicep Curl	✓	13+ / -	1	-	92	391 x 432	4	-
FSW40400	Pull Down	✓ ✓	13+ / -	1	43	179	425 x 512	6	1,390

Essentials Strength



New
product line



PRODUCT INFORMATION

Product number	Product name	 	Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)
FSW40600	Squat	✓	13+ / -	1	20	138	424 x 445	7	1,394
FSW40500	Leg Press	✓	13+ / -	1	-	157	425 x 624	5	-
FSW40900	Knee Extension	✓	13+ / -	1	66	91	405 x 432	4	676



Triple Jump
FSW41200



Ab Bench
FSW41000



Lower Back Bench
FSW41100



New
product line

PRODUCT INFORMATION

Product number	Product name	 	Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)
FSW41200	Triple Jump	✓	13+ / -	3	60	74	425 x 433	3	-
FSW41000	Ab Bench	✓	13+ / -	1	79	79	448 x 345	2	-
FSW41100	Lower Back Bench	✓	13+ / -	1	88	88	405 x 373	2	-

Pro Strength

Bring indoor adjustability to the great outdoors

The Pro Strength range is a high-quality replica of an indoor exercise setup. These machines use the same biomechanics and resistance mechanisms as indoor adjustable strength machines. The machines differ from our Essentials Strength range in both size and appearance, offering a larger product with striking visual impact. They are safe, easy to use and offer simple and selectable weighted resistance.



A responsible choice
Post-consumer recycled material:
Hollow Plastic Parts 33%
Steel parts following industrial standards.



GOOD DESIGN AWARD® WINNER



PATENTED



Leg Press Pro
FAZ603
● ● ●



Chest Press Pro
FAZ601
● ● ●



Pull Down Pro
FAZ602
● ● ●

PRODUCT INFORMATION

Product number	Product name			Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)
FAZ603	Leg Press Pro	✓		13+ / -	1	63	214	462 x 536	11	2,925
FAZ601	Chest Press Pro	✓		13+ / -	1	44	214	488 x 407	9	1,727
FAZ602	Pull Down Pro	✓	✓	13+ / -	1	47	214	484 x 416	8	1,801



Horizontal Row Pro
FAZ605



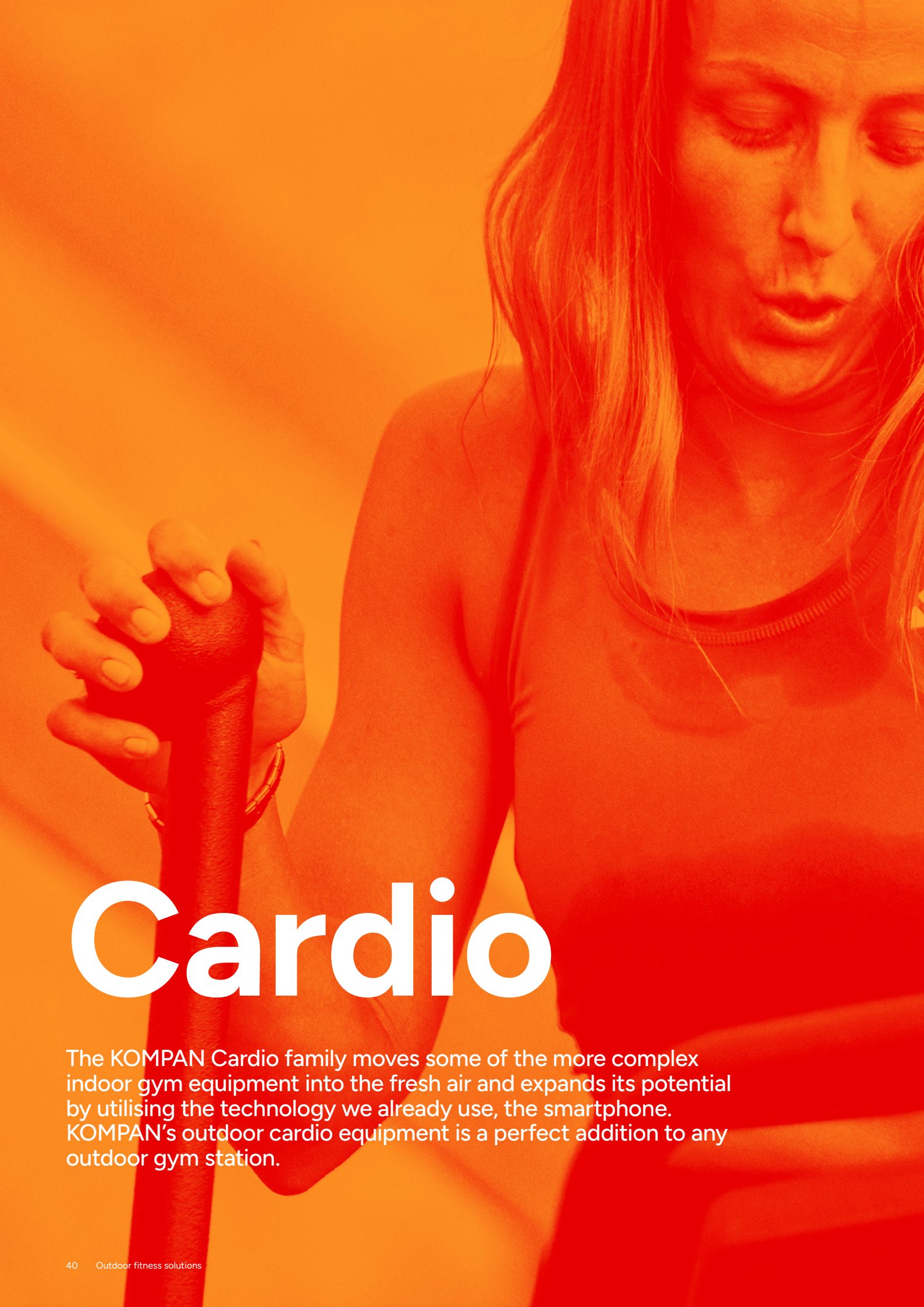
45%
recycled
material



Shoulder Press Pro
FAZ604

PRODUCT INFORMATION

Product number	Product name	 	Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)
FAZ605	Horizontal Row Pro	✓	13+ / -	1	47	214	483 x 410	8	1,673
FAZ604	Shoulder Press Pro	✓ ✓	13+ / -	1	44	214	482 x 431	9	1,948



Cardio

The KOMPAN Cardio family moves some of the more complex indoor gym equipment into the fresh air and expands its potential by utilising the technology we already use, the smartphone. KOMPAN's outdoor cardio equipment is a perfect addition to any outdoor gym station.



Cardio that moves people





Why choose KOMPAN Cardio equipment

1

Real resistance training

No more ineffective workouts. KOMPAN Cardio equipment ensures an efficient workout with real resistance that adjusts to the user's fitness level and workout type.

2

Inclusive design

Designed with adjustable seating, the equipment accommodates different user heights to ensure correct ergonomic workouts. Our arm bikes are created with inclusivity in mind and can be used by wheelchair users.

3

Quality that lasts

Outdoor cardio equipment from KOMPAN is made from the highest quality materials such as galvanised steel, powder-coated finishes and weather-resistant materials, to prevent rust and corrosion – even in harsh weather conditions.



Two product lines. One goal. Real cardio

Essentials Cardio

Premium performance and durability at an outstanding price–value ratio

Designed to maximise budgets without compromising quality or user experience

Intuitive resistance system with simple, 10-step adjustable control via rotatable handle

Pro Cardio

Track, guide and record workouts via touchscreen or smartphone integration

Seamless connectivity with KOMPAN Fitness app and other fitness platforms

Indoor-level quality and effectiveness in fully adjustable, interactive outdoor cardio equipment

Essentials Cardio

Cardio equipment for every workout

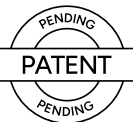
The meticulously designed Essentials Cardio range features a variety of fitness machines at an everyday price point. The Cross Trainer appeals to a wide demographic with its low-impact, full-body movement. Ergonomically optimised, it offers ten adjustable resistance levels, making it suitable for both rehabilitation and athletic conditioning. The Arm Bike is inclusive for all fitness levels and physical abilities, featuring smooth magnetic resistance and adaptable space. The Recumbent Bike, ideal for seniors, boasts a comfortable design, adjustable backrest and ten resistance levels. Lastly, the versatile Bike caters to various intensities, from gentle exercises to intense sprints, with an adjustable seat accommodating users of different heights.

A responsible choice

Post-consumer recycled material:
CircularHDPE Panels

Steel parts following industrial standards.

>95%



Bike
FSW24601



Cross Trainer
FSW23901

PRODUCT INFORMATION

Product number	Product name	 	Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)
FSW24601	Bike	✓	-	1	-	120	- x -	3	572
FSW23901	Cross Trainer	✓	-	1	-	167	- x -	3	638



Arm Bike
FSW24001



Recumbent Bike
FSW24101



PRODUCT INFORMATION

Product number	Product name			Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)
FSW24001	Arm Bike	✓	✓	-	1	-	115	- x -	2	391
FSW24101	Recumbent Bike	✓		-	1	47	91	493 x 345	3	583

Pro Cardio

Adjustable interactive workout

The striking Pro Cardio range has been awarded the Good Design Award for its innovative and high-quality design. Our Pro Cardio range has adjustable resistance and is ergonomically tailored to specific workout needs. The Arm Bike is wheelchair-accessible, and the Cross Trainer has an innovative sprint mode for shaping thighs and glutes. All machines are on par with the best indoor equipment, featuring Bluetooth touchscreens that provide real-time performance feedback.



31%
recycled
material

City Bike Pro Touchscreen
FAZ50101



Sport Bike Pro Touchscreen
FAZ50201



PRODUCT INFORMATION

Product number	Product name			Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)
FAZ50101	City Bike Pro Touchscreen	✓		13+ / -	1	100	138	397 x 350	2	839
FAZ50201	Sport Bike Pro Touchscreen			13+ / -	1	100	118	410 x 351	2	839



37%
recycled
material

Arm Bike Pro
FAZ51100



Cross Trainer Pro Touchscreen
FAZ52101



PRODUCT INFORMATION

Product number	Product name			Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)
FAZ51100	Arm Bike Pro	✓	✓	13+ / -	1	62	120	391 x 354	2	632
FAZ52101	Cross Trainer Pro Touchscreen	✓		13+ / -	1	60	175	479 x 383	5	1,230

A blue-tinted photograph of outdoor fitness equipment, specifically a pull-up station, serves as the background for the page. The image shows various metal bars and structural components of the equipment, with a focus on a central vertical bar and horizontal pull-up bars. The lighting is soft, and the overall tone is a deep, uniform blue.

Cross-training

Cross-training is one of the most universal of exercise routines. Participants benefit greatly, regardless of ability or age. We can also add two other important 'A's – air and accessibility. Outdoor cross-training has the additional value of filling up the lungs with fresh oxygen and doing so without the need for a gym membership.



Outdoor cross-training





Why choose KOMPAN Cross Training equipment

1 Scalable functional training for everyone
KOMPAN Cross Training equipment ensures a valuable workout regardless of fitness level and ability. With speed-dependent resistance, you are in charge of the output of the workout. The faster and stronger the movement, the higher the load.

2 Compact design with multiple exercises
Designed for efficient use of space with flexible layouts, the equipment is easy to integrate into schools, housing developments, parks and smaller outdoor fitness sites while still delivering real functional training value where space is limited.

3 Guided training made simple
Clear on-site signage with exercise guidance helps users perform movements correctly, while QR codes provide instant access to the KOMPAN Fitness app for professional instruction, workout tracking and personalised training support.



Two product lines. One goal. Real cross-training

Essentials Cross Training

Intuitive, ready-to-use equipment requiring no set-up or prior experience

Accessible training for all users through guided and bodyweight-based exercises

Open, social design encouraging group workouts and shared activity

PRO Cross Training

Striking, eye-catching design that naturally attracts users

Open-frame structure that enhances accessibility and visual appeal

Engineered for outdoor durability for safe, high-frequency use. A magnetic braking system prevents free fall of weights

Essentials Cross Training

Affordable cross training with a small footprint

Our Essentials Cross Training range has customisable features enabling an outdoor functional training solution tailored to your needs and wants. Each section offers activities like kettlebells, suspension trainers or pull-up bars and is wheelchair accessible. Available as stand-alone pieces or as connected structures in circular or linear configurations, this range delivers similar functionality as the Pro range at a pocket-friendly price.



A responsible choice

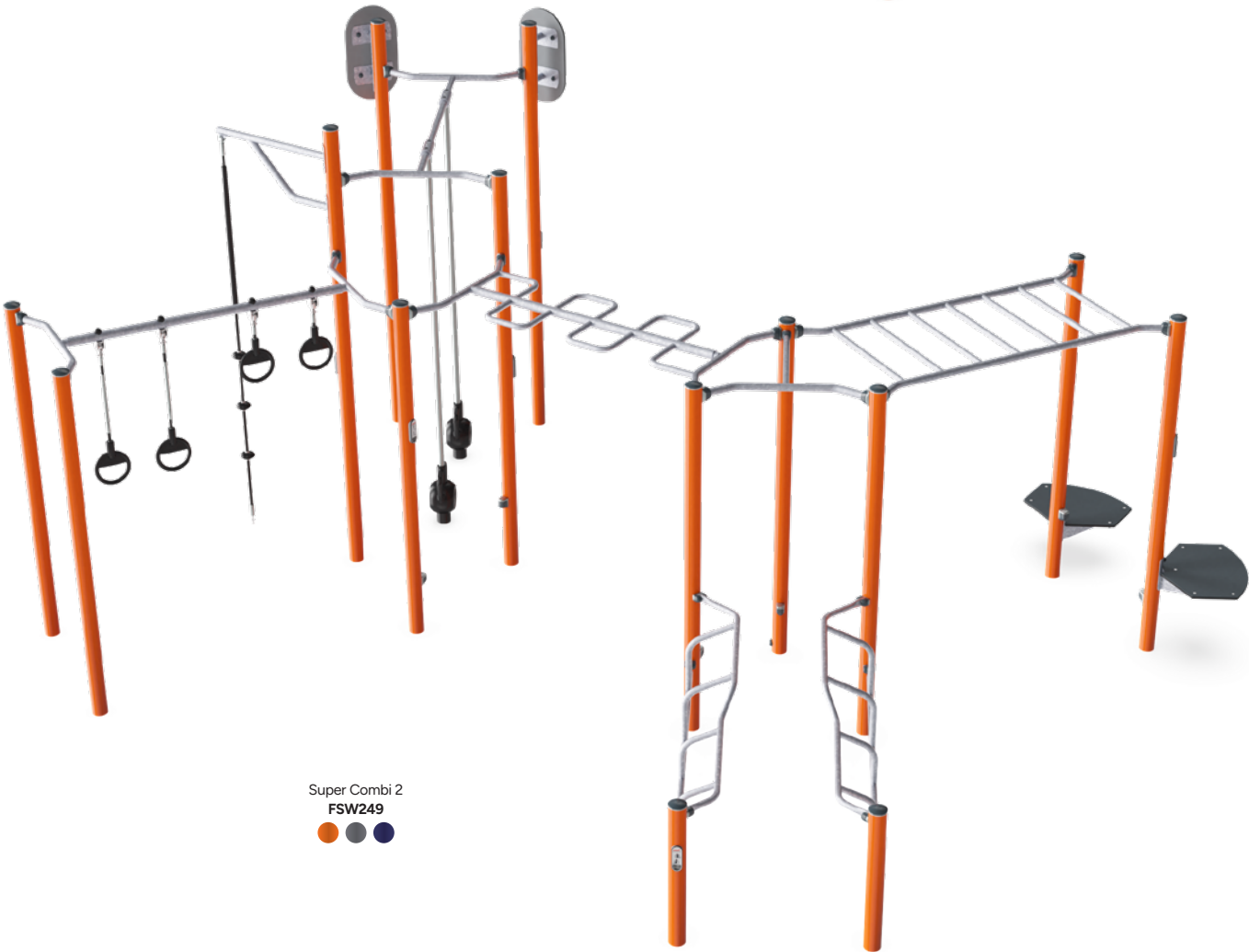
Post-consumer recycled material:
CircularHDPE Panels >95%
Corocord™ Rope with CircularYarn >95%
Low-carbon footprint Pre-galvanised Steel Posts 80%

Steel parts following industrial standards.



57%
recycled
material

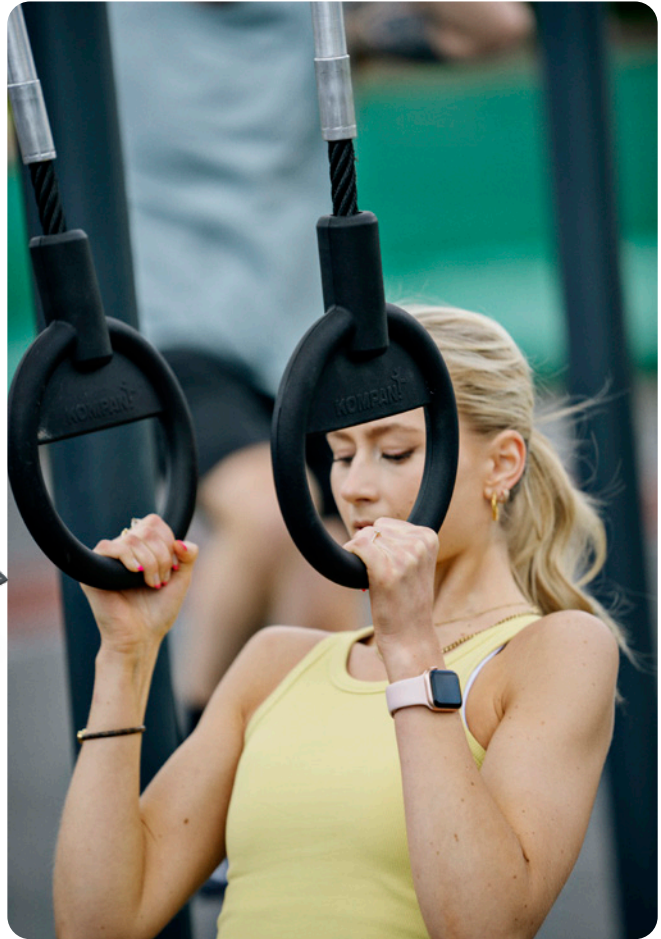
Super Combi 1
FSW248
Orange Grey Blue



Super Combi 2
FSW249
Orange Grey Blue

PRODUCT INFORMATION

Product number	Product name			Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)
FSW248	Super Combi 1	✓	✓	13+ / -	11	200	325	795 x 883	10	1,346
FSW249	Super Combi 2	✓	✓	13+ / -	14	200	325	989 x 1,053	14	2,304



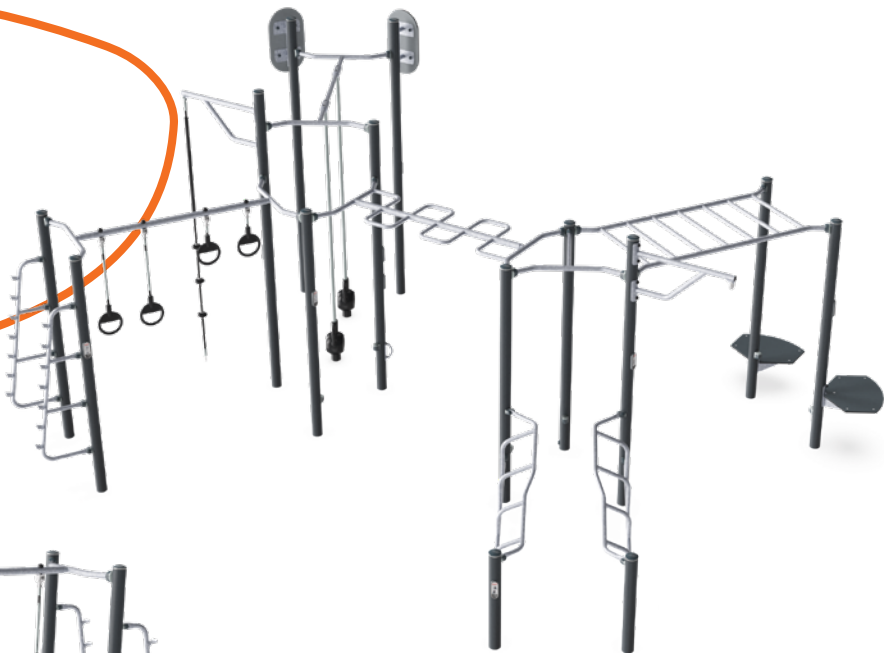
PRODUCT INFORMATION

Product number	Product name	 	Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)
FSW250	Super Combi 3	✓ ✓	13+ / -	17	200	325	809 x 1,000	14	2,096
FSW254	Super Combi 4		13+ / -	13	133	325	846 x 883	11	1,783

Essentials Cross Training

The Super Combi Supervised structures are intended for gated areas only as they include items that do not satisfy safety standards for public places.

Loose items are not included in Super Combi Supervised products.



Super Combi 2, Supervised
FSW252
Orange, Grey, Blue



Super Combi 1, Supervised
FSW251
Orange, Grey, Blue



Super Combi 3, Supervised
FSW253
Orange, Grey, Blue

PRODUCT INFORMATION

Product number	Product name			Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)
FSW251	Super Combi 1, Supervised	✓	✓	13+ / -	13	200	325	795 x 883	12	1,533
FSW252	Super Combi 2, Supervised	✓	✓	13+ / -	16	200	325	989 x 1,053	16	2,491
FSW253	Super Combi 3, Supervised	✓	✓	13+ / -	19	233	325	900 x 989	16	2,308



Essentials Cross Training



Magnetic Bells Compact
FAZ108



Suspension Trainer Compact
FAZ107



Core Twist Compact
FAZ109



55%
recycled
material

Cross Training Combi 4 Compact
FAZ205

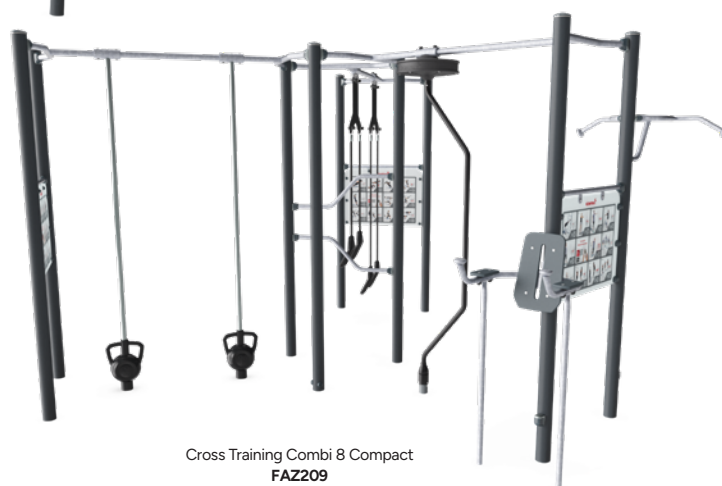


PRODUCT INFORMATION

Product number	Product name			Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)
FAZ108	Magnetic Bells Compact	✓	✓	13+ / -	2	-	291	206 x 300	5	837
FAZ107	Suspension Trainer Compact	✓	✓	13+ / -	2	-	291	206 x 634	4	482
FAZ109	Core Twist Compact	✓	✓	13+ / -	3	132	291	420 x 515	6	749
FAZ205	Cross Training Combi 4 Compact	✓	✓	13+ / -	4	-	291	423 x 634	7	1,181



Cross Training Combi 7 Compact
FAZ208
  



Cross Training Combi 8 Compact
FAZ209
  

PRODUCT INFORMATION

Product number	Product name	 	Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)	
FAZ208	Cross Training Combi 7 Compact	✓	✓	13+ / -	7	132	291	853 x 634	11	1,859
FAZ209	Cross Training Combi 8 Compact	✓	✓	13+ / -	7	132	291	838 x 626	12	1,972

Pro Cross Training

Scalable, functional training

Our Pro Cross Training range draws attention from afar with its dynamic, modern look. The open-frame structures provide innovative fitness equipment: suspension trainers, pull-up bars, kettlebells and more.

The Cross Training range is not only appreciated by fitness enthusiasts: In 2017, the range won the Good Design Award and the European Product Design Award. This range differs from the Essentials range through its striking appearance, larger signage, and premium materials.



A responsible choice

Post-consumer recycled material:

CircularHDPE Panels

Corocord™ Rope with CircularYarn

>95%

>95%

Steel parts following industrial standards.



**GOOD
DESIGN
AWARD
WINNER**

**2017
EUROPEAN
PRODUCT
DESIGN
AWARD**

SILVER WINNER



Suspension Trainer Pro

FAZ101



Magnetic Bells Pro

FAZ102



Pull Up Bars Pro

FAZ103



Core Twist Pro

FAZ105



PRODUCT INFORMATION

Product number	Product name			Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)
FAZ101	Suspension Trainer Pro	✓	✓	13+ / -	3	-	334	509 x 634	7	1,248
FAZ102	Magnetic Bells Pro	✓	✓	13+ / -	3	-	334	509 x 300	7	1,795
FAZ103	Pull Up Bars Pro			13+ / -	3	167	334	509 x 491	8	1,471
FAZ105	Core Twist Pro	✓	✓	13+ / -	3	135	334	509 x 345	9	1,699



Cross Training Pro Combi 1
FAZ201

43%
recycled
material



Cross Training Pro Combi 3
FAZ204

PRODUCT INFORMATION

Product number	Product name		Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)
FAZ201	Cross Training Pro Combi 1	✓ ✓	13+ / -	10	286	334	1,060 x 634	15	3,447
FAZ204	Cross Training Pro Combi 3	✓ ✓	13+ / -	9	-	334	1,060 x 634	16	3,759

Pro Cross Training



PRODUCT INFORMATION

Product number	Product name	 	Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)
FAZ30100	Step, 20cm	✓	13+ / -	1	20	20	361 x 341	2	128
FAZ30200	Step, 40cm	✓	13+ / -	1	39	39	361 x 341	2	135
FAZ30300	Step, 60cm		13+ / -	1	58	58	361 x 341	2	143
FAZ30400	Step, 80cm		13+ / -	1	78	78	361 x 341	2	151

Create your own signage



Sign - X-Large
PAR3005



Step, 20cm PU Steel
FAZ30101




Step, 40cm PU Steel
FAZ30201




Step, 60cm PU Steel
FAZ30301




Step, 80cm PU Steel
FAZ30401


PRODUCT INFORMATION

Product number	Product name		Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)
PAR3005	Sign - X-Large		-	-	-	205	- x -	1	189
FAZ30201	Step, 40cm PU Steel	✓	13+ / -	1	37	37	361 x 341	2	183
FAZ30101	Step, 20cm PU Steel	✓	13+ / -	1	18	18	361 x 341	2	176
FAZ30301	Step, 60cm PU Steel		13+ / -	1	56	56	361 x 341	2	190
FAZ30401	Step, 80cm PU Steel		13+ / -	1	76	76	361 x 341	2	198

Flexibility

With multiple colours and configurable options, we offer lots of flexibility with our fitness products.



Super Combi



Strength

Other steel colours
available upon request:



Cardio



Super Combi Flexibility offers a wide range of configuration options.

Interchangeable activities



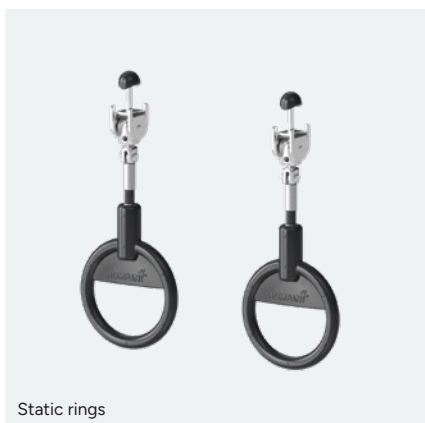
Snake bar



Turbo Challenge



Incline ladder



Static rings



Magnetic Bells



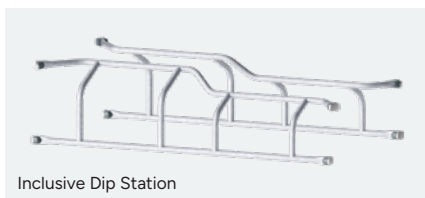
Wall ball target



Suspension trainer



Climbing Rope

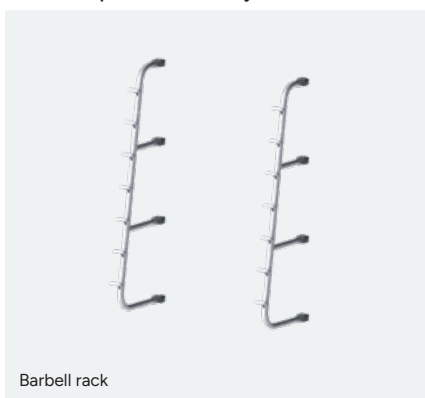


Inclusive Dip Station



Jump Platform

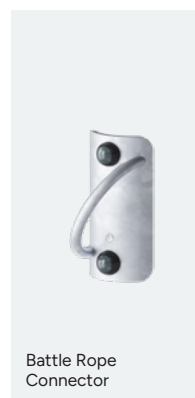
Items for supervised areas only



Barbell rack



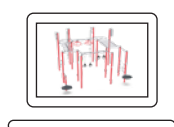
Hanger for Boxing Bag

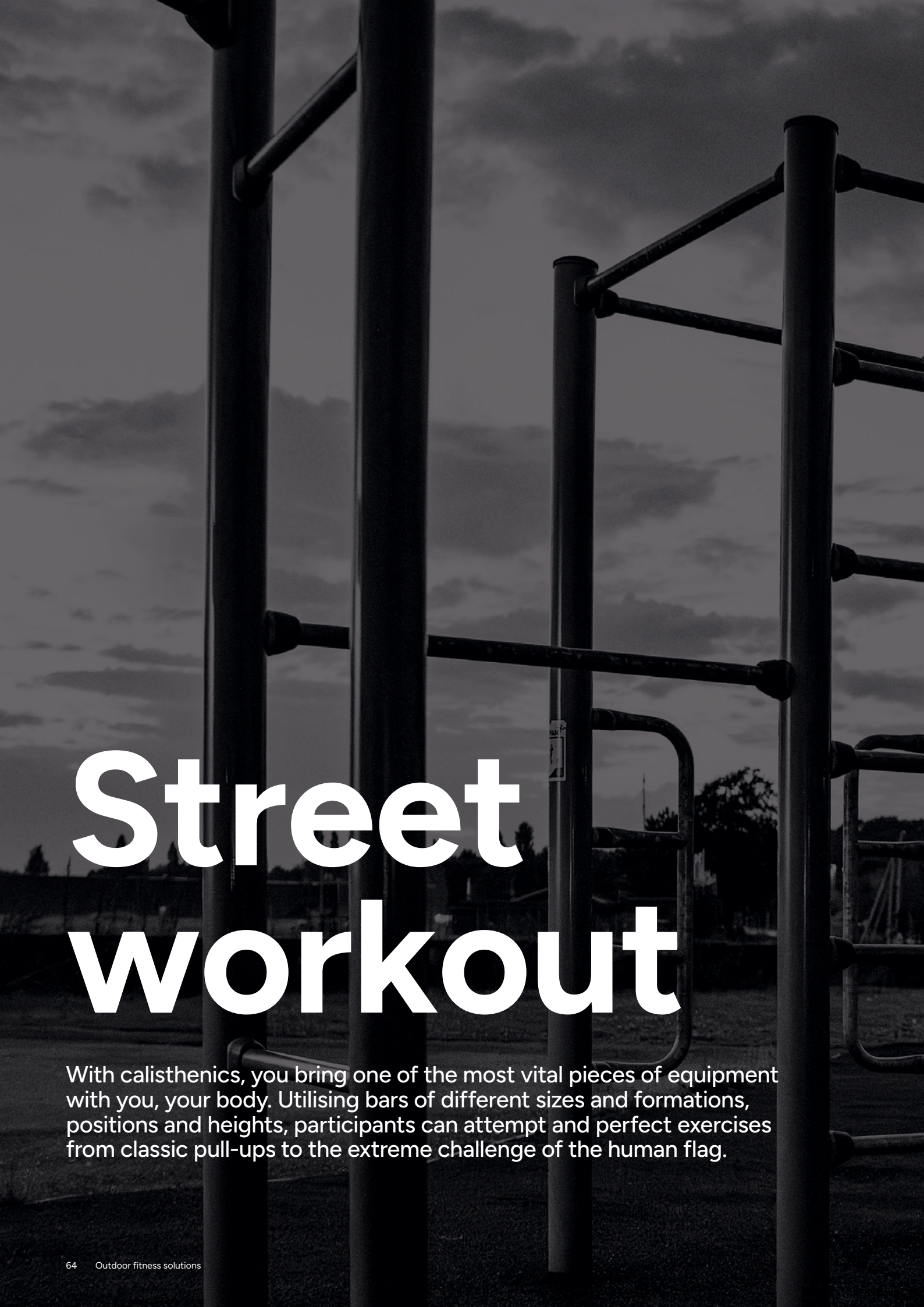


Battle Rope Connector

More flexibility with configurator

Contact us for more information on the extended range of options for configurable outdoor fitness equipment. Please note that prices and delivery terms depend on specified configurations.





Street workout

With calisthenics, you bring one of the most vital pieces of equipment with you, your body. Utilising bars of different sizes and formations, positions and heights, participants can attempt and perfect exercises from classic pull-ups to the extreme challenge of the human flag.



Sturdy street workout





Why choose KOMPAN Street Workout

1

Structures with unlimited progression

Pull-ups and dips to high-skill movements like levers and flags, all on the same equipment. Thus, deceptively simple, these structures offer a complete street workout experience with minimal footprint.

2

Inclusive workouts

KOMPAN Street Workout prompts calisthenic movements that activate various muscles simultaneously. The result is an effective full-body workout that can improve overall strength. Using bodyweight, the products are designed to include users of different levels.

3

A naturally social training culture

Street workout sites are inherently social. Open bar layouts allow users to train side by side, observe each other and exchange techniques, making it ideal for fitness enthusiasts.



Two product lines. One goal. Real street workout

Essentials Street Workout

Delivers a wide range of exercises within a compact footprint

Offers outstanding value for money and enables efficient, full-body workout fitness solutions

Street Workout Wood

Naturally integrated design that blends seamlessly into parks and green spaces with a warm, organic aesthetic that ages beautifully over time.

Built from responsibly sourced wood, delivering natural durability and long-lasting performance in outdoor environments. KOMPAN Robinia products can come with FSC® certification (FSC C004450).

Essentials Street Workout & Calisthenics

Combinations for small spaces

The Street Workout products are designed by experts to motivate beginners and fitness enthusiasts alike to complete a full workout using body weight. The series consists of various combination packages, offering a complete street workout and calisthenics experience with a minimal footprint.



A responsible choice

Post-consumer recycled material:
CircularHDPE Panels >95%
Low-carbon footprint Pre-galvanised Steel Posts 80%
Steel parts following industrial standards.



Combi 1
FSW101



Combi 2
FSW102



Combi 3
FSW103

57%
recycled
material

PRODUCT INFORMATION

Product number	Product name			Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)
FSW102	Combi 2			13+ / -	6	133	240	714 x 682	6	510
FSW101	Combi 1	✓	✓	13+ / -	3	133	240	613 x 529	4	352
FSW103	Combi 3			13+ / -	8	133	240	1,034 x 763	8	911



Combi 4
FSW104

Combi 5
FSW105

PRODUCT INFORMATION

Product number	Product name		Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)
FSW104	Combi 4	✓ ✓	13+ / -	8	133	240	695 x 729	9	818
FSW105	Combi 5	✓ ✓	13+ / -	14	133	240	994 x 738	12	1,518

Essentials Street Workout & Calisthenics



Human Flag Wall
FSW220



Incline Press
FSW206



Push Up Bars
FSW209



Pull Up Station
FSW208



Overhead Ladder
FSW205



Hexagon Pull Up Station
FSW217



Square Pull Up Station
FSW218

PRODUCT INFORMATION

Product number	Product name			Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)
FSW220	Human Flag Wall			13+ / -	3	233	240	527 x 417	4	357
FSW206	Incline Press	✓	✓	13+ / -	1	133	240	418 x 310	3	131
FSW209	Push Up Bars	✓	✓	13+ / -	3	99	107	635 x 310	2	107
FSW208	Pull Up Station	✓	✓	13+ / -	2	133	240	571 x 310	3	203
FSW205	Overhead Ladder	✓	✓	13+ / -	2	93	200	527 x 418	3	261
FSW217	Hexagon Pull Up Station	✓	✓	13+ / -	6	133	240	616 x 573	4	444
FSW218	Square Pull Up Station	✓	✓	13+ / -	4	133	240	463 x 463	4	301



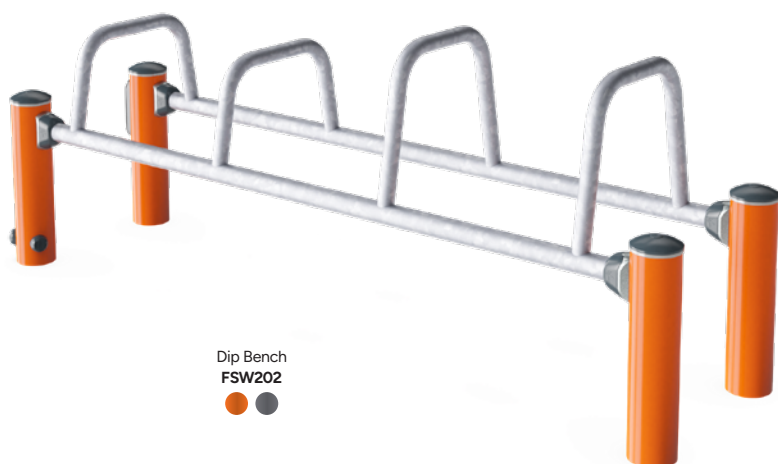
Leg Lift & Pull Up
FSW238



Sit Up Bench
FSW203



Parallel Bars
FSW201



Dip Bench
FSW202



Triple Bars
FSW210

PRODUCT INFORMATION

Product number	Product name	 	Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)
FSW238	Leg Lift & Pull Up		13+ / -	2	132	240	417 x 407	4	220
FSW203	Sit Up Bench		13+ / -	1	63	94	453 x 387	3	155
FSW201	Parallel Bars		13+ / -	2	99	99	496 x 363	3	200
FSW202	Dip Bench		13+ / -	2	73	73	495 x 351	3	168
FSW210	Triple Bars		13+ / -	2	140	140	496 x 415	3	317

Wooden Street Workout & Calisthenics

Outdoor calisthenics made with natural materials

Our Street Workout range is also available in Robinia wood. Perfect for bringing the urban street workout trend into a natural environment or bringing the natural environment into an urban setting. Robinia is a low-carbon, solid timber, making it the most suitable material for an outdoor fitness solution: long-lasting and easy to maintain.



A responsible choice

Robinia hardwood:
Nature's own sustainable material, responsibly forested and harvested. Robinia wood is known for its natural preservatives that make it long-lasting in the outdoors.



Combi 2 Robinia
FRO102



Combi 5 Robinia
FRO105

PRODUCT INFORMATION

All Robinia products are available as FSC®-certified

Product number	Product name			Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)
FRO105	Combi 5 Robinia	✓	✓	13+ / -	10	233	261	995 x 738	19	1,244
FRO102	Combi 2 Robinia			13+ / -	5	133	261	687 x 714	9	394



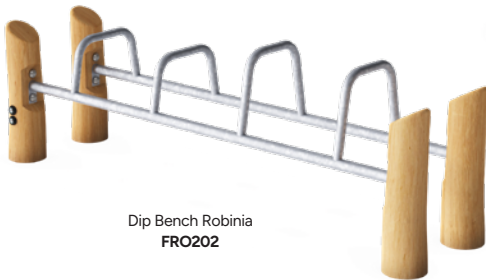
Parallel Bars Robinia
FRO201



Sit Up Bench Robinia
FRO203



Combi 4 Robinia
FRO104



Dip Bench Robinia
FRO202



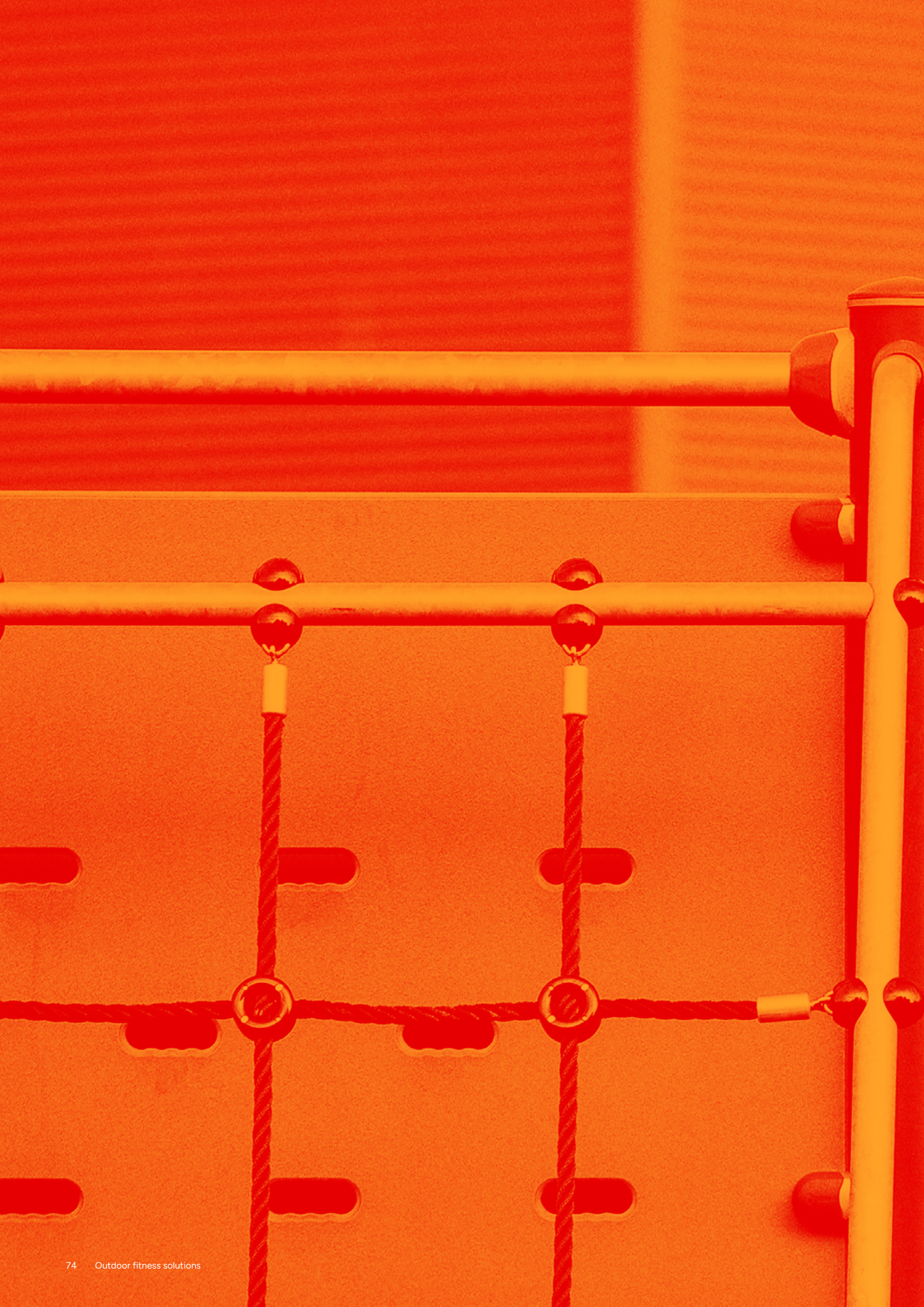
Push Up Bar Robinia
FRO209



PRODUCT INFORMATION

All Robinia products are available as FSC®-certified

Product number	Product name			Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)
FRO104	Combi 4 Robinia	✓	✓	13+ / -	8	133	261	696 x 730	12	654
FRO201	Parallel Bars Robinia			13+ / -	1	99	127	485 x 352	3	97
FRO203	Sit Up Bench Robinia			13+ / -	1	63	116	457 x 395	3	127
FRO202	Dip Bench Robinia			13+ / -	2	73	73	534 x 359	4	155
FRO209	Push Up Bar Robinia	✓	✓	13+ / -	3	99	127	636 x 310	3	74





Obstacle Courses

Obstacle courses take us back to our roots, inviting us to move naturally for increased health and happiness. They are a challenge from the moment you start, pitching you against yourself until you get to the end.

Thrilling obstacle courses





Why choose KOMPAN Obstacle Courses

1

Full-body training through movement

Combine running, jumping, balancing, climbing and crawling into one connected training experience. Each obstacle challenges strength, agility, coordination and endurance, making the workout dynamic and engaging, no machines needed.

2

Scalable challenges for all abilities

Every obstacle offers more than one way through. Beginners can choose slower, more controlled movements, while advanced users increase speed, height or complexity.

3

Social by nature, motivating by design

Obstacle courses create engaging, social training environments where users move together, motivate each other and tackle challenges side by side, turning every workout into a shared experience that builds both strength and community.



Two product lines. One goal. Real obstacle courses

Essentials Obstacle Courses

Built for high-impact performance and engineered to handle intense, repeated use with ease

Ideal for environments with constant activity such as sports parks, schools, and urban fitness zones

Highly flexible layouts that can be expanded or adapted, making it easy to create anything from compact set-ups to large, progressive training environments

Obstacle Courses Wood

Blends seamlessly into parks and green spaces, creating a natural, low-impact visual presence, while still offering a full and challenging workout experience

Made from responsibly sourced robinia wood with natural resistance to weather and wear, ensuring long-lasting durability. KOMPAN Robinia products can come with FSC® certification (FSC C004450).

Essentials Obstacle & Ninja Warrior Courses

Bring it on!

Obstacle courses make exercise fun. Smart step-ups and extra grips make it easy for beginners to conquer the course, and even the most advanced athletes will find a way to challenge themselves thanks to the equipment size and height!

Try a Ninja Warrior-style layout with a Fitness Multi Timer to activate teens and tweens in a competitive and engaging physical activity. Our obstacle courses are designed to challenge everyone at their own level.



A responsible choice

Post-consumer recycled material:

CircularHDPE Panels

>95%

Corocord™ Rope with CircularYarn

>95%

Low-carbon footprint Pre-galvanised Steel Posts

80%

Steel parts following industrial standards.



Vertical Net / Wall
FSW216



Balance Beam
FSW215



Multi Net
FSW207



Double Turbo Challenge
FSW212



Double Overhead Ladder
FSW213



PRODUCT INFORMATION

Product number	Product name			Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)
FSW216	Vertical Net / Wall			13+ / -	3	233	240	527 x 455	7	647
FSW215	Balance Beam			13+ / -	3	40	45	833 x 616	4	255
FSW207	Multi Net	✓		13+ / -	1	133	240	418 x 310	4	260
FSW212	Double Turbo Challenge			13+ / -	3	125	270	739 x 400	5	604
FSW213	Double Overhead Ladder			13+ / -	4	133	240	739 x 400	5	498



Hurdles
FSW211
 



Over Under
FSW214
 



Jump Pod Set
FSW221
 



Combi Steps
FSW219
 



PRODUCT INFORMATION

Product number	Product name		Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)
FSW211	Hurdles		13+ / -	5	40	57	463 x 950	4	331
FSW214	Over Under		13+ / -	4	118	118	444 x 859	4	372
FSW221	Jump Pod Set		13+ / -	1	60	60	361 x 428	2	251
FSW219	Combi Steps		13+ / -	4	78	78	361 x 942	4	556

Wooden Obstacle & Ninja Warrior Courses

Obstacle courses made with natural materials

The Robinia wooden obstacle courses are designed to challenge everyone. Smart step-ups and extra grips will make it easy for beginners to get started on the equipment, while providing a challenge even for the parkour professionals!

Robinia wood is a durable natural material, making this a long-lasting, low-maintenance outdoor fitness option.



A responsible choice

Robinia hardwood:
Nature's own sustainable material, responsibly forested and harvested. Robinia wood is known for its natural preservatives that make it long-lasting in the outdoors.



Vertical Net/Wall Robinia
FRO216



Square Pull Up Station Robinia
FRO218



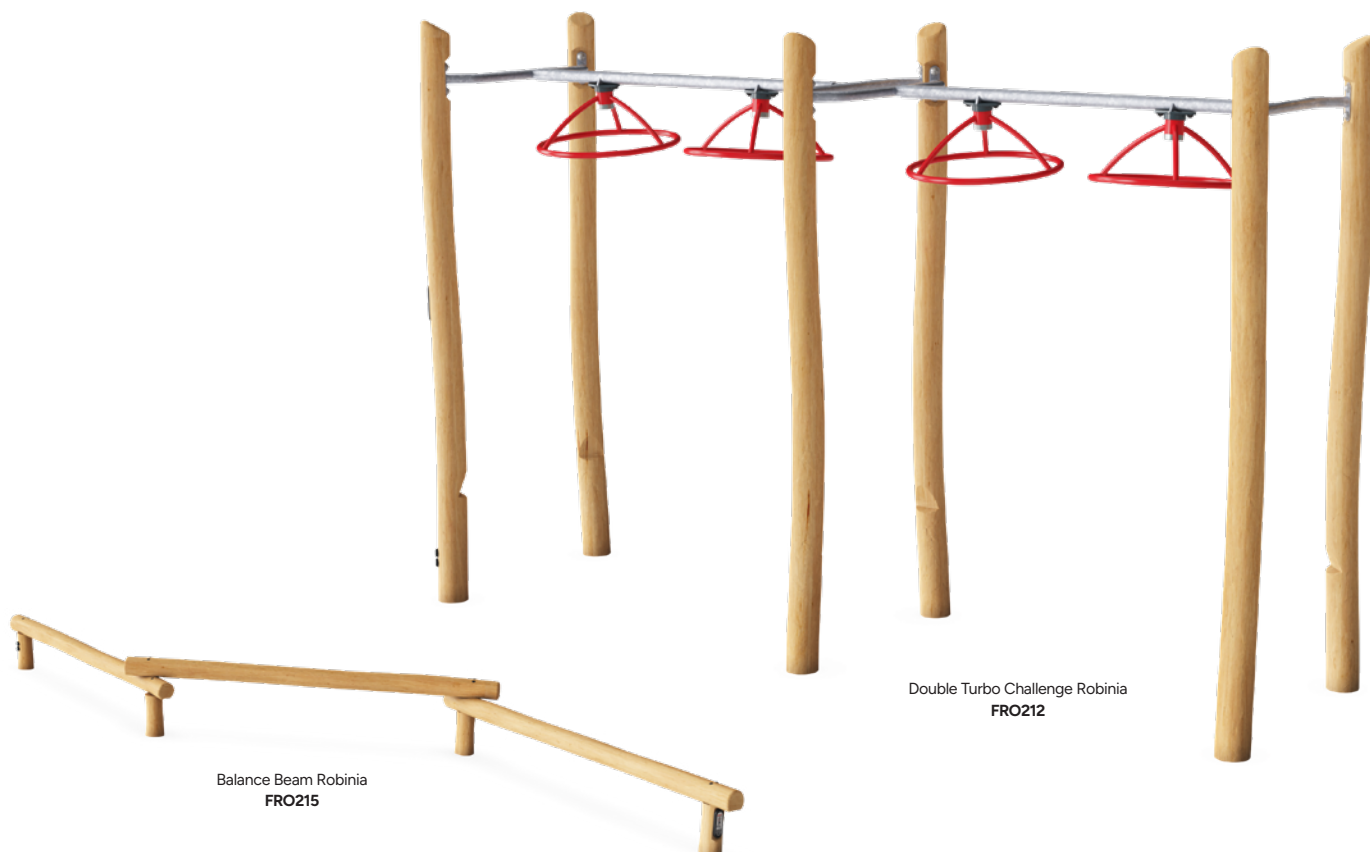
Double Overhead Ladder Robinia
FRO213



PRODUCT INFORMATION

All Robinia products are available as FSC®-certified

Product number	Product name			Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)
FRO216	Vertical Net/Wall Robinia			13+ / -	3	233	261	528 x 455	8	591
FRO218	Square Pull Up Station Robinia	✓	✓	13+ / -	4	133	261	470 x 471	5	250
FRO213	Double Overhead Ladder Robinia			13+ / -	4	133	223	746 x 420	8	382



PRODUCT INFORMATION

All Robinia products are available as FSC®-certified

Product number	Product name			Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)
FRO211	Hurdles Robinia			13+ / -	5	52	80	463 x 950	7	259
FRO214	Over Under Robinia			13+ / -	4	118	147	444 x 859	5	167
FRO215	Balance Beam Robinia			13+ / -	3	62	62	1,051 x 532	6	98
FRO212	Double Turbo Challenge Robinia			13+ / -	3	125	291	743 x 420	8	484



Stay Fit

Age may be measured in years, yet it is evaluated in mobility. The more physically active you are, the 'younger' you may seem to be. We can't stop the passage of time, but we can certainly maintain and even improve our agility and abilities. Prevention is better than cure, but in the event of a mishap, the equipment is also a valuable means of rehabilitation for all ages.



Stay fit and healthy





Why choose KOMPAN Stay Fit

1

Complete well-being in one solution

A flexible, comprehensive solution supporting mobility, balance, rehabilitation, strength and endurance. Designed with subtle aesthetics that blend seamlessly into any environment and can be customised in any colour.

3

Inclusive, confidence-building design

Approachable, easy-to-understand exercises that encourage social interaction and shared activity: Our Stay Fit range is ideal for parks, residential areas and community or care settings.

2

Evidence-based for active ageing

Developed through research, user insights and professional testing to meet real needs supporting safe, active and independent living across all life stages.

**Want to
know more?**



Download our white papers
on fitness design research and
recommendations for fitness sites.



Stay Fit

Balance, strength and mobility

The Stay Fit range comprises equipment that improves balance, strength and mobility. Suitable for older people for fall prevention and balance training and beneficial for those recovering from moderate or severe injuries.

Functional and flexible equipment with a focus on strength and coordination is also available for people in general who want to train their mobility.



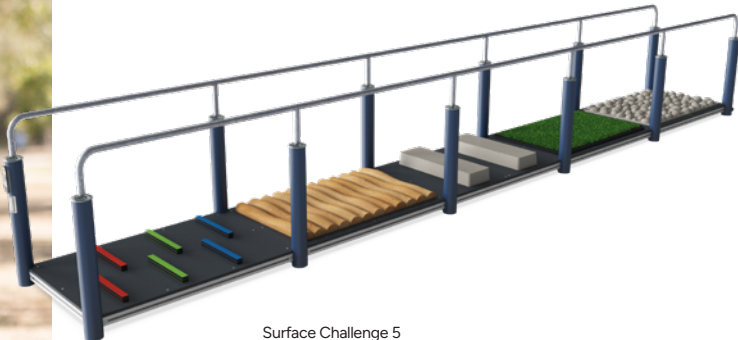
A responsible choice

Post-consumer recycled material:	
CircularHDPE Panels	>95%
Hollow Plastic Parts	33%
Low-carbon footprint Pre-galvanised Steel Posts	80%

Steel parts following industrial standards.



Balance Board
FSW231



Surface Challenge 5
FSW225



Surface Challenge 3
FSW224

PRODUCT INFORMATION

Product number	Product name	 	Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)
FSW231	Balance Board	✓	13+ / -	1	12	200	387 x 387	4	274
FSW225	Surface Challenge 5	✓	13+ / -	9	20	105	400 x 1,010	11	1,566
FSW224	Surface Challenge 3	✓	13+ / -	5	20	105	400 x 730	8	925



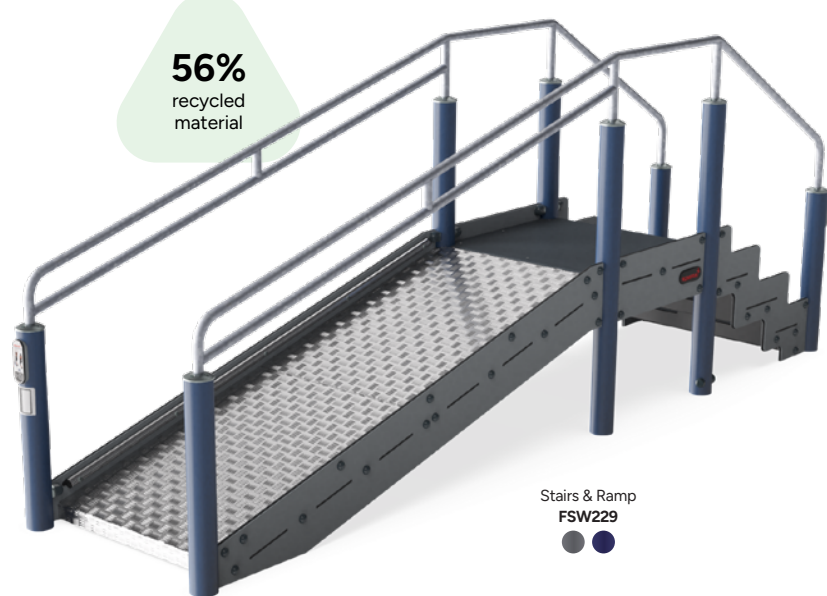
Assisted Step
FSW222



Double Stairs
FSW230



Up & Go
FSW228



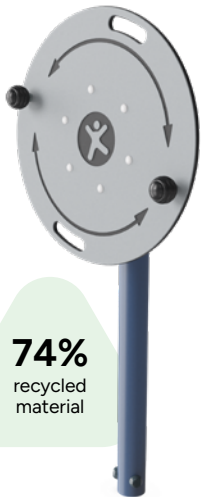
Stairs & Ramp
FSW229



PRODUCT INFORMATION

Product number	Product name		Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)
FSW222	Assisted Step	✓	13+ / -	1	20	118	444 x 341	3	225
FSW230	Double Stairs	✓	13+ / -	2	69	163	400 x 552	10	739
FSW228	Up & Go	✓	13+ / -	1	48	94	623 x 384	3	195
FSW229	Stairs & Ramp	✓	13+ / -	2	69	163	400 x 714	11	1,536

Stay Fit



Flex Wheel
FSW226



Twist & Flex Wheel
FSW236



Flex Wheel & Leg Lift
FSW237



Balance Station
FSW227



PRODUCT INFORMATION

Product number	Product name			Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)
FSW227	Balance Station	✓		13+ / -	4	25	124	502 x 486	5	581
FSW226	Flex Wheel	✓	✓	13+ / -	1	-	165	381 x 332	3	76
FSW236	Twist & Flex Wheel	✓	✓	13+ / -	2	21	165	380 x 418	4	241
FSW237	Flex Wheel & Leg Lift	✓	✓	13+ / -	2	132	167	380 x 393	4	200



Inclusive Parallel Bars
FSW245
● ● ●



Free Runner
FSW242
● ● ●



Stretch Station
FSW223
● ●

68%
recycled
material



Inclusive Chest Press
FSW243
● ● ●



Inclusive Double Chest Press
FSW244
● ● ●

PRODUCT INFORMATION

Product number	Product name			Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	Total CO ₂ e (kg CO ₂ e)
FSW245	Inclusive Parallel Bars	✓	✓	13+ / -	2	99	99	496 x 478	3	366
FSW242	Free Runner	✓		13+ / -	1	85	141	430 x 485	3	309
FSW223	Stretch Station	✓	✓	13+ / -	4	93	200	418 x 418	4	270
FSW243	Inclusive Chest Press	✓	✓	13+ / -	1	-	191	346 x 381	2	186
FSW244	Inclusive Double Chest Press	✓	✓	13+ / -	2	45	191	407 x 381	3	380



Global cases

Across the world, KOMPAN fitness solutions are transforming public spaces into active, inclusive destinations. From vibrant urban parks to scenic waterfronts and community hubs, these global cases showcase how outdoor fitness can inspire movement, strengthen communities and support healthier lifestyles for all ages and abilities.



The Super Combi 3 is based on 360-degree activities in a square structure. This package is a very engaging outdoor gym with a compact footprint relative to the number of included activities.





SDU, Odense City, Denmark

The Athletics Exploratorium

CUSTOMER CASE: The Athletics Exploratorium at the University of Southern Denmark (SDU) was created in 2013 by landscape architects Keingart in close collaboration with experts from the university and KOMPAN fitness experts.

This ground-breaking site encompasses an optimal and inspiring environment for organised fitness programs, free play and movement. The KOMPAN Super Combi fitness stations have customisable features enabling an outdoor functional training solution that fits your needs and wants. Each section offers activities such as kettlebells, suspension trainers and pull-up bars, and is wheelchair-accessible.

All combis are available as stand-alone pieces or as joined structures in a circular or linear combination. These outdoor gyms are perfect for schools, councils or housing developments, as they don't take up too much space but still accommodate many users working out at once.

The result: a pioneering fitness space that continues to adapt, inspire and support active lifestyles, students and members of the community alike.



Despite its compact footprint, the Super Combi 3 offers a lot of exercises for all muscle groups and difficulty levels. The rings can be used for upper body strength exercises, stretching and fun exercises like "skin the cat".

FitBLOCK at Tierra Park

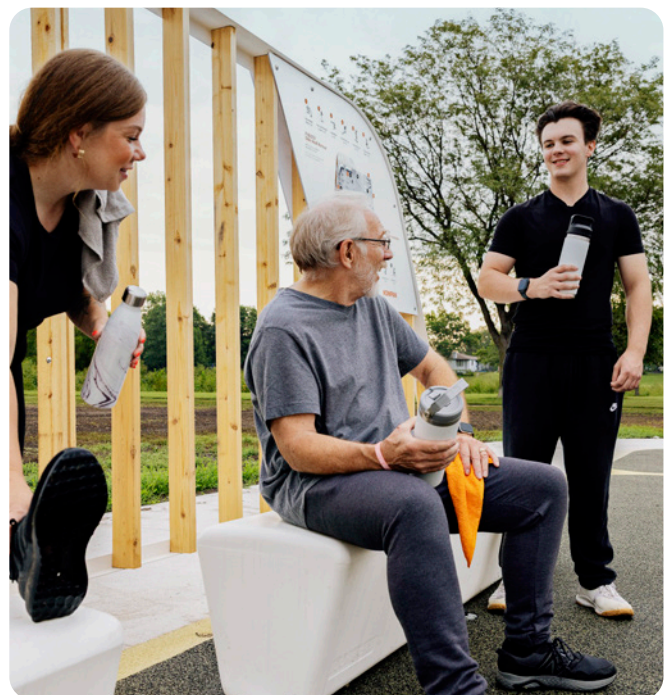
CUSTOMER CASE: A beloved park in the heart of Lincoln, Nebraska, Tierra Park is a hub for recreational activity. It hosts the world's first KOMPAN FitBLOCK: A first-of-its-kind, pre-designed fitness solution featuring cardio and strength equipment.

Fitness takes centre stage at Tierra Park's FitBLOCK, where dedicated cardio and strength zones support a wide range of users. Cardio machines with adjustable resistance allow individuals to tailor their workout, while accessible equipment ensures both beginners and advanced users can train effectively.

A comprehensive strength area offers full-body training with scalable exercises, including suspension, pull-up and parallel bar stations designed for inclusive use.

A defined social space completes the setting, encouraging rest, interaction and a sense of community.

The result: a compact, versatile fitness destination that balances performance, accessibility and social interaction.



The FitBLOCK stations cater to all fitness levels, providing easier or more challenging variations of each exercise. The social corner is a designated seating area for rest and conversation between sets or before and after workouts.



The FitBLOCK package is a first-of-its-kind plug'n'workout solution featuring cardio and strength equipment.



"The goal of our Parks and Rec department is to serve people where they're at, not only on their fitness journey, but also where they're at in the community itself. The FitBLOCK just adds to that amenity structure for the community."

Maggie Stuckey-Ross,
Director of Parks & Recreation



Influence can be a powerful thing. If children are seeing their parents working out, becoming happier and healthier, there's a good chance that they are going to adopt that behaviour, too.





Fort Hood, Texas, USA

GroundPlay Outdoor Fitness Family Park

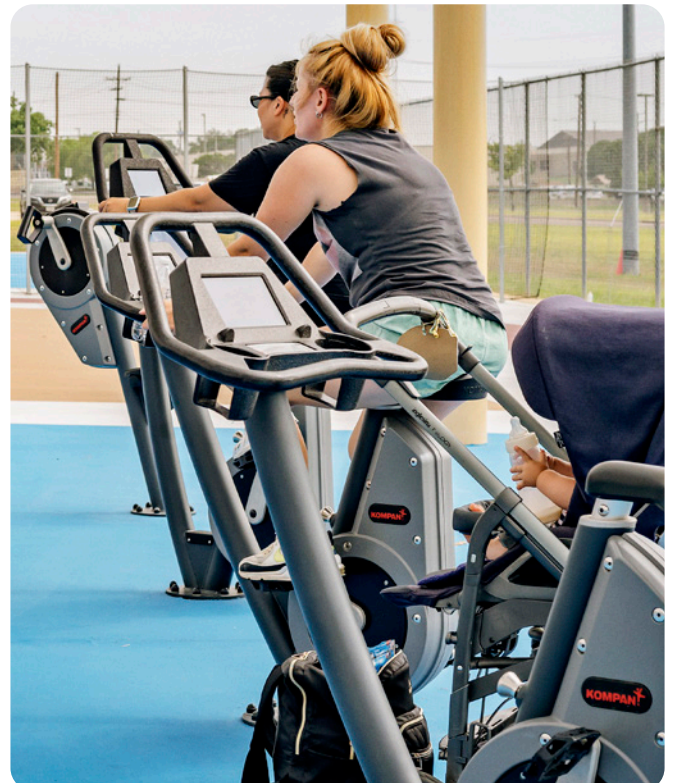
CUSTOMER CASE: GroundPlay Outdoor Fitness Family Park is a sprawling 3,700-square-metre area for service members and families stationed at Fort Hood, the largest active-duty armoured installation of the U.S. Army.

GroundPlay combines high-performance outdoor fitness with inclusive play in one vibrant space. KOMPAN's durable gym equipment – including adjustable strength machines, cardio bikes and cross-trainers connected to the KOMPAN Fitness app – is complemented by cross-training systems and street workout stations.

At its centre, a lively play zone caters to all ages, from imaginative play for younger children to challenging climbing, spinning and the iconic Robinia Explorer Ship for older ones. An open training area, a running track (9 laps ≈ 1.6 km) and a multi-use sports court complete the setting.

The result: a compact, all-in-one destination for fitness, play and community activity.

**This is a KOMPAN
CommonGround™ site**



The Sport Bike is an adjustable, interactive piece of cardio equipment that is of the same quality and equally effective as what you would expect from equipment at an indoor fitness centre.

Banksia Beach Senior Fitness

CUSTOMER CASE: Outdoor fitness leads the way at Bribie Island, where KOMPAN has delivered two distinct training environments for Moreton Bay Regional Council.

Designed to support progression, the split sites offer both gentle mobility-focused activity and more challenging workout options.

At the core is KOMPAN's Stay Fit range, creating an accessible and inclusive foundation – particularly suited to older users. One site focuses on low-impact movement with elements such as the Surface Challenge 5 and Flex Wheel, while the second introduces more versatile, higher-intensity equipment.

The separation of zones ensures a spacious, comfortable setting for both individual use and organised sessions. Coastal-hardy materials guarantee durability and long-term performance in the demanding seaside environment.

The result: a flexible, inclusive fitness destination that supports all abilities and which is embraced by the local community.



The step-up exercise is an essential exercise that can be used for both strength, posture control and cardio exercise.



For accommodating the balance and safety challenges for elderly people, this balance board is complemented with a support rail.



On Bribie Island, the humidity and moisture of the air can pose a threat to the sustainability and durability of materials, and the customer wanted quality materials that would last the test of time.





The council wanted a high-quality space for children, combined with a dedicated area where parents could meet, wait for their children and exercise.



Being active inspires. When children see caretakers or parents in movement, they mirror it – growing active, curious and confident.



Capergnanica, Italy

Fitness and play

CUSTOMER CASE: This multigenerational site is part of a new-build development promoted by the local council, with the ambition to overcome the traditional separation between school, public space and community life.

An outdoor fitness area for teenagers and adults sets the tone for this dynamic, intergenerational space. Designed to encourage everyday activity, it supports a range of workouts and has quickly become a focal point for the local community, with regular public classes and strong ongoing use.

Alongside this, an inclusive playground developed to universal design principles ensures that children of all abilities can take part in the adjacent nursery.

With growing popularity, the council is already expanding the site with additional strength equipment, a combi unit and dedicated areas for stretching and yoga.

The result: a thriving community hub where fitness leads and inclusive play bring generations together.

**This is a KOMPAN
CommonGround™ site**



Utilising bars of different sizes, formations, positions and heights, participants can attempt and perfect exercises from classic pull-ups to extreme challenges.

Fitness for a diverse community

CUSTOMER CASE: The Hangang River, one of South Korea's most iconic natural landmarks, flows through the heart of Seoul. Along its scenic banks, outdoor gyms have been created to offer free, fully accessible fitness opportunities for everyone.

At Hangang River Park, two standout outdoor gyms – Gangseo Hangang and Gwangnaru Hangang – bring high-quality fitness to the riverside. Together, they feature 11 carefully selected KOMPAN pieces, offering accessible, full-body training in a scenic setting.

Intuitive strength equipment allows users to easily adjust intensity, ensuring inclusive workouts for all fitness levels. Cross-training zones support both solo and group exercise, while a dedicated calisthenics area provides a simple, effective way to build strength and improve well-being.

The result: a balanced outdoor fitness destination that activates the park and supports healthier, more connected communities.





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



This site also offers magnetic kettle bells. The innovative magnetic braking system allows the user to increase the resistance by increasing the speed of movement. The patented system also functions as a brake when someone drops the magnetic bells, significantly reducing impact.





Can Batlló, Barcelona, Spain

From industrial site to active community hub

CUSTOMER CASE: Can Batlló is designed for movement, play and connection. Here, you can challenge yourself on outdoor fitness equipment, train your strength and cardio, or practise calisthenics.

In the heart of Barcelona, Can Batlló has been transformed from a closed industrial site into a vibrant, active destination. Designed by architect Roberto Soto Fernández and powered by KOMPAN's fitness solutions, the space seamlessly integrates cardio, strength, calisthenics and multisport into everyday urban life.

Paths, courts and training zones invite people to move, meet and connect – making activity a natural part of the city experience.

More than a redesign, Can Batlló is a powerful example of how urban spaces can drive healthier lifestyles, stronger communities and a shared sense of ownership.

The result: a once-unused site reimagined as a thriving hub for movement, inclusion and community.



The layout encourages activity for all ages – from casual exercise and social games to more structured training sessions. Whether you come alone, with friends and children, or as part of a community group, there is something for everyone.

Greener solutions

Promoting fitness and play should go hand in hand with protecting our planet. These are our commitments to do better.

Our approach to product development ensures that our fitness products offer exceptional quality and durability and provide fitness sites with lower carbon emissions. We work with Bureau Veritas to independently validate our method for calculating carbon footprints. We help customers towards measurably

lower carbon emissions by choosing either Made Green or Born Green products. We make data on carbon emissions and recycled content available for all standard products for comparison – Made Green or Born Green products.

Quality materials

1 Tempered Corocord™ rope with CircularYarn

Ropes come with galvanised six-stranded steel wires and a steel core, impossible to wear through. Each strand is tightly wrapped with CircularYarn in >95% post-consumer recycled material, which is melted onto each individual strand, making the ropes highly wear and vandalism-resistant.

2 CircularHDPE panels:

Our 19mm CircularHDPE panels are made from responsible materials that are not only recyclable after use but also made from >95% post-consumer recycled waste.

- UV-protected coloured outer layers
- Highly durable in any environment
- Supported by a lifetime warranty

3 Robinia wood

Robinia wood is a strong and long-lasting material with a very high level of natural oils. It is therefore ideal for making durable playgrounds which are close to maintenance-free and able to last for many years. KOMPAN Robinia products can come with FSC® certification (FSC C004450).

Lower carbon emissions



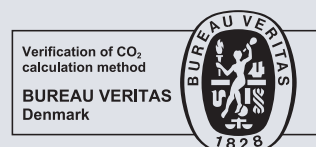
Made Green products are made from materials with at least 51% and up to 95% recycled materials from consumer waste, such as recycled fishing nets, used textiles, food packaging, used plastic bags etc. In the production of Made Green products, we work purposefully to increase the proportion of recycled materials. It is well-documented and third-party verified.



Born Green means products are made from natural hardwoods like robinia. Robinia is highly durable and does not require any chemical wood preservatives. KOMPAN Robinia products can also come with FSC® certification (FSC C004450).



Learn more about Made Green and Born Green



Complete transparency

Green data is available for all our products, for comparison of carbon emissions.



Decks & steps

All our equipment decks are supported by uniquely designed low-carbon aluminium profiles with multiple attachment options, increasing their strength. Our grey-coloured moulded decks and steps are made from 75% post-consumer recycled polypropylene material with a non-skid pattern and textured surface.

Posts:

Our posts are available in five different materials.

- Impregnated pinewood with an in-ground steel footing.
- Galvanised steel with powder-coated top finish.
- Colour-anodised lead-free aluminium, made from low-carbon aluminium.
- TexMade™ posts are made from >95% post-consumer recycled textile and plastic waste.
- Low-carbon pre-galvanised steel posts made from 80% post-consumer recycled material.

Galvanised steel:

Our steel surfaces and steel frames are hot-dip galvanised inside and outside with lead-free zinc. The galvanisation has excellent corrosion resistance in outside environments and is maintenance-free.



Powerful design with colours

Create an individual expression

Distinct visual and creative expressions can be made by adding unique colours to the steel elements of the fitness products.

Different colours can be chosen to make a statement, or to support and highlight an overall design theme, an aesthetic approach, the surroundings of the fitness site or even to represent a specific brand or a corporate identity. The only limit is your imagination.



Powerful design with colours

14 thrilling steel colours are offered



Beige
NCS S 2020-Y20R
RAL 1001*



Yellow
NCS S 2070-Y20R
RAL 1006*



Orange**
NCS S 2070-Y50R
RAL 2010*



Red
NCS S 1580-Y90R
RAL 3001*



Brown**
NCS S 7020-Y40R
RAL 8011*



Light blue
NCS S 2060-B
RAL 5012*



Dark blue**
NCS S 7020-R80B
RAL 5003*



Lime**
NCS S 1070-G30Y



Medium green
NCS S 3065-G10Y
RAL 6029*



Dark green**
RAL 6005



Medium grey
NCS S 5502-B
RAL 7046*



Dark grey**
NCS S 6502-B
RAL 7012*



Anthracite**
NCS S 8005-B20G
RAL 7016*

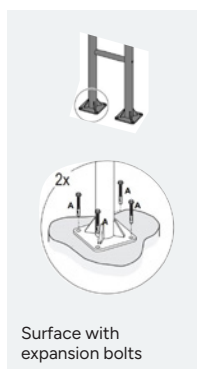


Black
NCS S 9000-N
RAL 9005*

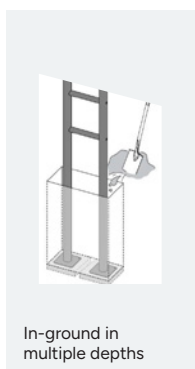
* Colour code value is approximate

** The colour is available as matt or glossy. Price points for matt or glossy colour vary

Mounting

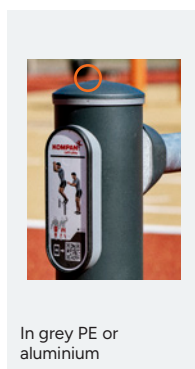


Surface with
expansion bolts



In-ground in
multiple depths

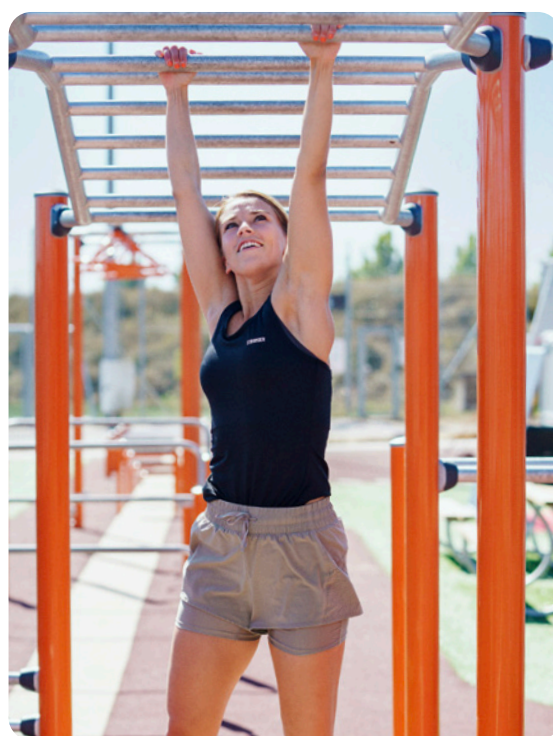
Cap



In grey PE or
aluminium

More flexibility with configurator

Contact us for more information on the extended range of options for configurable outdoor fitness equipment. Please note that prices and delivery terms depend on specified configurations.



Functional surfacing with Flexotop™

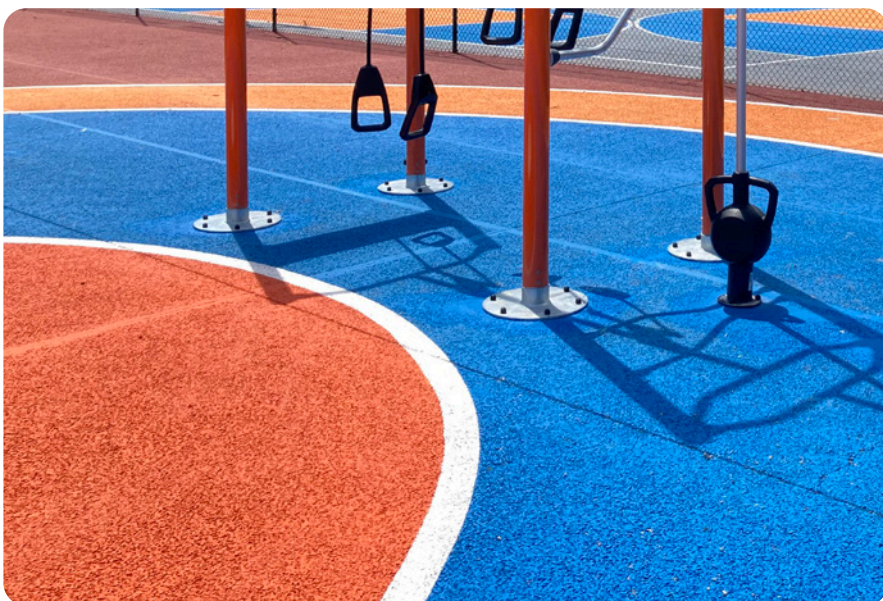
The choice of creative designers

With Flexotop™, designers can be very creative. Different colours, shapes and graphics can support and highlight the overall design theme and extend the equipment's functionality to the surface. The soft yet firm surfacing is highly inclusive, making it possible for wheelchair users to access the fitness site easily.

Flexotop™ is high-quality wetpour surfacing from KOMPAN. Thanks to its two-layer design, this surfacing provides brilliant

shock absorption and safety. Functionality and quality are ensured through TÜV certification according to EN1177 and BS 7188.

From an operational point of view, Flexotop™ provides a clean and comfortable surface with very low maintenance costs.



The design of this fitness site has been created as an integrated concept and with a type of surfacing that gives maximum comfort during workouts.



24 Flexotop™, colours for top layer



SUR11118-902
Eggshell
RAL 1015



SUR11517-902
Light brown
RAL 1011



SUR11113-902
Earth yellow
RAL 1006



SUR11114-902
Bright yellow
RAL 1018



SUR11115-902
Bright orange
RAL 2004



SUR11106-902
Bright red
RAL 3001



SUR11507-902
Red



SUR11125-902
Pink
RAL 4010



SUR11121-902
Aqua
RAL 5018



SUR11108-902
Light blue
RAL 5012



SUR11509-902
Navy blue
RAL 5005



SUR11122-902
Purple
RAL 5022



SUR11120-902
Lime
RAL 6018



SUR11510-902
Light green



SUR11511-902
Green
RAL 6005



SUR11124-902
Teal
RAL 5020



SUR11154-902
Agua blend



SUR11152-902
Tierra blend



SUR11153-902
Fuego blend



SUR11119-902
Brown
RAL 8011



SUR11140-902
White



SUR11105-902
Light grey
RAL 7047



SUR11123-902
Medium grey
RAL 7037



SUR11130-902
Dark grey
RAL 7016

3 Flexotop™, colours for top layer in recycled qualities



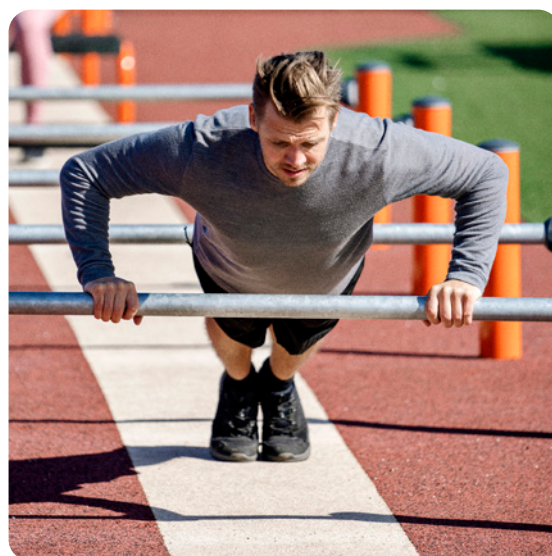
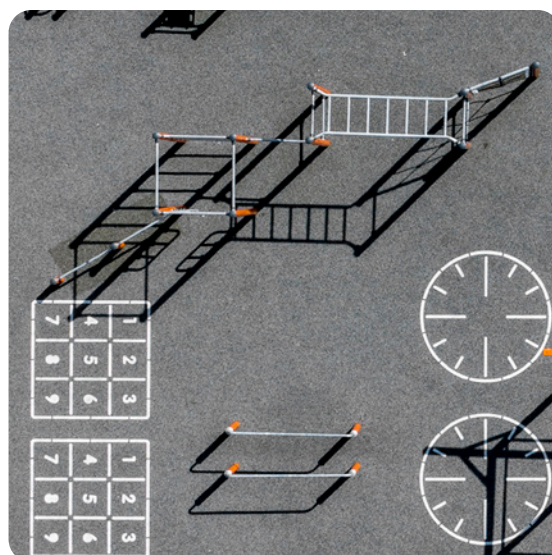
SUR11267-903
Sneakergrind
♻️



SUR11255-903
Flexogrind
♻️



SUR11101-902
Black
RAL 9005
♻️



A special type of UV and weather-resistant paint is used to apply the symbols and markings on the Flexotop™ surfacing. For easy and accurate application, KOMPAN has designed a selection of template tools.

RAL codes are only for guidance – tolerances can be expected

Warranty

We have industry-leading warranties



LIFETIME warranty

- Hot-dip galvanised parts
- Stainless steel parts
- CircularHDPE and other high-density polyethylene (HDPE) panels

*KOMPAN's LIFETIME warranty is in effect for the lifetime of the product until the product is uninstalled and/or taken out of use. In addition, KOMPAN's general terms and delivery conditions apply and supplement this warranty.



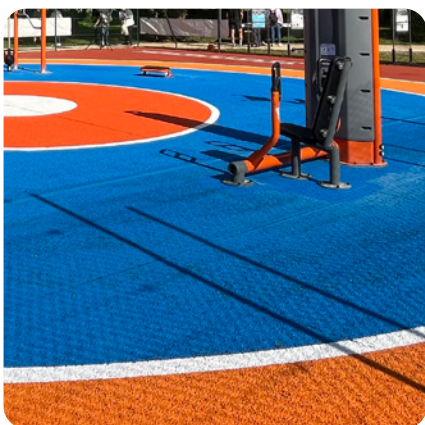
15-year warranty

- Robinia and oak wood parts
- High-pressure laminate (HPL) parts
- Aluminium parts



10-year warranty

- TexMade™ posts
- Pre-galvanised posts with painted top layer
- Painted surface on galvanised or aluminium metal parts
- Stainless steel slides
- Electrogalvanised metal parts
- Moulded PP decks
- Solid plastic parts
- Hollow plastic parts
- Transparent polycarbonate (PC) parts
- Rope and net constructions
- Wood-plastic composite (WPC) parts
- Ash, pine and other wood types, elevated above ground



5-year warranty

- Resin-coated plywood parts
- Springs and ball bearing assemblies
- Graphic print on transparent PC panels
- Concrete parts
- Flexotop™ system with EPDM top layer
- Galaxy™ connection balls

2-year warranty

- Moveable plastic and metal parts
- Rubber membranes
- Screens and electronic parts
- Sunshades and sail solutions
- Nylon nets
- Spare parts
- Ash, pine and other wood types, in contact with ground materials
- All other parts, not described above

Warranty coverage

This warranty applies to KOMPAN's products for the time periods described for each product type above and with the limitations described in this warranty. The warranty period applies from the date of purchase by the first customer. This warranty covers only defects in materials. KOMPAN's liability under this warranty is limited to repair or replacement of defective products, without charge, at KOMPAN's discretion.

Proper installation and maintenance

The warranty only applies if KOMPAN's products have been installed according to the instructions provided by KOMPAN and maintained correctly according to the KOMPAN Maintenance Manual. All warranty claims must be accompanied by full documentation for proper installation and maintenance.

Warranty exclusions

This warranty does not cover any damage caused by accident, improper care, negligence, normal wear and tear, surface corrosion on metal parts, discoloured surfaces and other cosmetic issues or failures due to misuse or vandalism. Natural changes in wood over time are considered cosmetic issues and are not covered.

Near water installations

Products installed in direct contact with chlorinated water or saltwater (e.g. waterparks) or close to the shoreline (normally <200 metres) are not covered by the KOMPAN warranty for defects caused by corrosion. Products specially upgraded to corrosion class C4 (for metal and alloys), when installed under such conditions, are only covered against structural failure due to corrosion or degradation (excluding moving parts), and never for more than 10 years.

Wood products in high temperature and moisture areas

Products made of ash, pine or plywood must not be installed in environments subject to high temperatures and excessive moisture exposure, i.e. in tropical zones and furthermore in subtropical zones with high temperatures combined with excessive moisture exposure. No warranty applies. In dry tropical savannah areas: a 5-year warranty applies.

Third-party supplied products and services

KOMPAN provides non-KOMPAN branded products and installation services performed by certified third-party suppliers. This general KOMPAN warranty does not apply to such non-KOMPAN branded products and installation services, which may carry their own warranties. KOMPAN will pass on information on such warranties where possible.

Freight and warehousing

Global transport and logistics arranged by KOMPAN's appointed forwarder. Products/items are not to be stored outside while awaiting installation and must be kept dry at all times.

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FRO211	81	FSW230	87		
FRO212	81	FSW231	86		
FRO213	80	FSW236	88		
FRO214	81	FSW237	88		



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