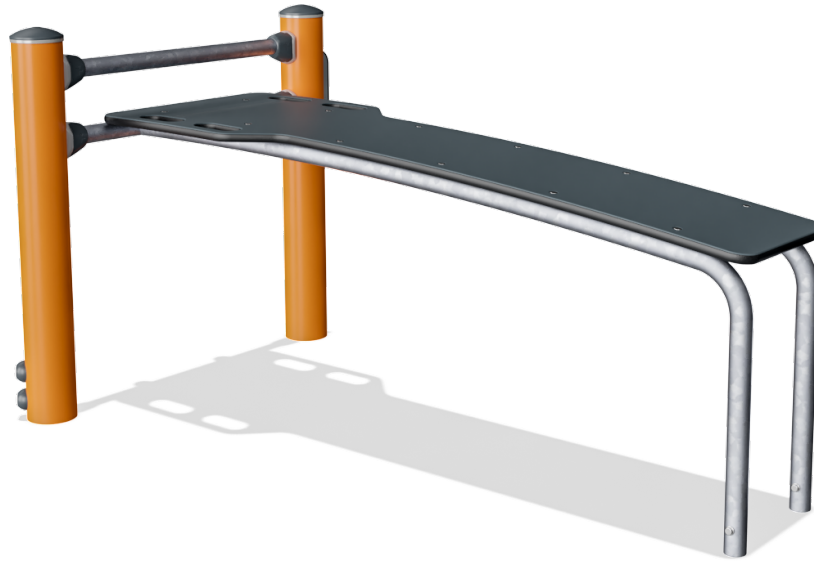


**FSW20300**

# Bench



The Bench provides a perfect training for the core and lower back muscles by doing exercises such as leg lifts and sit ups. Easy grips are created to make sure anyone can do the exercise in a correct way. The durable Ekogrip<sup>®</sup> surfacing offers perfect grip, allowing the bench to be used as a jump box for performing various step and jump exercises under all weather conditions. The Bench has a clear instruction sign showing the basic exercise and a QR code. By clicking on the QR code users can connect to the KOMPAN fitness App, where they will find multiple exercises and workouts at every level.

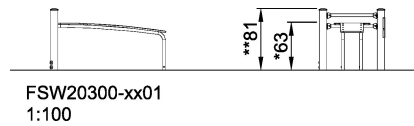
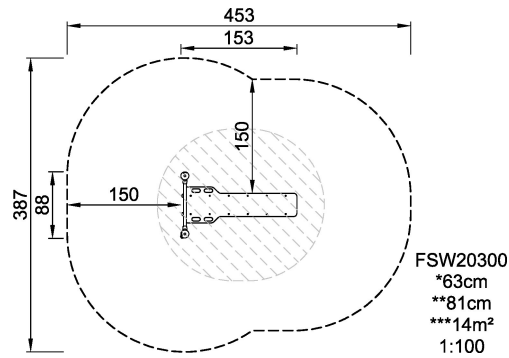
<b>Product Line</b>	Outdoor Fitness
<b>Category</b>	Cross Training
<b>Age group</b>	13+
<b>Max. fall height (CM)</b>	63
<b>Total height (CM)</b>	81
<b>Safety Zone</b>	14 m <sup>2</sup>



**SUR-  
FACE**

**IN-  
GROU.**





\* = Highest designated play surface.  
\*\* = Total height of product.

<b>Weight/heaviest parts</b>	kg.	<b>Installation (Manpower)</b>	1 Persons
<b>Concrete required</b>	NaN m <sup>3</sup>	<b>Installation (Hours)</b>	2 Hours
<b>Foundation amount/footing</b>	NaN	<b>Excavation</b>	NaN m <sup>3</sup>