

FSW22001

Human Flag Wall

KOMPAN
Let's play



The human flag is without a doubt one of the most impressive bodyweight exercises. It requires a prodigious strength to bodyweight ratio and a great deal of technique. It is considered to be a complete body exercise where shoulders, lats and abs are particularly solicited. Exercises such as pull ups and handstand push ups are ideal to get the proper foundation of strength. This is where the left side of the wall comes in. It is a flat wall that can work as a support when training handstand and after a while also handstand push ups. The Human Flag Wall has two clear instruction signs 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.

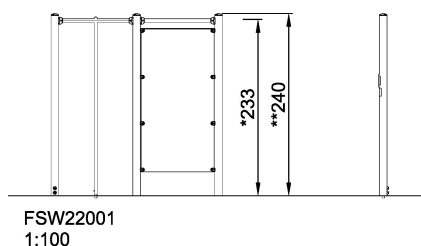
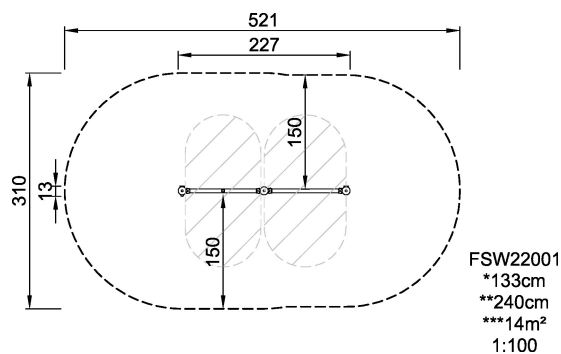
Product Line	Outdoor Fitness
Category	Street Workout & Calisthenics
Age group	13+
Max. fall height (CM)	133
Total height (CM)	240
Safety Zone	14 m ²



**SUR-
FACE**

**IN-
GROU.**





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

Weight/heaviest parts	kg.	Installation (Manpower)	Persons
Concrete required	NaN m ³	Installation (Hours)	Hours
Foundation amount/footing	NaN	Excavation	NaN m ³