

STRETCH STATION




FSW223

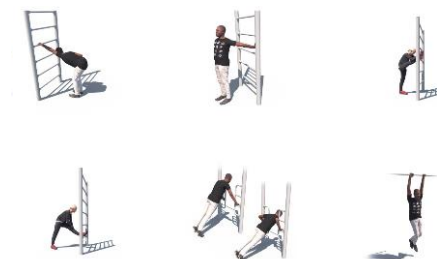
KOMPAN
Let's play



Item no. FSW22300-0902

General Product Information

Dimensions LxWxH	119 x 119 x 200 cm
Age Group	13+
Capacity	4 adults
Colour Options	  



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.



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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 aluminum, specially alloyed for the outdoor environments and heavy usage. The screws attaching the connectors are stainless steel and protected by zinc washers.



Bars intended as grips during exercises are made of hot-dip galvanized steel Ø38 mm, a great diameter for a good grip and to support the wrist.



The handles offer 4 different heights to place hand or feet. 48 cm, 76 cm, 104 cm and 132 cm.



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 designed according to 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 78 kg per user. A product intended for 1 user is loaded with 420kg.

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Installation Information

Max. fall height	93 cm
Safety surfacing area	14 m ²
Numbers of Installers (persons)	2
Total installation time	4
Excavation volume	0.11 m ³
Concrete volume	0.05 m ³
Footing Depth (Standard)	90 cm
Shipment Weight	117 kg
Anchoring options	In-ground ✓ Surface ✓

Warranty information

Galvanised Structural Parts	Lifetime
Post	10 Years
Connectors	10 Years
Spare parts guaranteed	10 Years

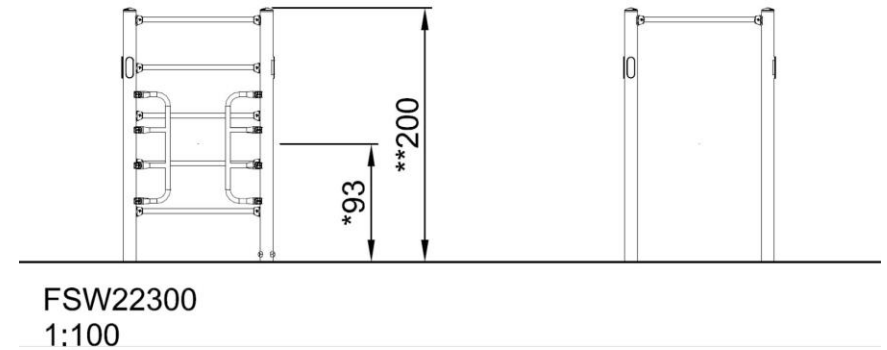
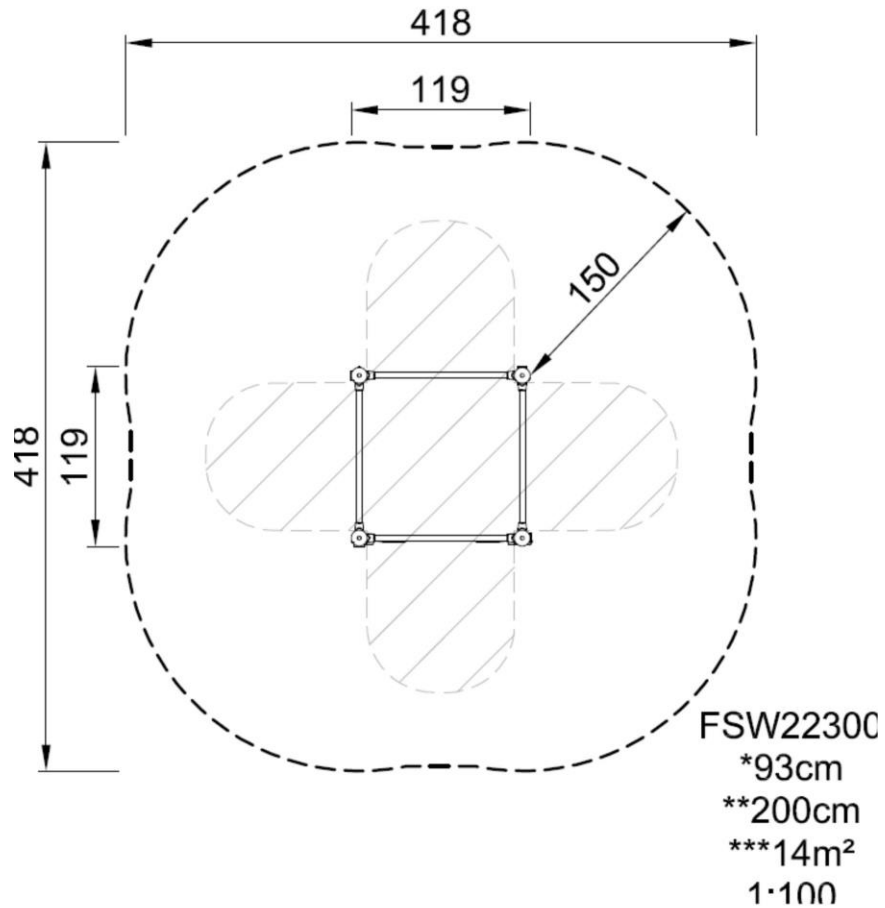


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Max fall height | Total height | Safety surfacing area

Max fall height | Total height



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[Click to see 1:100 ratio SIDE VIEW](#)