

# Cross Trainer

FAZ52100

Art.Nr. 3175806

**KOMPAN**  
Let's play

Item no. FAZ52100-0801

## General Product Information

|                  |               |
|------------------|---------------|
| Dimensions LxWxH | 179x83x175 cm |
| Age group        | 13+           |
| Capacity (users) | 1             |
| Colour options   |               |



The popular cross-trainer known from indoor fitness is now available for outdoor training. With the best ergonomics on the market, KOMPAN's Cross Trainer gives an intense workout and adds an extra intensity layer with a special sprint mode (glute mode) that allows a high-calorie workout that strengthens the gluteus and lower limbs while focusing on the

core stabilizer muscles. The KOMPAN Cross Trainer provides a safe, non-impacting workout without putting unnecessary stress on the joints. The KOMPAN cardio family is designed to give users of all ages, physiques and fitness levels a cardiovascular training that keeps their heart rate above the needed 65% of their maximum heart rate. The intelligent system

automatically adapts the workout to the pace set by the user, securing that the user gets a proper resistance. Besides the automatic drive the user can also choose to manually adjust the resistance with the KOMPAN cardio APP.



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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!



The cross trainer has one welded steel frame connecting the front and the back of the machine. The frame creates an extremely strong and rigid constructing which is needed to cope with the high forces that can be applied.



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.

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|--------------------------|--------------------------|
| Installation Information |                          |
| Max. fall height         | 60 cm                    |
| Safety surfacing area    | 15,3 m <sup>2</sup>      |
| Number of installers     | 2                        |
| Total installation time  | 3,8                      |
| Excavation volume        | 0,68 m <sup>3</sup>      |
| Concrete volume          | 0,42 m <sup>3</sup>      |
| Footing depth (standard) | 80 cm                    |
| Shipment weight          | 317 kg                   |
| Anchoring options        | In-ground ✓<br>Surface ✓ |
| Warranty Information     |                          |
| Footrests                | 10 years                 |
| Frame                    | 10 years                 |
| Handlebars               | 10 years                 |
| Electronics              | 2 years                  |
| Spare parts guaranteed   | 10 years                 |



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. The users can overwrite the automatic drive manually by changing the resistance in 10 steps (45-750 Watts) through the App or screen.



The handle bars is designed with multiple hand positions to accommodate different postures and riding styles. It is a casted Aluminium part with Polyurea coating for good grip and insulation.



The footrests are made 39cm long x 15cm wide, accommodating all foot sizes. The back of the footrest has a specifically designed inclined surface which will bring the users in a sprint position, using much more of the gluteus, hamstrings and lower back muscles.





| Cradle to Gate A1-A3 | Total CO <sub>2</sub> emission | CO <sub>2</sub> e/kg    | Recycled materials |
|----------------------|--------------------------------|-------------------------|--------------------|
|                      | kg CO <sub>2</sub> e           | kg CO <sub>2</sub> e/kg | %                  |
| <b>FAZ52100-0801</b> | 683,29                         | 3,56                    | 45,42              |

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 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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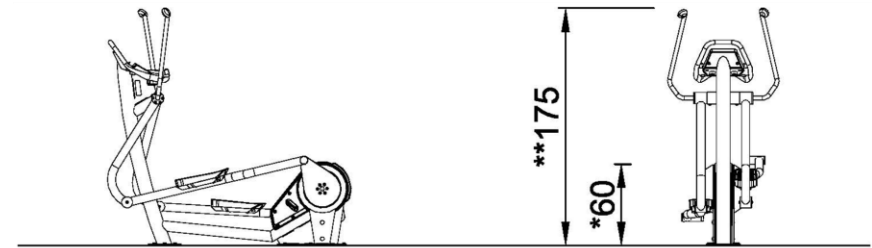
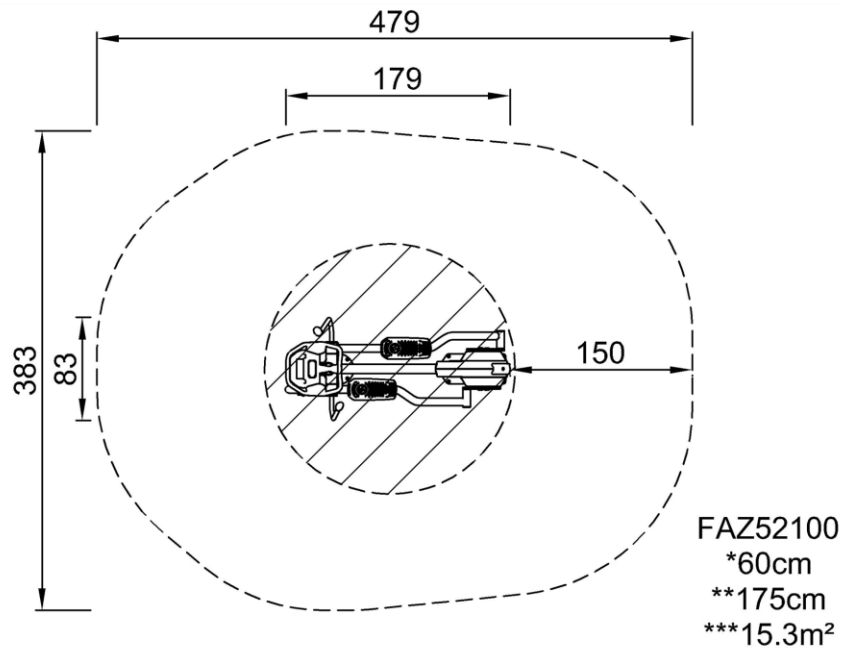


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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

\* Max fall height | \*\* Total height



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

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