

Arm Bike

FAZ51100

Art.Nr. 3175705

KOMPAN
Let's play



Item no. FAZ51100-0801	
General Product Information	
Dimensions LxWxH	93x54x120 cm
Age group	13+
Capacity (users)	1
Colour options	



KOMPAN has created adjustable, interactive Cardio equipment which is at the same quality, equally effective as what you expect from equipment from an indoor fitness center. The Arm bike is truly inclusive and can be used seated in your wheelchair giving a great workout for the upper body. When the exercise is done from a standing position it is a full body

workout, engaging all big muscle groups. The patented, self-powered resistance units creates a real road cycle experience. The resistance can adapt automatically, depending on the pedaling speed, or the users can choose to manually change the resistance on the KOMPAN App.



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The seat is made of a Polyurethane Rubber and has a steel insert plate which connects it to the steel frame. The seat is positioned under a 12 degree angle, accommodating seating heights from 550-620mm.



The cover is made of one of the hardest materials in the market, a Lexan Copolymer EXL9330 and has a thickness of 4mm. This cover can withstand any impact and will protect the electronics in the best possible way.



The Q-factor of the arm bike is 175mm, the crank is made of 18 mm stainless steel and connects the pedal arms which are casted stainless steel (grade 304) parts. The length of the pedal arms is 170mm and the pedals are connected with standard bike fittings.



The Innovative self-powered electrical motor and gear providing a virtual flywheel to give real road experience. The resistance works as an automatic drive and adapts automatically to the pedaling speed. The users can overwrite the automatic drive manually by changing the resistance in steps (26 - Watts) through the App.



The ergonomically shaped handles accommodate 3 exercising positions standing, seated in a wheelchair or seated on the seat. The handles have a diameter of $\varnothing 36\text{mm}$ and are placed under a 30 degree angle. The top coat is Polyurea which gives good protection, grip and isolation.



You can connect the cardio machine to your phone or tablet via Bluetooth. This will provide instant feedback on speed, distance, cadence, watts, calories burned and time. You can also use your smart devices to manually adjust resistance (10 levels), have access to instructional and motivational videos, store and share activity data online!

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Installation Information

Max. fall height	62 cm
Safety surfacing area	11,3 m ²
Number of installers	1
Total installation time	2,2
Excavation volume	0,34 m ³
Concrete volume	0,21 m ³
Footing depth (standard)	80 cm
Shipment weight	112 kg
Anchoring options	In-ground ✓ Surface ✓

Warranty Information

Saddle	10 years
Frame	10 years
Handle	10 years
Electronics	2 years
Spare parts guaranteed	10 years





Cradle to Gate A1-A3	Total CO ₂ emission	CO ₂ e/kg	Recycled materials
	kg CO ₂ e	kg CO ₂ e/kg	%
FAZ51100-0801	300,88	4,42	37,92

The overall framework applied for these factors is the Environmental Product Declaration (EPD), which quantifies "environmental information on the life cycle of a product and enable comparisons between products fulfilling the same function" (ISO, 2006). This follows the structure and applies a Life-Cycle Assessment approach to the entire Product stage from raw material through manufacturing (A1-A3))

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Validation of
 CO₂ calculation
 BUREAU VERITAS
 HSE Denmark AIS



Validation of CO₂ calculation of play module item no. PCM200309-0010.



Data version no. 2021-01-11

The CO₂ calculation and data are in compliance with the principles of a carbon footprint impact according to the GHG protocol (Greenhouse Gas Protocol), Scope 3, cradle to gate related to all individual components in the play module item no. PCM200309-0010. (Scope 3 emissions include emission sources in the upstream and downstream value chain).

Date: 25. January 2021

Validated by:

Bente Nesting, Senior Consultant

Peter Bendtsen, Senior Consultant

Validation based on report: Validation of CO₂ calculation of play module – Kompan, version 1.0, prepared by: Bureau Veritas HSE, Denmark: Bente Hviid Nesting and Peter Bendtsen

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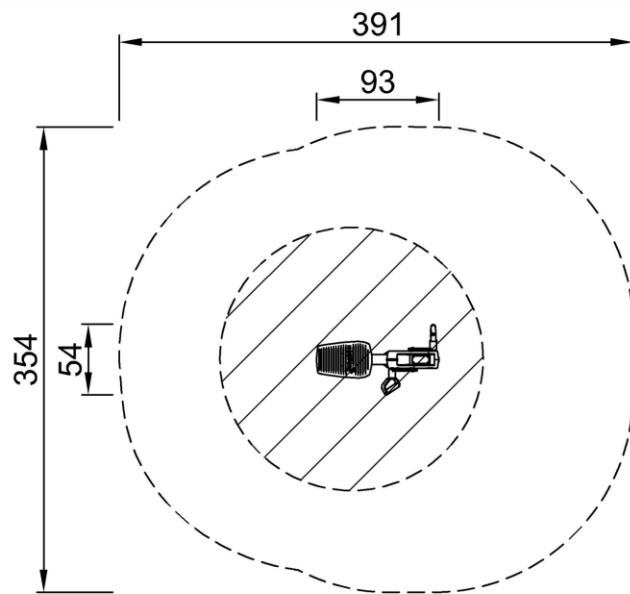


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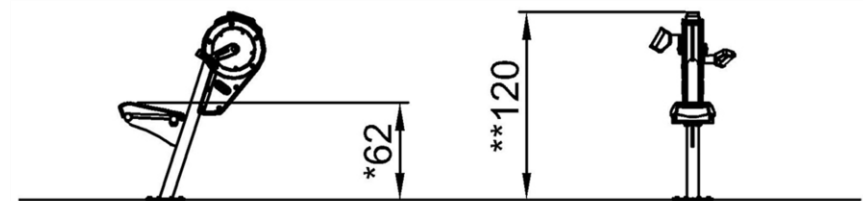
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* Max fall height | ** Total height | *** Safety surfacing area

* Max fall height | ** Total height



FAZ51100
*62cm
**120cm
***11.3m²



FAZ51100
1:100

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

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