

UP & GO

FSW228



Item no. FSW22800-0902

General Product Information

Dimensions LxWxH 323 x 85 x 94 cm

Age Group 13+

Capacity 1 adult

Colour Options 



When testing elderly for functional capacity two of the most widely used tests are the Sit & Rise and the Up & Go test. This installation is specifically targeted towards executing these two tests – and to train for improvements in the tests. The rail in the middle and the round handle at the turning point gives extra safety and support if needed. Sit to stand can be

exercised from the seat using one hand, two hands or no support. For a really challenging exercise sit to stand can be performed on one leg using hand support. The timed up and go test can also be used as pure exercise. From the seated position you walk to the post and back. To increase difficulty level this can be done a number of times as fast as possible.



Data is subject to change without prior notice.

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The bar is 1400mm long, with a height of 940mm and is intended as grip during exercises. The bar is made of hot-dip galvanized steel Ø38mm, a great diameter for a good grip and to support the wrist.



The seat is made of a 19mm HPL. High-pressure laminate plates (HPL) has a molded-in non-skid surface. HPL is a homogenous material with a very high wear resistance. The walking distance from seat to support is 2440mm, as described in the official test.



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.



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	-
Safety surfacing area	19.6 m ²
Numbers of Installers (persons)	2
Total installation time	3
Excavation volume	0.11 m ³
Concrete volume	0.05 m ³
Footing Depth (Standard)	90 cm
Shipment Weight	71 kg
Anchoring options	In-ground ✓ Surface ✓

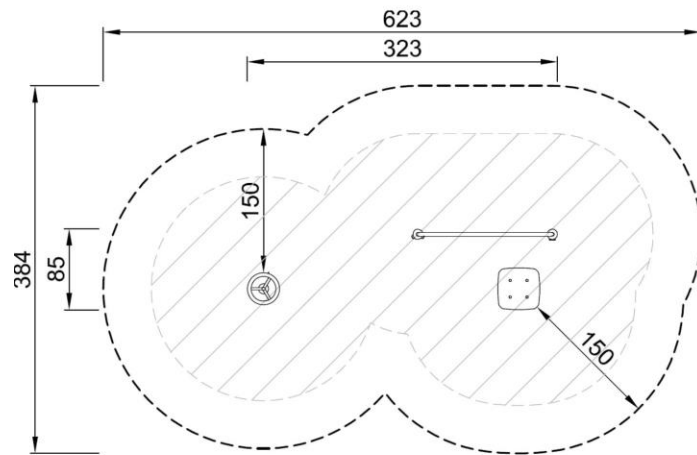
Warranty information

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



Max fall height | Total height | Safety surfacing area

Max fall height | Total height



FSW22800
**94cm
***19.6m²
1:100



FSW22800
1:100

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

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