



OMPAN

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KOMPAN Group is a market leading manufacturer of outdoor activity areas.

For more than 50 years, the company has designed, manufactured and marketed an extensive range of high-quality playground equipment, outdoor fitness equipment, and outdoor furniture.

KOMPAN[®] products are sold around the world through KOMPAN subsidiaries, agents and distributors.

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Everyone is able to use KOMPAN's outdoor fitness equipment in a way that optimises personal training results regardless of size, abilities and shape.



FITNESS EQUIPMENT

marked with this symbol can be used directly from a wheelchair.

INCLUSIVE FITNESS

Fitness equipment marked with this symbol can be used by everyone on equal terms independent of gender, age, body weight, fitness, or cognitive skills.

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MADE FOR THE OUTDOORS

At KOMPAN we have built outdoor activity areas for more than 50 years. We use only the toughest materials to make sure that our solutions can stand the test of weather and usage for decades to come.





FOR ALL LOCATIONS

Available in several designs and materials. Obstacle courses and street workout also come in Robinia wood, to have a natural look in nature, or to bring nature into an urban environment.





FITNESS & SPORT FOR OUTDOORS

For all users, all purposes and all locations

Across the world, people are moving outside to be active. Especially in recent years there has been an increase in this trend where cities, communities, sports clubs, housing organisations etc. are building outdoor fitness and sports areas for inhabitants and members.

For all users and all purposes

- Gyms that want to provide their members with the option to be outside while getting truly challenging exercise
- Sports clubs that want their broad audience of members to have a motivating obstacle course as an option
- Municipalities that want to make fitness available to everybody in the proximity of residential areas
- Cities that want to make outdoor sports courts available for teenagers and adults to play basketball, football, hockey etc.
- Senior housing facilities that want their residents to stay active and have a healthy senior life.

THE RIGHT INTENSITY IS IMPORTANT

The most effective exercise takes place in the moderate to high-intensity category. Because people are different, equipment must be able to offer a wide range of different workloads.



85-100 % High - effective

out difficult

60-85 %

Moderate effective training

0-60

Low - low effect

EFFECTIVE OUTDOOR FITNESS

More value in less time

We know very well from science what it takes to exercise effectively. Whether being for health or performance, we know the intensity, duration and type of exercise that creates results. It seems obvious that exercise equipment must have the functionality to accommodate these demands, but that has not always been the case for outdoor fitness. With the latest offerings from KOMPAN it is now possible to fully recreate outdoors what has normally only been available in high-quality indoor training facilities. One of the things we care about is making exercise equipment for people of all sizes and abilities. With KOMPAN products, this is achieved in two ways: scalable user positions and adjustable resistance. In other words, no matter who you are, you will be able to use KOMPAN's equipment in a way that optimises your personal results.

THE RIGHT WORKLOAD FOR EVERYONE

The workload on the cardio bike can be adjusted from very easy to extremely hard.

MAGNETIC POWER

An innovative magnetic breaking system allows the user to increase the resistance by increasing the speed of movement. The patented system also functions as a brake when someone drops the magnetic bells and will reduce the impact significantly





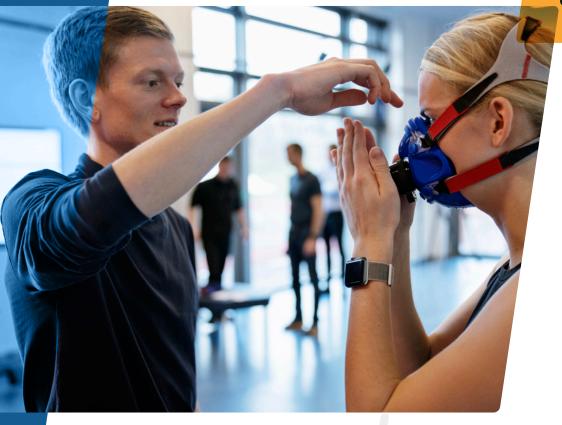
TESTING FOR EFFECTIVENESS

The cardiorespiratory effectiveness of the crosstrainer is validated with the same test methods that are used to test professional athletes.



ENGAGING THE RIGHT MUSCLES

The screen shows muscle activity when exercising on the cross-trainer. The design of all KOMPAN equipment is being carefully finetuned to give the optimal effect and experience for the user.



SCIENTIFIC PRECISION Everything is being checked and then checked again.



FITNESS BASED ON KNOWLEDGE

The KOMPAN Fitness Institute

Knowledge is the foundation for making KOMPAN Fitness products as good as they can possibly be. To make sure that knowledge is in fact anchored in our culture, we have established the KOMPAN Fitness Institute. The institute is led by exercise physiologist MSc Morten Zacho, who has a background in research. KOMPAN Fitness Institute does its own research, but also has a strong focus on following the latest health and exercise-related science as well as collaborating with universities and networks of experts.

The collective knowledge from science and best practice goes directly into product development, so whether it is products for seniors or exercise bikes for athletes, the end users are guaranteed a safe and effective exercise experience.

FOR ALL ABILITIES

KOMPAN Fitness Institute work out science-based and user test-informed equipment and design recommendations

We humans need play and exercise for our health and well-being. Play is a human right for children and closely connected to their well-being and positive development. At KOMPAN, we encourage all children to experience and enjoy the physical, social-emotional and creative learning benefits of playgrounds.

> Inclusive play and fitness are at the very core of everything KOMPAN aims for. The result is universal designs that embrace the needs of all. In inclusive, universal playgrounds and fitness sites, everyone can play or exercise with peers, with parents, in groups or individually, regardless of their abilities or disabilities.

This design philosophy is manifested in KOMPAN's playgrounds and play equipment as well as in our fitness grounds and fitness equipment. Everyone can take something positive out of a visit to a KOMPAN play and fitness site. Health, like play and well-being, is for everyone.

Of course, as individuals, we all have our limits regarding what we are prepared to do or can achieve. Inclusive playgrounds and fitness areas cater for that and offer playful and inclusive ways to reach and overcome those limits and perhaps reset the bar, to advance and grow.

Fitness areas for all:

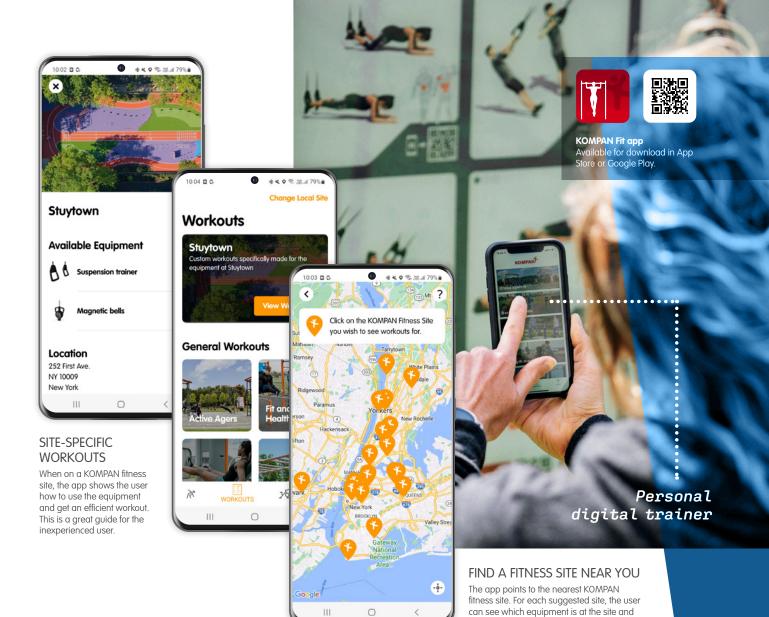
Principles for inclusive outdoor fitness:

- Accessibility
- Ease of use
- Adjustability
- Products being clear in colour and design signals
- Multifunctionality (when possible)
- Combining general and specific functionality



USABLE FOR ALL The multilevel activities of the fitness products make them usable for all.

Download the white papers on inclusive design research and recommendations for fitness grounds from our webpage: www.kompanfitness.com



CREATE POPULAR FITNESS SITES

Inspire, motivate and guide users

Getting people active in the outdoors doesn't just come with installing the right fitness equipment in the right area. You also need to find ways to inspire, educate and motivate them to come to the fitness site and stay there. The KOMPAN Fit app is designed to do just that by being a digital guidance for users of all ages and fitness levels. It guides users on how to use the equipment, what exercise programme to use and acts as that personal digital trainer people need to get started and stay motivated.

quides on usage.







Circuit Training is a compact and efficient training area with cardio and strength equipment. This outdoor circuit includes some of the most popular indoor cardio and strength machines, which will ensure the user has an effective full-body workout. The machines are adjustable, so they fit the user's individual fitness level. The machines are easy to use and highly resistant against wear and tear, which makes the site perfect for communities and parks. A timer is placed in the middle of the circle, making it suitable for interval training or other timed workouts.



	Product number	Product name		Product number	Product name
	FAZ601	Chest Press	7	FAZ603	Leg Press
2	FAZ52101	Cross Trainer with Touchscreen	8	FAZ51100	Arm Bike
3	FAZ607	Lower Back Bench	9	FAZ606	Sit Up Bench
4	FAZ50101	City Bike with Touchscreen	10	FAZ50101	City Bike with Touchscreen
5	FAZ602	Pull Down	U	FSW301	Multi Timer
6	FAZ30100	Step, 20cm			



The elegant, curved structures fit perfectly into any environment, be it boulevards, promenades, parks or on top of a skyscraper. This solution requires little safety surfacing and can blend in to any natural setting. The exclusive design and organic shapes invite and attract people to come and exercise. And the fact that there is something for everyone makes it motivating for users of all ages and abilities.

The bikes motivate people who are out for a stroll to sit down and get started! While they

are enjoying the view, they can get their daily dose of cardio training. Strength can be improved by using the magnetic bells, starting with low weights for beginners and the heavier weights when looking for a challenge.

The training value is huge, and countless exercise variations can be made. It is a perfect solution for a small space with XL ambitions. Big enough for a complete sports team or a school class, this solution will fit anywhere.



	Product number	Product name
	FAZ50101	City Bike with Touchscreen
2	FAZ52101	Cross Trainer with Touchscreen
3	FAZ30300	Step, 60cm
4	FAZ30200	Step, 40cm
5	FAZ201	Cross Training Combi 1





This outdoor fitness setup is the perfect extension of a sports centre. A mixture of nicely designed free-weight systems for cross-training with the functional, designed obstacle course products. It offers familiar training known from indoor fitness, where users can train with products like suspension trainers and magnetic bells in a safe and vandalism-proof environment.

Everybody can participate at their own level due to the smart patented scalable exercise

equipment. The obstacle course surrounding the cross-training area can be used independently or in combination with cross-training, adding a lot of value.

The fun factor is the element that gets people started over and over again. Adults can train together or with their children, letting them experience that an active lifestyle is a fun lifestyle. In fact, once children are introduced to the courses, the bonus for the adults will be to keep up.

ITRE و لاددول BATTAN 1 See more solutions on kompanfitness.com

PRODUCT INFORMATION

	Product number	Product name		Product number	Product name
	FAZ52100	Cross Trainer	8	FAZ30300	Step, 60cm
2	FAZ101	Suspension Trainer	9	FAZ105	Core Twist
3	FSW211	Hurdles	10	FSW214	Over Under
4	FSW212	Double Turbo Challenge	11	FSW215	Balance Beam
5	PAR4051	Agora Bench with Backrest	12	FAZ51100	Arm Bike
6	FSW221	Jump Pod Set	13	FAZ50201	Sport Bike with Touchscreen
7	FAZ102	Magnetic Bells			

Minor regional deviations can occur due to differences in safety standards





On the rooftop, this gym has created the perfect extension of their indoor offering! A space that allows their members to do a full workout routine while enjoying the outdoors, benefitting from all the positive effects on their health and wellbeing.

By using a similar layout to the indoor area

and creating different workout areas, it is easy for the members to move around and find the activities they prefer. The great thing about this training space is that it can just as easily be created in a public park, as all the equipment is certified for usage in unsupervised and public areas.

See more solutions on kompanfitness.com

PRODUCT INFORMATION

	Product number	Product name		Product number	Product name
	FAZ605	Horizontal Row	9	FAZ105	Core Twist
2	FAZ601	Chest Press	10	FAZ102	Magnetic Bells
3	FAZ603	Leg Press	U	FSW201	Parallel Bars
4	FAZ604	Shoulder Press	12	FAZ101	Suspension Trainer
5	FAZ602	Pull Down	13	FAZ50201	Sport Bike with Touchscreen
6	FAZ607	Lower Back Bench	14	FAZ52101	Cross Trainer with Touchscreen
7	FAZ606	Sit Up Bench	15	FST930	Bootcamp Base
8	FAZ30300	Step, 60cm	16	FAZ30200	Step, 40cm

Minor regional deviations can occur due to differences in safety standards

ROOFTOP GYM

8



As we advance in life, physical mobility is vital for us. To avoid becoming restricted, we need to keep our bodies mobile and our minds healthy. This solution is designed to promote active and healthy ageing and to make injury rehabilitation available outdoors in the public space.

The beautiful garden invites everyone to join in and be active at their own level, which is easy to do with the adjustable strength and cardio equipment, ensuring easy maintenance of endurance and strength. Falling is a major problem for elderly people. Accidents often occur because the person is unable to overcome or react to minor changes in the surface they walk on. By using the equipment on a daily basis, elderly can improve their balance, endurance, strength and flexibility – and, ultimately, lower the risk of falling.



Product number		Product Product name number	
1 FSW228	5 Surface Challenge 5	8 FSW227 Balance Station	
2 FSW230	0 Double Stairs	9 FSW223 Stretch Station	
3 FAZ511	00 Arm Bike	10 FAZ603 Leg Press	
4 FAZ501	01 City Bike with Touchscreen	11 FAZ605 Horizontal Row	
5 FSW222	2 Assisted Step	12 FAZ601 Chest Press	
6 FSW228	B Up & Go	PAR4054 Agora Steel Bench with Backrest	
7 FSW231	1 Balance Board		



The combination of play and fitness equipment allows parents to work out while their children enjoy the playground. Parents will be active role models, inspiring their children to live a healthy and active life throughout their childhood and become active adults. The wooden fitness equipment fits perfectly with the surrounding nature and offers a variety of different workouts for adults. Working out for children is done through play, and with this playground they improve their muscle strength on the BLOQX, develop a good balance when spinning on the Supernova and train their endurance when playing in the Giant towers. This site will help provide an active lifestyle for children and adults alike. AY & TRAIN See more solutions on kompanfitness.com

Minor regional deviations can occur due to differences in safety standards

	Product number	Product name		Product number	Product name
	FRO104	Combi 4 Robinia	9	FAZ30100	Step, 20cm
2	FRO202	Dip Bench Robina	10	FAZ30200	Step, 40cm
3	FRO201	Parallel Bars Robinia	11	FAZ30300	Step, 60cm
4	FRO218	Square Pull Up Station Robinia	12	BLX4104	BLOQX 4
5	FR0222	Multi Timer Robinia	13	GXY916	Supernova
6	FAZ51100	Arm Bike	14	PAR4050	Agora Bench
7	FAZ50101	City Bike with Touchscreen	15	PCT310121	Giant L+XL & Mid Tower
8	FAZ52101	Cross Trainer with Touchscreen			



The fun element of obstacle courses is what gets people starting over and over again. Outside of pure sports, playful exercise is rare, but obstacle courses have a fun and playful element. This solution is the ultimate obstacle course for families, inspired by obstacle course runs. Here people need to run, jump, crawl, climb and keep their balance. What makes it so appropriate for families, and different from the military versions, is that you don't need to be super fit to have fun on this obstacle course. All obstacles offer both easy and difficult exercises so that everyone can do a full lap, or several, at their own level.



Minor regional deviations can occur due to differences in safety standards

	Product number	Product name		Product number	Product name
	PAR4163	Agora Steel Hangout Bench	7	FSW215	Balance Beam
2	FSW212	Double Turbo Challenge	8	FSW219	Combi Steps
3	FSW221	Jump Pod Set	9	FSW218	Square Pull Up Station
4	FSW214	Over Under	10	PAR4150	Agora Steel Bench
5	FSW213	Double Overhead Ladder	U	FSW211	Hurdles
6	PAR3001	Bicycle Stand	12	FSW216	Vertical Net / Wall



An action-packed area where everyone can work on an active lifestyle. Like the indoor health centres, this outdoor gym is divided into different areas, tailoring multiple exercise options. By combining it with a big playground, it becomes a destination area and brings the neighbourhood together. Here is a great mix of areas with equipment that is easy to use and doesn't require a lot of knowledge about training. This attracts people who want to have an effective outdoor training by themselves. The street workout and crossfit areas appeal to a younger audience, as the inviting structures encourage fun and challenging training and the possibility to do group classes.

When creating an area of this size, it's important to leave open spaces. Here, these are provided by a running track and a group training area that can be used for a wide variety of activities such as warm-up, yoga and bootcamp classes.

A perfect area for bringing the neighbourhood together.



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See more solutions on kompanfitness.com

	Area		Area
D	Running track	6	Group area
2	Obstacle course	_	Social space
3	Circuit training	8	Playground
4	Cardio	9	Weight lifting
5	Strength	10	Street workout

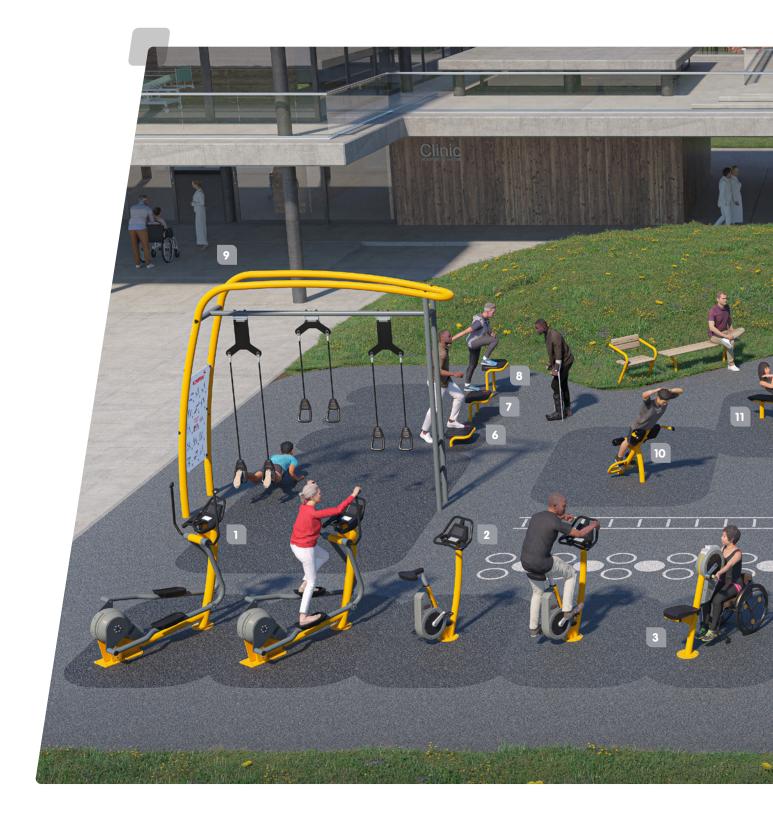


This site is created based on the principles of universal design. The site works equally well for disabled, elderly, untrained and fit people. Not every item can be used by anyone, but anyone can find items that are useful for them which makes the site inclusive and accessible. The strength machines can be used directly from a wheelchair or with easy transfer from one. The different cardio options ensure that there is something for all, and the equipment is installed with lots of free space, so it is easy to manoeuvre around. The equipment is colour-coded with bright colours to make the different workout zones obvious for the user. This makes the site welcoming for everyone.



Minor regional deviations can occur due to differences in safety standards

	Product number	Product name		Product number	Product name
D	FAZ605	Horizontal Row	10	FSW226	Flex Wheel
2	FAZ603	Leg Press	IJ	FSW222	Assisted Step
3	FAZ602	Pull Down	12	FSW229	Stairs & Ramp
4	FAZ604	Shoulder Press	13	FSW209	Push Up Bars
5	FAZ601	Chest Press	14	FAZ607	Lower Back Bench
6	FAZ50101	City Bike with Touchscreen	15	FAZ606	Sit Up Bench
7	FAZ51100	Arm Bike	16	FSW201	Parallel Bars
8	FAZ52101	Cross Trainer with Touchscreen	17	FSW223	Stretch Station
9	FSW228	Up & Go	18	FAZ204	Cross Training Combi 3



The injury prevention zone is designed as the ideal solution for anyone who wants to train for health and injury prevention – or for anyone who needs to rehabilitate after an injury or disease.

The solution focuses on three key elements: cardio, strength and mobility. For each of the selected categories the equipment is based on controlled and safe movements and adjustable resistance. This means that people with injuries, disabilities or other weaknesses can exercise effectively at their own level.

For people with low physical capacity, it is also important that the solution is designed to be inviting and to make the users confident.

INJURY PREVENTION ZONE

15

See more solutions on kompanfitness.com

PRODUCT INFORMATION

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	Product number	Product name		Product number	Product name
D	FAZ52101	Cross Trainer with Touchscreen	10	FAZ607	Lower Back Bench
2	FAZ50101	City Bike with Touchscreen	U	FAZ606	Sit Up Bench
3	FAZ51100	Arm Bike	12	FAZ603	Leg Press
4	FSW215	Balance Beam	13	FAZ601	Chest Press
5	PAR4050	Agora Bench	14	FAZ602	Pull Down
6	FAZ30100	Step, 20cm	15	FSW231	Balance Board
7	FAZ30200	Step, 40cm	16	FSW227	Balance Station
8	FAZ30300	Step, 60cm	17	FSW238	Leg Lift & Pull Up
9	FAZ101	Suspension Trainer	18	FSW223	Stretch Station

Minor regional deviations can occur due to differences in safety standards

CARDIO

Intense workout

The new Cross Trainer adds an extra intensity layer with a special sprint mode (glute mode) that allows a highcalorie workout.

Connected experience

When working out, motivation is key. Users can connect via Bluetooth to the KOMPAN Cardio app and get access to instructional and motivational videos, store activity and share to external platforms.

Optional touchscreen

Durable 7" LCD colour touchscreen with IK8 protection glass gives instant feedback on speed, distance, time, burned calories etc. Resistance can be adjusted on the screen.



BIKE, ARM BIKE AND CROSS TRAINER

Indoor cardio taken outdoors

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 stabiliser 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, ensuring that the user gets a proper resistance.



MADE FOR THE OUTDOORS

Waterproof design made of extremely durable materials, highly resistant to vandalism and heavy usage.

CARDIO FOR ALL

The Arm Bike gives an intense upper-body workout. It is designed to include users of all abilities by being able to be used standing, seated or from a wheelchair.





Adjustable workout

City Bike

The City Bike has a low access height, a wide comfortable saddle and a high-placed handlebar. This is therefore a universal stationary bike that can be used by anyone.

Sport Bike

The Sport Bike has the same adjustable resistance (25-750 watt) as the City Bike, but the geometry of the bike is tailored towards performance training. The saddle is narrower, and the handlebar is placed lower as known from road racing or indoor spinning bikes.

Cross Trainer

The KOMPAN Cross Trainer is on par with the best of its indoor cousins and adds new features like the innovative sprint mode that allows the user to add power and shape to thighs and buttocks.

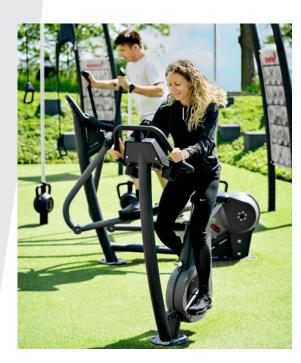
Arm Bike

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 provides a full body workout, engaging all large muscle groups.





City Bike with Touchscreen FAZ50101





Product number		Age / Key user group	Capacity	Fall height	Total height	Fall space dimensions	Installation	CO ₂ emission	
		0	(years)	(users)	(cm)	(cm)	(cm x cm)	(hours)	(kg CO ₂ e/kg)
FAZ50100	City Bike		13+ / (-)	1	100	138	397 x 350	2.4	4.38
FAZ50101	City Bike with Touchscreen		13+ / (-)	1	100	138	397 x 350	2.3	4.40
FAZ50200	Sport Bike		13+ / (-)	1	100	118	410 x 351	2.4	4.37
FAZ50201	Sport Bike with Touchscreen		13+ / (-)	1	100	118	410 x 351	2.3	4.39







Product number	Product name	j.	Age / Key user group	Capacity	Fall height	Total height	Fall space dimensions	Installation	CO ₂ emission
		0.	(years)	(users)	(cm)	(cm)	(cm x cm)	(hours)	(kg CO ₂ e/kg)
FAZ51100	Arm Bike	\checkmark	13+ / (-)	1	62	120	391 x 354	2.2	4.10
FAZ52100	Cross Trainer		13+ / (-)	1	60	175	479 x 383	3.8	3.10
FAZ52101	Cross Trainer with Touchscreen		13+ / (-)	1	60	175	479 x 383	3.8	3.11

STRENGTH

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Built to last

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All moving parts, including the mechanical stops, are hidden in a fully closed cabinet and made of aluminium, stainless steel or galvanised steel. As a result, entrapment and corrosion is not possible, making the system extremely safe and durable.

Weight stack

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The user can adjust the weights in 16 steps of 5kg from 5kg to 80kg.

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Instruction and adjustment

On each product there are clear instructions on how to correctly perform the exercises. A QR code links to the KOMPAN Fit app for more exercises and workouts.

With the new patented adjustment mechanism it is super easy to select the desired resistance with just a quick turn of the handle. At the same time there is no risk of finger entrapment or a pin getting lost.



The special design of the handles makes it possible for people of different heights to achieve the correct working position without adjusting the seat. The design also allows for varying grip positions for functional purposes when targeting specific muscle sections and avoiding overload injuries.

SEAT

The seats are extremely durable, and due to clever design with a cut-out centre and chamfered edges they are also very comfortable.

EASY-TO-USE, ADJUSTABLE EQUIPMENT

Indoor functionality with outdoor quality



The new strength training machines from KOMPAN are completely changing the game for outdoor fitness. Now it is possible to have a full high-quality replication of the exercise setup known from indoor fitness. The new machines work with the same biomechanics and resistance mechanisms as indoor selectorised strength machines, but add the necessary outdoor features such as safety, durability and optimised simplicity for the user.

The great thing about selectorised strength machines is that they can be used by everyone. They are great for active agers, great for athletes and great for people who just want to be healthy and feel good. Because of the controlled movements and the quick and simple selection of resistance, the machines are safe, easy to use and very time efficient.

STRENGTH

Full body workout with adjustable equipment

The five machines and the two benches represent the most popular indoor machines, and as a package they cover all major muscle groups of the body. All angles of pushing and pulling for the upper body are fully covered with the Chest Press, the Shoulder Press, the Horizontal Row, and the Pull Down.

For the lower body, the Leg Press provides activation of all muscles of the lower body in one single exercise. By adding the Sit Up Bench and the Lower Back Bench, which focus on the core muscles, the body is fully covered.



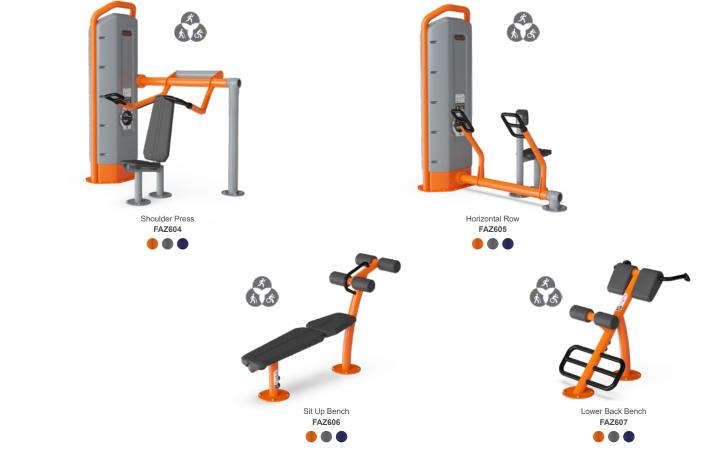
Pull Down FAZ602





Product number	Product name	Ŀ.	Age / Key user group	Capacity	Fall height	Total height	Fall space dimensions	Installation	CO ₂ emission
		0.	(years)	(users)	(cm)	(cm)	(cm x cm)	(hours)	(kg CO ₂ e/kg)
FAZ602	Pull Down	\checkmark	13+ / (-)	1	47	214	484 x 416	9.3	2.91
FAZ601	Chest Press		13+ / (-)	1	44	214	488 x 407	8.6	2.99
FAZ603	Leg Press		13+ / (-)	1	63	214	462 x 536	10	2.98





Product number	Product name	Æ	Age / Key user group	Capacity	Fall height	Total height	Fall space dimensions	Installation	CO ₂ emission
		0	(years)	(users)	(cm)	(cm)	(cm x cm)	(hours)	(kg CO ₂ e/kg)
FAZ604	Shoulder Press	\checkmark	13+ / (-)	1	44	214	482 x 431	9.3	2.91
FAZ605	Horizontal Row		13+ / (-)	1	47	214	483 x 410	9.3	2.93
FAZ606	Sit Up Bench		13+ / (-)	1	93	93	344 x 453	3.4	3.73
FAZ607	Lower Back Bench	\checkmark	13+ / (-)	1	89	89	373 x 405	3.4	3.15

CROSS TRAINING

Suspension trainer grip

The ergonomically shaped handles make it very easy to position hands and feet correctly in a fast and comfortable way.

FUNCTIONAL OUTDOOR TRAINING

Use gravity and own bodyweight

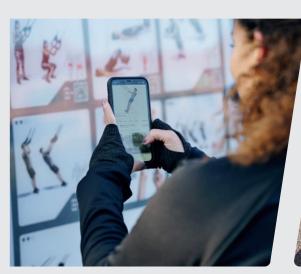
Cross-training is a strength and conditioning workout that is made up of functional movements performed at a high intensity level. These movements are actions that people perform in their day-to-day life, like squatting, pulling, pushing etc. Most users do workouts which feature variations of squats, push-ups and weightlifting that last for predetermined amounts of time to help increase strength and stamina. This varies from a traditional workout, which determines how many reps to do over any period of time and has predefined movements.

The amount of different exercises which can be performed on the Cross Systems is huge and also allows users to easily change the complexity and intensity of the workouts, making it a system which allows users of all ages and abilities to exercise in a fun and effective way.



MAGNETIC BELLS

Three different weights (6, 9 and 12kg) are available and they can freely rotate and move up and down a vertical tube, allowing for a huge variety of exercises.



BIG SIGNS

The big information signs show a selection of the most relevant exercises with a variety of difficulty levels. The QR code will link to a video of the exercise and to the free KOMPAN app for even more exercises and workouts.



JUMP BOXES

The box is one of the simplest, yet highly versatile training tools. So many exercises can be done using it, from simple step-ups to plyometric jumps.

CROSS TRAINING

Scalable functional training in a beautiful design

Cross Systems are tall and visible from a distance and with their dynamic look they signal to citizens to come and exercise. They are designed as open structures providing innovative fitness equipment ranging from suspension trainers and pull-up bars to free weights and parallel bars. Central to Cross Systems is the scalability of the resistance: allowing everyone to train according to their individual levels of fitness.

The different frames can stand alone or be placed as joined structures, ideal for group training.

The Cross Systems frames are not just appreciated by those who work out. In 2017, the Cross Systems won the Good Design Award in Australia and the European Product Design Award.







Magnetic Bells FAZ102

PATENTED





Suspension Trainer

オネレチ

KOMPAN

Pull Up Bars FAZ103



Product number	Product name	ė	Age / Key user group	Capacity	Fall height	Total height	Fall space dimensions	Installation	CO ₂ emission
		0.	(years)	(users)	(cm)	(cm)	(cm x cm)	(hours)	(kg CO ₂ e/kg)
FAZ101	Suspension Trainer	\checkmark	13+ / (-)	3	0	334	509 x 634	7.1	3.06
FAZ102	Magnetic Bells	\checkmark	13+ / (-)	3	0	334	509 x 300	7.1	3.33
FAZ103	Pull Up Bars		13+ / (-)	3	167	334	509 x 491	7.2	2.86
FAZ104	Parallel Bars		13+ / (-)	3	124	334	509 x 400	6.8	2.86
FAZ105	Core Twist	\checkmark	13+ / (-)	3	0	334	509 x 345	8.6	3.09











Product number	Product name	Æ	Age / Key user group	Capacity	Fall height	Total height	Fall space dimensions	Installation	CO ₂ emission
		0	(years)	(users)	(cm)	(cm)	(cm x cm)	(hours)	(kg CO ₂ e/kg)
FAZ201	Cross Training Combi 1	\checkmark	13+ / (-)	10	286	334	1,060 x 634	14	3.18
FAZ203	Cross Training Combi 2	\checkmark	13+ / (-)	9	124	334	1,060 x 634	14	3.10
FAZ204	Cross Training Combi 3		13+/(-)	9	0	334	1,060 x 634	15	3.21
PAR3005	Sign X-Large		- / (-)	-	-	205	- X -	1.1	3.66

Compact functional training

The Compact Cross System convinces by its high-quality craftsmanship and the opportunity to customise an outdoor functional training solution to your specific wants and needs.

The Compact Cross System offers the same functionality as the Cross System solution. However, changes in the design features create a smaller layout perfect for areas with less capacity, hence the name Compact.

The Compact Cross System frames are available as stand-alone pieces or as joined structures in a circular or linear combination. Each section offers various activities, such as kettlebells, suspension trainers or pull-up bars. This cross-training system is ideal for schools, municipalities or housing areas.



Suspension Trainer Compact FAZ107





Product number	Product name	Æ	Age / Key user group	Capacity	Fall height	Total height	Fall space dimensions	Installation	CO ₂ emission
		01	(years)	(users)	(cm)	(cm)	(cm x cm)	(hours)	(kg CO ₂ e/kg)
FAZ107	Suspension Trainer Compact	\checkmark	13+/(-)	2	0	291	206 x 634	4.4	3.93
FAZ108	Magnetic Bells Compact	\checkmark	13+/(-)	2	0	291	206 x 300	5	3.94
FAZ109	Core Twist Compact	\checkmark	13+/(-)	3	0	291	420 x 515	6.3	3.52
FAZ205	Cross Training Combi 4 Compact	\checkmark	13+ / (-)	4	132	291	423 x 634	6.6	3.87













Product number	Product name	j.	Age / Key user group	Capacity	Fall height	Total height	Fall space dimensions	Installation	CO ₂ emission
		0.	(years)	(users)	(cm)	(cm)	(cm x cm)	(hours)	(kg CO ₂ e/kg)
FAZ206	Cross Training Combi 5 Compact	\checkmark	13+/(-)	5	0	291	636 x 634	8	3.60
FAZ207	Cross Training Combi 6 Compact	\checkmark	13+/(-)	5	132	291	636 x 515	8.4	3.63
FAZ208	Cross Training Combi 7 Compact	\checkmark	13+/(-)	5	132	291	853 x 634	10.6	3.74
FAZ209	Cross Training Combi 8 Compact	\checkmark	13+/(-)	7	132	291	838 x 626	11.5	3.80

STREET WORKOUT

Optimised exercise

The Overhead Ladder is designed to give the best possible hand grip and has the right distance between the bars.

Extra wide pull-up bars

138cm wide pull-up bars designed to give plenty of space to dynamic exercises and promote sideways exercises such as the typewriter pull-up. Allow users to do pull-ups next to each other and thereby compete with or motivate each other.

112

For the best possible hand grip, the diameter of the pull up bars are optimised to 32mm.





HUMAN FLAG The ultimate street workout and calisthenics exercise. It is an impressive gravity-defying exercise.



THE ULTIMATE BODYWEIGHT STATION 10 different workout stations in one. This combination package offers a superior street workout and calisthenics experience, featuring all essential elements for users to release their creativity.



PARALLEL BARS

Parallel Bars can be found in every street workout area to train the upper body and core stability. The rounded corners make it easy to swing the legs across the Parallel Bars, making it safe to try new tricks without the risk of injuries.

INSPIRED BY EXPERTS

Designed for fitness enthusiasts



Street workout and calisthenics are increasingly popular. The disciplines are gaining a foothold with especially the youth, creating a need for street workout and calisthenics equipment in schools, parks and even on

street corners. The new KOMPAN Street Workout & Calisthenics solutions offer numerous exercises in one structure, leaving a very small footprint and fitting into areas where space optimisation is key.



Product number	Product name	ŕ	Age / Key user group	Capacity	Fall height	Total height	Fall space dimensions	Installation	CO ₂ emission
		0.	(years)	(users)	(cm)	(cm)	(cm x cm)	(hours)	(kg CO ₂ e/kg)
FSW101	Combi 1		13+ / (-)	3	133	240	613 x 529	4.6	3.41
FSW103	Combi 3		13+ / (-)	8	133	240	1,024 x 734	8.6	3.48
FSW102	Combi 2		13+ / (-)	6	133	240	755 x 643	8.9	3.48
FSW105	Combi 5		13+ / (-)	14	233	240	994 x 743	11	3.33









Product number	Product name	¥	Age / Key user group	Capacity	Fall height	Total height	Fall space dimensions	Installation	CO ₂ emission
			(years)	(users)	(cm)	(cm)	(cm x cm)	(hours)	(kg CO ₂ e/kg)
FST930	Bootcamp Base		13+ / (-)	8	150	262	480 x 885	9.6	2.59
FSW104	Combi 4		13+ / (-)	8	233	240	691 x 763	8.2	3.42
FSW301	Multi Timer	\checkmark	13+ / (-)	4	-	170	- X -	2.1	3.67
FSW302	Combi 4 with Multi Timer		13+ / (-)	4	233	240	691 x 763	9	3.44



Product number	Product name	:	Age / Key user	Capacity	Fall height	Total height	Fall space dimensions	Installation	CO ₂ emission
		Ç	group (years)	(users)	(cm)	(cm)	(cm x cm)	(hours)	(kg CO ₂ e/kg)
FSW220	Human Flag Wall		13+ / (-)	3	233	240	527 x 417	4.1	2.85
FSW206	Incline Press		13+ / (-)	1	133	240	418 x 310	2.7	3.55
FSW207	Multi Net		13+ / (-)	1	133	240	418 x 310	3.2	3.79
FSW209	Push Up Bars	\checkmark	13+ / (-)	3	133	140	635 x 310	2.7	3.55
FSW208	Pull Up Station		13+ / (-)	2	133	240	571 x 310	3.2	3.45
FSW205	Overhead Ladder		13+ / (-)	2	133	240	523 x 400	3.5	3.32



1

1

1

58

56

78

76

58

56

78

76

361 x 341

361 x 341

361 x 341

361 x 341

13+ / (-)

13+/(-)

13+ / (-)

13+/(-)

FAZ30300

FAZ30301

FAZ30400

FAZ30401

Step, 60cm (QS)

Step, 80cm

Step, 60cm PU Steel

Step, 80cm PU Steel

1.83

2.59

1.86

2.59

1.7

1.7

1.7

1.7

Street workout in a natural style

Bringing the urban street workout trend into a natural environment or bringing the natural environment into an urban setting, a full Street Workout assortment is also available in Robinia wood.

Robinia wood is a very strong and long-lasting material with a very high level of natural oils. Thus, Robinia wood makes very durable outdoor fitness areas which are close to being maintenance free and able to last for many years.



Product number	Product name	ŕ	Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	CO ₂ emission (kg CO ₂ e/kg)
FRO105	Combi 5 Robinia		13+ / (-)	10	233	261	995 x 742	21	0.86
FRO102	Combi 2 Robinia		13+ / (-)	5	133	261	683 x 714	11	0.89

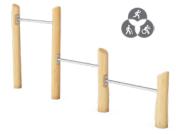




Combi 4 Robinia FRO104



Parallel Bars Robinia FRO201



Push Up Bars Robinia FRO209







Multi Timer Robinia FRO222

Product number	Product name	j.	Age / Key user group	Capacity	Fall height	Total height	Fall space dimensions	Installation	CO ₂ emission
		0	(years)	(users)	(cm)	(cm)	(cm x cm)	(hours)	(kg CO ₂ e/kg)
FRO104	Combi 4 Robinia		13+ / (-)	8	233	261	693 x 763	15	0.85
FRO201	Parallel Bars Robinia		13+ / (-)	1	106	134	489 x 356	3.4	0.73
FRO209	Push Up Bars Robinia	\checkmark	13+ / (-)	3	133	161	636 x 310	4.2	0.61
FRO203	Sit Up Bench Robinia		13+ / (-)	1	63	104	387 x 453	3.3	1.22
FRO202	Dip Bench Robina		13+ / (-)	2	73	73	534 x 359	3.6	0.87
FRO222	Multi Timer Robinia	\checkmark	13+ / (-)	4	-	179	- X -	1.5	1.30

STAY FIT

CTAN STREET STORE

Up and down the stairs

Stairs can be tricky for elderly people. Training to walk safely on stairs is of pivotal importance. The Stairs Solution comes in different difficulty levels. The inclination varies, as does the amount of support from the hand support bar.

Get safely on the bus

The reactive Balance Board trains response and balance on unstable surfaces. In everyday life, it could be getting on a bus or walking on a slippery surface.

STAY FIT, BE MOBILE, AGE HEALTHILY

With mobility and rehabilitation training

As we advance in life, physical mobility is vital for us all. To not become restricted, we need to keep our body mobile and our minds healthy. KOMPAN Stay Fit is designed to promote active and healthy ageing and to make injury rehabilitation available outdoors in the public space.

The KOMPAN Stay Fit portfolio offers a range of training stations, each providing funda-

mental skills training. Each station is inspired by activities and obstacles people meet in everyday life. Improving on basic mobility skills is important throughout all stages in life, making KOMPAN Stay Fit relevant for all user groups.



GOOD BALANCE AND STRONG ANKLES

The four exercises in the Balance Station have different difficulty levels. The placement of the four stations around the ring invites social interaction.



TESTING ABILITIES

This station is targeted towards executing the "Sit & Rise" and the "Up & Go" tests. The rail in the middle and the round handle at the turning point provide extra safety and support if needed.



PREVENT FALLING

The Surface Challenge is designed to prevent the elderly from falling, by giving them a safe opportunity to practise walking on surfaces and obstacles found in everyday life.

Fall prevention and balance

The Stay Fit product line consists of a range of tools to improve balance, strength and mobility. The products are designed with safety and ease of use as high priorities, specifically targeting user groups with reduced capacity, such as the elderly, patients or people rehabilitating from an injury. Fall prevention and balance training is very important for elderly people, but it is also highly relevant for people re-learning walking skills after moderate or serious injuries.

Surface Challenge

The Surface Challenge mimics the typical fall-causing obstacles found in everyday life. With the double rails it is possible to exercise the necessary fall-prevention skills in a safe and controlled environment.

Reactive Balance Board

The reactive Balance Board is one of the most efficient ways to do balance training. The body needs to be balanced, while reacting to the moving surface. The double rails make balance training very safe, and with four touch-signs on the posts, a large variety of different exercises can be performed.













Product number	Product name	Ŀ,	Age / Key user group	Capacity	Fall height	Total height	Fall space dimensions	Installation	CO ₂ emission
		0.	(years)	(users)	(cm)	(cm)	(cm x cm)	(hours)	(kg CO2e/kg)
FSW231	Balance Board		13+ / (-)	1	12	200	387 x 387	4.8	3.33
FSW224	Surface Challenge 3		13+ / (-)	5	20	105	400 x 730	7.8	2.37
FSW225	Surface Challenge 5		13+ / (-)	9	20	105	400 x 1,010	12	2.23
FSW223	Stretch Station	\checkmark	13+ / (-)	4	93	200	418 x 418	4	3.58
FSW226	Flex Wheel	\checkmark	13+ / (-)	1	0	165	381 x 332	3.1	2.67













Product number	Product name	÷	Age / Key user group	Capacity	Fall height	Total height	Fall space dimensions	Installation	CO ₂ emission
		0.	(years)	(users)	(cm)	(cm)	(cm x cm)	(hours)	(kg CO ₂ e/kg)
FSW227	Balance Station		13+ / (-)	4	25	124	502 x 498	4.7	2.57
FSW228	Up & Go		13+ / (-)	1	0	94	623 x 384	2.7	3.34
FSW222	Assisted Step		13+ / (-)	1	20	118	444 x 341	2.7	2.45
FSW230	Double Stairs		13+/(-)	2	69	163	400 x 552	9.9	2.84
FSW229	Stairs & Ramp		13+ / (-)	2	69	163	400 x 714	11	3.63

STAY FIT

Functional & flexible for every space

The Stay Fit products which focus on the development of strength and coordination are all created with just one central post to combine two training stations, resulting in a very high functionality per square metre. With just a few products and a limited budget it will be possible to create a workout which is high on functionality.

A powerful combination is the FSW238. It combines the most used strength exercises; the pull-up and the leg-lift exercises. It can also be used for triceps exercises on a few square metres.







Product number		ķ	Age / Key user group	Capacity	Fall height	Total height	Fall space dimensions	Installation	CO ₂ emission
0	(years)	(users)	(cm)	(cm)	(cm x cm)	(hours)	(kg CO ₂ e/kg)		
FSW236	Twist & Flex Wheel	\checkmark	13+ / (-)	2	21	165	380 x 418	4	2.81
FSW237	Flex Wheel & Leg Lift	\checkmark	13+ / (-)	2	132	167	380 x 393	4.3	2.75
FSW238	Leg Lift & Pull Up		13+ / (-)	2	132	240	417 x 407	3.7	3.12

The world's first outdoor fitness jumper

The new Fitness Jumper from KOMPAN is designed to be fun – and of course effective and for everybody.

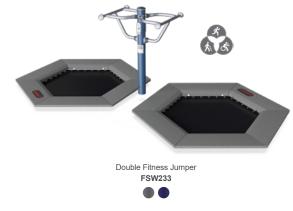
Exercising on a KOMPAN Fitness Jumper gives an intense cardiovascular workout, trains balance and improves bone density.

The Fitness Jumper challenges both the experienced fitness jumper athlete and the average fitness enthusiast.











Fitness Jumper Flex

FSW235

外

Product number	Product name	Ŷ	Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	CO ₂ emission (kg CO ₂ e/kg)
FSW232	Fitness Jumper		13+ / (-)	1	100	117	412 x 408	4.6	2.17
FSW233	Double Fitness Jumper		13+ / (-)	2	100	117	412 x 603	7.2	2.13
FSW234	Fitness Jumper Wobble		13+ / (-)	2	100	140	412 x 542	5.6	2.31
FSW235	Fitness Jumper Flex		13+ / (-)	2	100	140	412 x 479	5.9	2.17

OBSTACLE COURSES

Climbing

16

0

For easy access, the climbing grips and step-ups can be used. The experienced user will try to overcome the 2.40m challenge without any help. Climbing is not only a physical exercise! It's also about overcoming the fear of heights.

Jumping

.....

Jumping is a great exercise, as it improves strength, agility, bone density and is an excellent calorie burner.





OVERHEAD ACTIVITIES Overhead activities test upper body strength and coordination.



BALANCING Balancing strengthens the muscles that help keep the body upright, as well as leg muscles and core.

CRAWLING Crawling is a great exercise that improves cross-body coordination and core strength.

CHALLENGING PHYSICAL TRAINING

For both beginners and trained athletes

Obstacle courses have their origin in military training. However, already in the 70's they found their way to the public parks where everyone could enjoy them. Nowadays Obstacle Course Racing is one of the fastest growing outdoor sports, attracting people

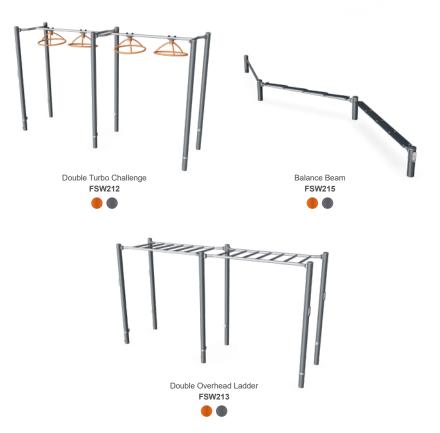
of all ages and abilities. It challenges and develops both mental and physical strength. Different ways of doing the exercises provide different difficulty levels, and thereby make it work for both young and old as well as strong and untrained.

Challenging all

The KOMPAN obstacles are designed in a way that challenges everyone at their own level. Smart step-ups and extra grips will make it easy enough for beginners to get started on the equipment, and due to its size and height, even the most advanced athletes will find a way to challenge themselves!

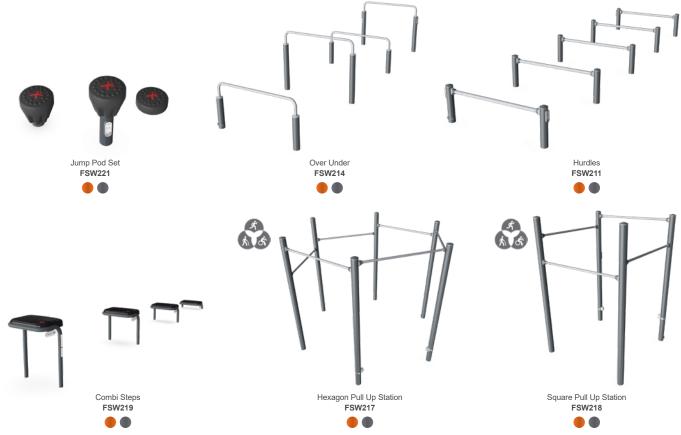






Product Product name number	Product name	F	Age / Key user	Capacity	Fall height	Total height	Fall space dimensions	Installation	CO ₂ emission
	C.	0	group (years)	(users)	(cm)	(cm)	(cm x cm)	(hours)	(kg CO ₂ e/kg)
FSW216	Vertical Net / Wall		13+/(-)	3	233	240	527 x 455	6.8	2.73
FSW212	Double Turbo Challenge		13+ / (-)	3	125	270	739 x 400	5.1	3.30
FSW215	Balance Beam		13+/(-)	3	40	45	833 x 616	3.7	3.09
FSW213	Double Overhead Ladder		13+ / (-)	4	133	240	739 x 400	4.9	3.27





Product number	Product name	÷	Age / Key user	Capacity	Fall height	Total height	Fall space dimensions	Installation	CO ₂ emission
		0	group (years)	(users)	(cm)	(cm)	(cm x cm)	(hours)	(kg CO ₂ e/kg)
FSW214	Over Under		13+ / (-)	4	118	118	444 x 859	3.7	3.43
FSW211	Hurdles		13+/(-)	5	40	57	463 x 950	4.4	3.42
FSW217	Hexagon Pull Up Station	\checkmark	13+ / (-)	6	133	240	616 x 573	4.4	3.27
FSW218	Square Pull Up Station	\checkmark	13+ / (-)	4	133	240	463 x 463	3.7	3.28
FSW221	Jump Pod Set		13+ / (-)	1	60	60	361 x 428	1.7	2.23
FSW219	Combi Steps		13+ / (-)	4	78	78	361 x 942	3.9	1.81

Obstacle courses in a natural style

The KOMPAN obstacles are designed in a way that challenges everyone at their own level. Smart step-ups and extra grips will make it easy enough for beginners to get started on the equipment, and due to the size and height of the equipment, even the most advanced athletes will find a way to challenge themselves!

Robinia wood is a very strong and long-lasting material with a high level of natural oils. Thus, Robinia wood makes very durable outdoor fitness areas which are close to maintenance free and able to last for decades.



Vertical Net/Wall Robinia FR0216



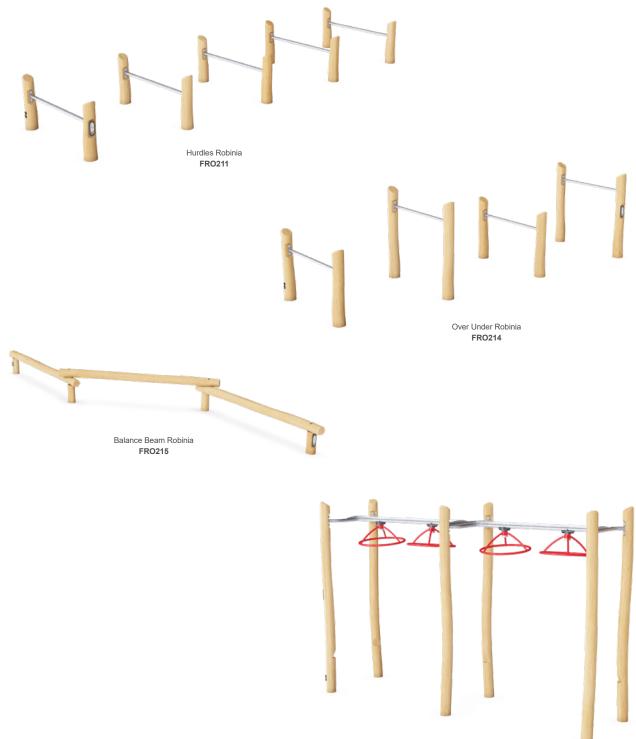
Double Overhead Ladder Robinia

FRO213



Square Pull Up Station Robinia FR0218

Product number	Product name	÷	Age / Key user group	Capacity	Fall height	Total height	Fall space dimensions	Installation	CO ₂ emission
			(years)	(users)	(cm)	(cm)	(cm x cm)	(hours)	(kg CO ₂ e/kg)
FRO216	Vertical Net/Wall Robinia		13+ / (-)	3	233	261	528 x 455	9.5	1.28
FR0213	Double Overhead Ladder Robinia		13+ / (-)	4	133	261	743 x 418	7.8	0.81
FRO218	Square Pull Up Station Robinia	\checkmark	13+ / (-)	4	133	261	471 x 471	5.9	0.81



Double Turbo Challenge Robinia FRO212

Product Product name number	Product name	Ŀ,	Age / Key user group	Capacity	Fall height	Total height	Fall space dimensions	Installation	CO ₂ emission
	0.	(years)	(users)	(cm)	(cm)	(cm x cm)	(hours)	(kg CO ₂ e/kg)	
FR0211	Hurdles Robinia		13+ / (-)	5	52	80	463 x 950	7.3	0.72
FRO214	Over Under Robinia		13+/(-)	4	118	147	444 x 859	5.7	0.68
FRO215	Balance Beam Robinia		13+/(-)	3	64	64	1,051 x 531	5.5	0.51
FRO212	Double Turbo Challenge Robinia		13+ / (-)	3	125	291	743 x 420	8.1	0.92

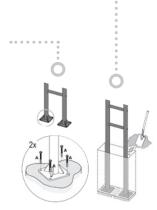


CALM AND HARMONISED

The stylish anthracite grey fitness products on this fitness and rehabilitation site harmonise perfectly with the calm and green surroundings.

ANCHORING TYPE:

- Inground in multiple depths
- Surface with expansion bolts



POST CAP:

– In grey PE or aluminium



Further information

Contact us for more information on the range of options for configurable fitness and sports equipment. Please note that prices and delivery terms depend on specified configurations.



Product configurator www.kompanfitness.com

Steel colours

14 thrilling colours are offered in the standard assortment.

POWERFUL DESIGN WITH COLOURS

Create an individual expression

Distinct visual and creative expressions can be created by adding special colours to the steel parts of the fitness products.

> Different colours can be chosen to make a statement, or to support and highlight an



Night sky blue** NCS S 7020-R80B* RAL 5003

NCS S 2020-Y20R* RAL 1001

Yellow NCS S 2070-Y20R* RAL 1006

Orange* NCS S 2070-Y50R* RAL 2010

Red NCS S 1580-Y90R* RAL 3001

Light blue

NCS S 2060-B* RAL 5012

Brown** NCS S 7020-Y40R* RAL 8011







Medium grey NCS S 5502-B* RAL 7046



Dark grey** NCS S 6502-B* RAL 7012



Black NCS S 9000-N* RAL 9005

Colour code value is approximate The colour is available as matt or glossy



BRIGHT OR REFRESHING Awesome-looking fitness solutions can seem even more impressive in bright yellow or a refreshing light blue colour.



FITNESS & SPORT 69

DESIGN AND COMFORT

The design of this fitness site is made as an integrated concept and with a type of surfacing that gives the maximum comfort during workouts.



UV AND WEATHER RESISTANT A special type of UV- and weather-resistant paint is used to apply the symbols and markings on the FLEXOTOP surfacing. For easy and accurate application, KOMPAN have designed a selection of template tools.





Surfacing colours





SUR11117-902 RAL 1011

Bright yellow RAL 1018 SUR11115-902 Bright orange RAL 2004

SUR11106-902 Bright red RAL 3001 SUR11125-902 Pink RAL 4010

SUR11122-902

Purple RAL 5022

SUR11109-902

Blue RAL 5005

SUR11108-902 Light blue RAL 5012



FUNCTIONAL SURFACING WITH FLEXOTOP[™] ECO

■ With FLEXOTOP[™] ECO, designers can be very

creative. Different colours, shapes and graph-

ics can support and highlight the overall de-

sign theme and also extend the functionality

of the equipment to the surface. The soft, yet

firm surfacing is highly inclusive, making it possible for wheelchair users to easily access perspective, this surfacing provides brilliant shock absorption thanks to its two-layer design. Functionality and quality is ensured through TÜV certification according to EN1177 and BS 7188.

From an operational point of view, FLEXO-TOP™ ECO provides a clean and comfortable surface with very low maintenance costs.

SUR11154-902 Agua blend SUR11121-902



SUR11124-902 Teal RAL 5020







SUR11120-902 Lime RAL 6018



SUR11107-902 RAL 3016



SUR11119-902 RAL 8011



SUR11255-903 Flexogrine

ergrind



G SUR11105-902 Light grey RAI 7047





Dark grey RAL 7016

SUR11101-902

Black RAL 9005 \mathbf{O}

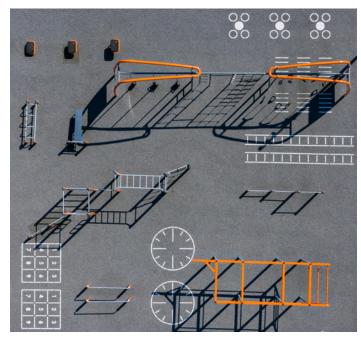
FLEXOTOP[™] ECO is high-quality wetpour surfacing from KOMPAN. From a safety



the fitness site.

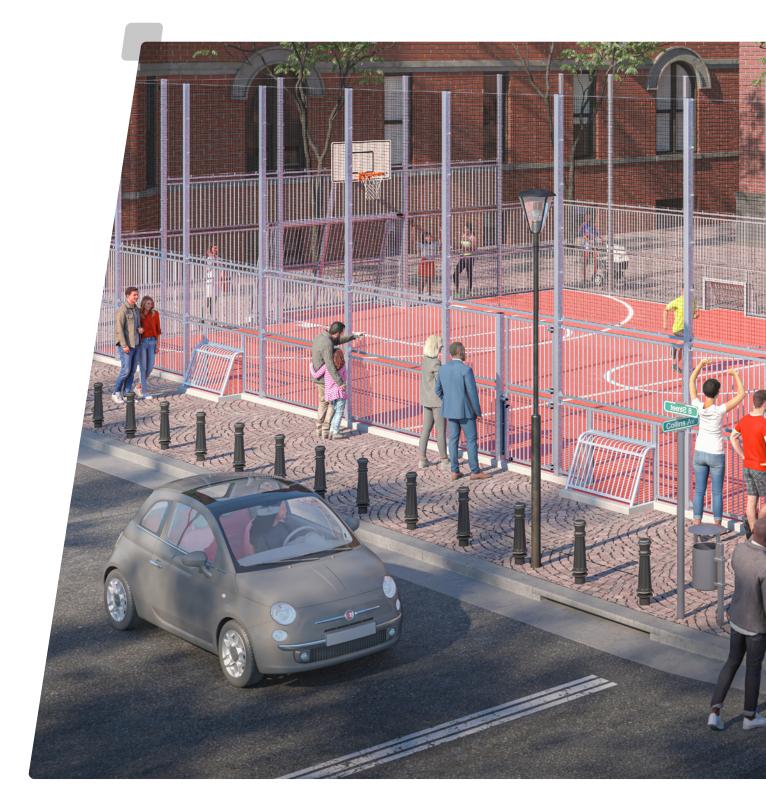
SYMBOLS AND MARKINGS

Sets of symbols and markings painted on the surface optimise the use of the available site area. The patterns create specific areas for functional training based upon the graphic references on the floor.











In the cities there is always a lack of space, and nowadays city centres have not been designed for an active lifestyle. There is always traffic and people moving around, and, as we all know, balls and cars are not a good match. Luckily there is a growing willingness to create spaces where children and adults can engage in ball sports and other activities. This MUGA is the perfect solution for a densely populated area because, first of all, it is tall and fully enclosed, which ensures that all balls stay within the court. Secondly, it has a very open and transparent design, making it easy to see what is happening on the court, and it does not block the light or view. All in all, it is a great little area which offers a huge amount of functionality in a safe and enclosed environment.



Product number	Product name	
1 FRE600201	MUGA, 12x24m, Steel	



Public parks are widely popular nowadays, and they are spaces that attract a huge variety of people. Some of them come to relax, read a book or simply enjoy the green areas. Others come to meet people and be active. Sometimes this can cause conflicting situations, like children running after a ball in the same area where people are setting up the barbecue.

This can easily be prevented by creating active and non-active zones in a park, and a Multi Use Games Area is a great way to create an active area. It is designed to simply keep the ball inside the court and to facilitate many different sports.

By choosing the Wood Plastic Composite panels, the MUGA blends into the park environment while at the same time being maintenance free. The lifetime warranty on the steel structural parts is important because this is a site which will be heavily used and enjoyed by many!



Minor regional deviations can occur due to differences in safety standards

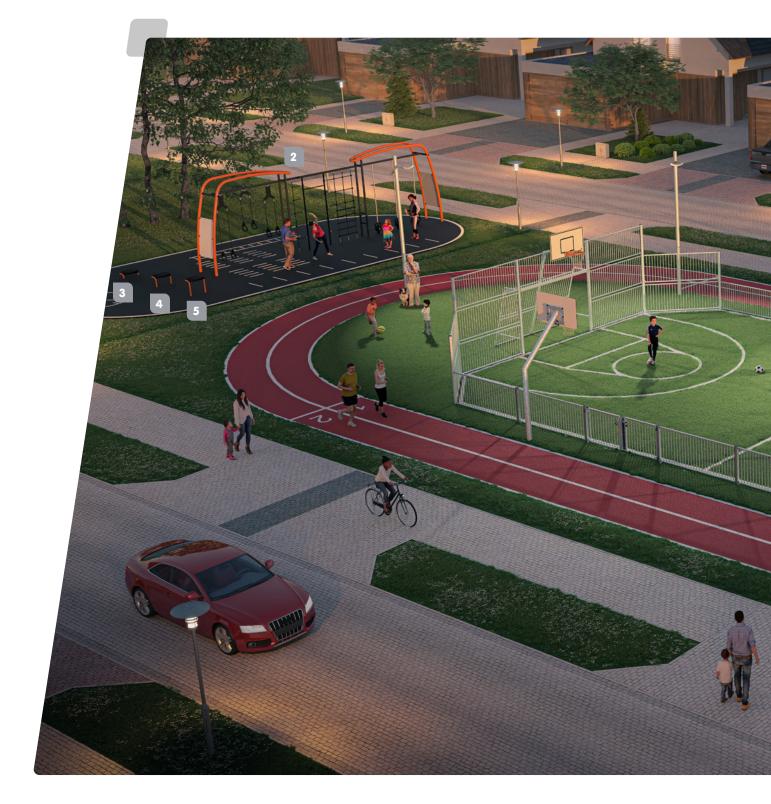
	Product number	Product name
D		Configured Multi Use Game Area
2	NRO865	Agility Trail 6
3	PAR1011	Rumba Round Table, 130cm Ø
4	PAR1006	Rumba Curved Bench 90°



Here we have an action-packed solution that functions as a fully-fledged extension of the university's indoor training facilities. The MUGA is centrally located where basketball, football, handball and hockey can be played. The bottom row of panels is completely flat and closed. This ensures that the ball bounces back fairly and the game is not interrupted. The higher panels are transparent so that spectators can follow the matches and so the ball stays on the pitch. Outside the MUGA, the entire area is equipped for recreational sports. There is a place for everyone to work on an active lifestyle. The circle fitness area provides room for group training or individual workouts to improve strength and endurance. Adding a running track has also proven to be a good addition in an active space like this one, especially if it also connects to an obstacle course like here, which brings an extra challenge and a lot of fun. See more solutions on kompanfitness.com

Minor regional deviations can occur due to differences in safety standards

	Product number	Product name		Product number	Product name
	FRE601001	MUGA, 16x31m, HDPE	9	FSW201	Parallel Bars
2	FAZ30100	Step, 20cm	10	FSW212	Double Turbo Challenge
3	FAZ30200	Step, 40cm	11	FSW215	Balance Beam
4	FAZ30300	Step, 60cm	12	FSW216	Vertical Net / Wall
5	FAZ105	Core Twist	13	FSW221	Jump Pod Set
6	FAZ102	Magnetic Bells	14	FSW211	Hurdles
7	FAZ101	Suspension Trainer	15	FSW213	Double Overhead Ladder
8	FAZ50101	City Bike with Touchscreen			



Life in the suburbs is all about families, and you will find a mix between young families and active elderly amongst the residents. With such a diverse area comes the challenge of creating a common space that makes the neighbourhood active and attractive. A Multi Use Games Area fits right in here, as it combines play, sports and fitness. It will bring the family and the neighbourhood together through playing basketball, handball or football. The field can be used as a full court or easily be divided into several play areas so that multiple games can take place at the same time.



	Product number	Product name
		Configured Multi Use Game Area
2	FAZ201	Cross Training Combi 1
3	FAZ30100	Step, 20cm
4	FAZ30200	Step, 40cm
5	FAZ30300	Step, 60cm



A KOMPAN Multi Use Games Area (MUGA) is designed as a flexible system to fit any purpose or environment. The intelligent design allows the MUGAs to host many kinds of games, such as football, basketball, hockey, volleyball, tennis, handball, badminton... the list goes on.

Ball sport areas in schools are popular, and both teachers and children are enthusiastic about them. The teachers uniformly say that the pitches have meant more physical activity with fewer conflicts during breaks. The pitches have also had the effect of more concentration and willingness to learn amongst the children in the classroom. And the children? They are just extremely happy to have what is their right – an open invitation to fun and play! The fully flat inside of the MUGAs will keep the ball in play, thus intensifying the ball game as there are fewer involuntary breaks. And at the same time, children not playing in the MUGA will not be disturbed by balls flying outside the MUGA.



Product number	Product name
1 FRE600501	MUGA, 11x15m, Steel
2 BLX4103	BLOQX 3
3 FRE601201	Panna, Low
4 GXY916	Supernova

Multi-activities – the ball's in your court

From the moment the Aztecs and Mayans discovered a latex that formed into a bouncing spherical object, ball games have been part of life. That's 5,000 years of searching for the perfect place to play. The games vary as much as the balls and surfaces, but they all evolved to get the most competitive fun out of the experience.

The perfect place to have that experience is in a MUGA, KOMPAN's Multi Use Games Area. As the name suggests, the venue is open to play forms of established sports like football, basketball, tennis and hockey, but, excitingly, it is also a perfect place to invent variations. It is where the rules are not necessarily written, but most certainly agreed. The only common rule is to have healthy fun. The MUGA is to sport what a convenience store is to shopping. It provides an optimised arena, a focal point for activity, somewhere specifically designed to satisfy a need. In rural or urban areas, these compact stadiums are an important social asset, a tool to create a healthy and engaging community.

> MUGA, 11x15m, Steel FRE600501

OTHER SIZES

AVAILABLE



MUGA, 12x24m, Steel FRE600101



MUGA, 12x24m, HDPE FRE600102



MUGA, 12x24m, Steel FRE600201



MUGA, 13x26m, WPC FRE600803



MUGA, 12x24m, WPC FRE600103



MUGA, 16x31m, HDPE FRE601001

Product number	Product name	<u>ن</u> ج	Age / Key user group	Capacity	Fall height	Total height	Fall space dimensions	Installation	CO ₂ emission
		0.	(years)	(users)	(cm)	(cm)	(cm x cm)	(hours)	(kg CO ₂ e/kg)
FRE600501	MUGA, 11x15m, Steel	\checkmark	3+/(-)	-	-	369	- X -	28	2.55
FRE600101	MUGA, 12x24m, Steel	\checkmark	3+/(-)	-	-	369	- X -	34	2.57
FRE600102	MUGA, 12x24m, HDPE	\checkmark	3+/(-)	-	-	369	- X -	63	1.95
FRE600103	MUGA, 12x24m, WPC	\checkmark	3+/(-)	-	-	369	- X -	56	1.66
FRE600201	MUGA, 12x24m, Steel	\checkmark	3+ / (-)	-	-	503	- X -	65	2.57
FRE600803	MUGA, 13x26m, WPC	\checkmark	3+/(-)	-	-	369	- X -	50	1.83
FRE601001	MUGA, 16x31m, HDPE	\checkmark	3+/(-)	-	-	369	- X -	86	2.36







Panna, Low FRE601201



Product number	Product name	÷	Age / Key user group	Capacity	Fall height	Total height	Fall space dimensions	Installation	CO ₂ emission
			(years)	(users)	(cm)	(cm)	(cm x cm)	(hours)	(kg CO ₂ e/kg)
FRE601401	Multi Goal, 3m	\checkmark	3+/(-)	-	-	369	- X -	7.4	2.51
FRE601501	Multi Goal, 8m	\checkmark	3+ / (-)	-	-	369	- X -	9.9	2.54
FRE601601	Multi Goal, 12m	\checkmark	3+/(-)	-	-	369	- X -	13	2.56
FRE601201	Panna, Low	\checkmark	3+ / (-)	-	-	103	- X -	8.3	2.57
FRE601301	Panna, High	\checkmark	3+/(-)	-	-	203	- X -	13	2.58

Player-friendly experience

The Cosmos Multisport puts a slight twist on the play area. Coming in five sizes, the octagonal shape remains the same, and using HDPE boards makes life easier for the younger sportsmen. The High Density Polyethylene Sheets are a forgiving surface for any wayward shot, keeping the ball in play, and since there are no corners, the action constantly flows.

In addition, the goal areas are narrower at the top than the base, encouraging ground-level play, reducing the need for goalkeepers and again keeping pace with the fast and furious action.

Kick-about games are great for social interaction, competitive yet fostering friendships and promoting active and healthy lifestyles. The Cosmos, like the rest of the Multisport range, is an open invite for passing children to stop and ask, 'may I join?' A basketball hoop at the correct NBA height hovers temptingly above the goalmouth, so there's a choice of sporting activities.

> Cosmos, 12x20m FRE2110

OTHER SIZES

AVAILABLE







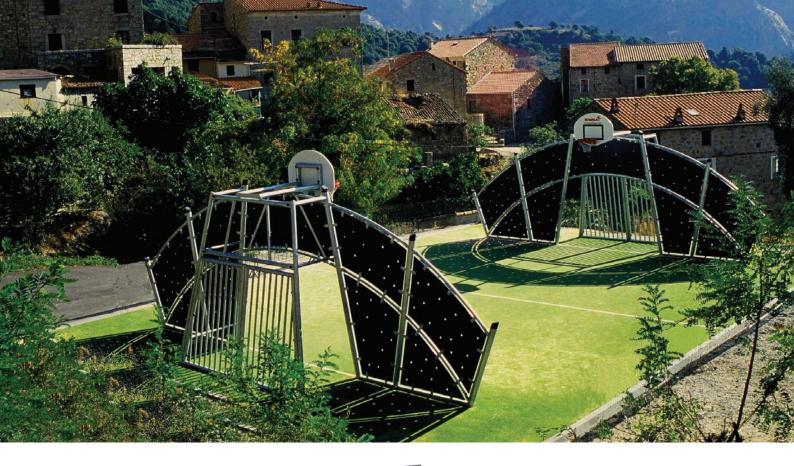
FRF2211





FRF2212

Product number	Product name	ė	Age / Key user group	Capacity	Fall height	Total height	Fall space dimensions	Installation	CO ₂ emission
		0.	(years)	(users)	(cm)	(cm)	(cm x cm)	(hours)	(kg CO ₂ e/kg)
FRE2110	Cosmos, 12x20m	\checkmark	3+/(-)	-	-	370	- X -	70	2.13
FRE2111	Cosmos, 12x24m	\checkmark	3+/(-)	-	-	370	- X -	76	2.12
FRE2113	Cosmos, 15x30m	\checkmark	3+/(-)	-	-	370	- X -	90	2.12
FRE2115	Cosmos, 16x32m	\checkmark	3+/(-)	-	-	370	- X -	94	2.11
FRE2116	Cosmos, 19x36m	\checkmark	3+/(-)	-	-	370	- X -	104	2.11
FRE2210	Cosmos Multi Goal, 3m	\checkmark	3+/(-)	-	-	370	- X -	8.9	2.43
FRE2213	Cosmos Multi Goal, 12m	\checkmark	3+/(-)	-	-	370	- X -	21	2.17
FRE2211	Cosmos Multi Goal, 5m	\checkmark	3+/(-)	-	-	370	- X -	13	2.24
FRE2212	Cosmos Multi Goal, 9m	\checkmark	3+/(-)	-	-	370	- X -	17	2.15













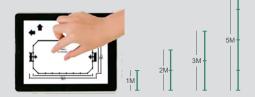




Product number	Product name	Ļ	Age / Key user group (years)	Capacity (users)	Fall height (cm)	Total height (cm)	Fall space dimensions (cm x cm)	Installation (hours)	CO ₂ emission (kg CO ₂ e/kg)
			,	(00010)	(om)	(611)	(on x on)	(nouro)	(kg 00 ₂ 0/kg)
FRE3051	Mini Goal	\checkmark	3+ / (-)	-	-	75	- X -	1.6	2.61
FRE3050	Goal	\checkmark	3+/(-)	-	-	200	- X -	1.3	2.59
FRE3031	Multi Net	\checkmark	3+/(-)	-	-	261	- X -	0.9	2.56
FRE3025	Basketball Goal	\checkmark	3+/(-)	-	-	368	- x -	2.9	2.35
FRE3024	Surprise Basket	\checkmark	3+/(-)	-	0	305	402 x 402	1	2.30
FRE3044	Grasshopper		3+/(-)	-	80	80	330 x 330	0.3	2.53
FRE3045	Grasshoppers, 6 pcs		3+/(-)	-	80	80	1,080 x 330	1.4	2.54
FRE3054	Sit & Stand		3+/(-)	-	-	109	- X -	0.8	3.14

Configure in a few easy steps

1. Choose size and height



2. Choose materials and colours



Panels in Grey or Blue



Wood Plastic Composite (WPC)

Steel po Green

Steel parts in Moss Green or Galvanised Steel

3. Choose play types



4. Choose accessibility



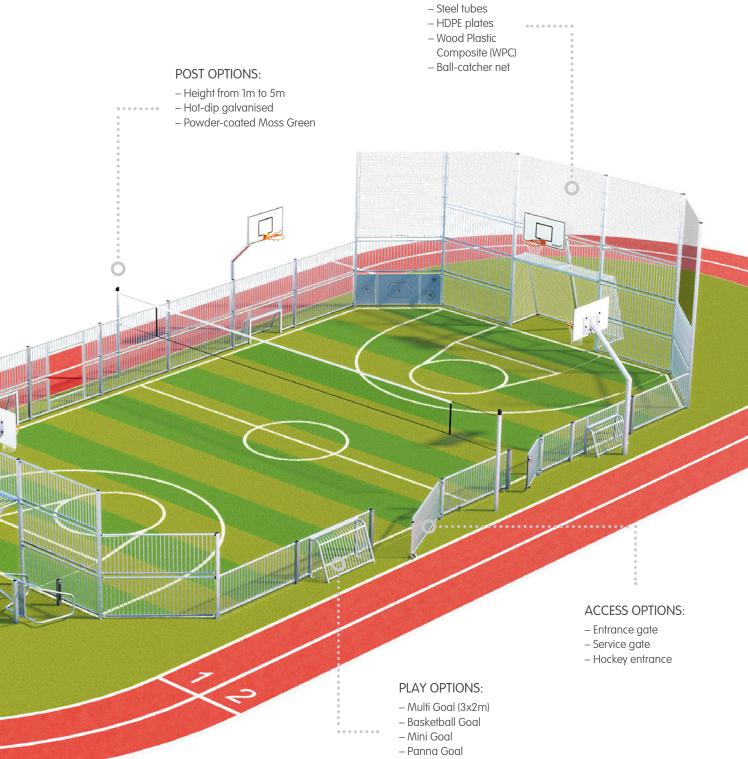
FLEXIBLE CONFIGURATION

For Multi Use Games Areas

MAIN GOAL OPTIONS:

- Outside basket
- Fully closed steel
- Fully closed net
- Open goal sides for entrance
- Inclusive wheelchair entrance

PANEL OPTIONS:



- Multi Net
- Target-Shooting Panel

Further information

Contact us for more information on the range of options for configurable fitness and sport equipment. Please note that prices and delivery terms depend on specified configurations.



Product configurator www.kompanfitness.com

HIGHEST QUALITY MATERIALS

Engineered to last

Nothing lasts forever. All outdoor fitness locations face the trials of weather, use and abuse and will eventually succumb to the ravages of time. That day can be postponed

for a lifetime by using the finest of materials, the cleverest of designs. Quality costs, but quality also lasts. A simple equation that in the fullness of time pays dividends.



PANELS

Panels are made of EcoCore[™] which is a highly vandalism-resistant material and a highly durable and long-lasting material that gives you an outdoor fitness site that will look good for decades. Additionally, EcoCore[™] has maximum UV protection that prevents fading in the sun.



POSTS

Main posts are available in three different materials giving you the opportunity to select your preferred look and quality: 1. Impregnated pine wood with in-ground steel footings. 2. Galvanised steel with powder-coated top finish. 3. Colour-anodised lead-free aluminium. All post types are designed to provide long lifetime and low maintenance.



FLOORS/DECKS

All decks are supported by uniquely designed aluminium profiles with multiple attachment options in order to give you a highly customised outdoor fitness site with your favourite activities. The HPL decks come with a thickness of 18mm, a very high wearing strength and a unique KOMPAN nonskid surface texture.



GALVANISED STEEL

Our steel surfaces and steel frames consist of a hot-dip galvanised inside and outside with lead-free zinc according to global safety ISO standards for outdoor fitness equipment. The galvanisation has excellent corrosion resistance in outside environments and is maintenance free.



ROPE

Ropes come with galvanised six-stranded steel wires and a steel core, impossible to wear through. Each strand is tightly wrapped with PES yarn, which is melted onto each individual strand, making the ropes highly wear and vandalism-resistant.



ROBINIA WOOD

Robinia wood is a very strong and long-lasting material with a very high level of natural oils. Thus Robinia wood makes very durable outdoor fitness sites which are close to being maintenance free and able to last for many years.

WARRANTY

We have industry-leading warranties



LIFETIME* warranty

- Hot-dip galvanised parts
- Stainless steel parts
- EcoCore[™] and other
- high-density polyethylene (HDPE) panels



15-year warrantyRobinia wood parts

- High-pressure laminate (HPL)
- partsAluminium parts



10-year warranty

- TexMade[™] posts
 Pre-galvanised posts with painted top layer
- Painted top layer
 Painted surface on galvanised or aluminium metal parts
- Stainless steel slidesElectrogalvanised metal
- partsMoulded PP decks
- Solid plastic parts
- Hollow plastic parts
- Transparent polycarbonate (PC) parts
- Rope & net constructions Ash, pine and other wood
- Wood-plastic composite (WPC) parts



5-year warranty

- Resin-coated plywood parts Springs & ball bearing
- assemblies • Graphic print on transparent PC panels
- Concrete parts
- FLEXOTOP™ ECO system with virgin EPDM top layer
- Galaxy connection balls



2-year warranty

- Moveable plastic & metal parts
- Rubber membranes
- Screens and electronic parts
- FLEXOTOP™ ECO system with recycled EPDM top layer
- Sunshades & sail solutions

* KOMPAN'S LIFETIME warranty is in effect for the lifetime of the product until the product is uninstalled and/or taken out of use. In addition, KOMPAN's general terms and delivery conditions apply and supplement this warranty.

WARRANTY COVERAGE

This warranty applies to KOMPAN's products for the time periods described for each product type above and with the limitations described in this warranty. The warranty period applies from the date of purchase by the first customer. This warranty covers only defects in materials. KOMPAN's liability under this warranty is limited to repair or replacement of defective products, without charge, at KOMPAN's discretion. Defective electronic components will be delivered and changed by a KOMPAN ICON Professional installer free of charge.

PROPER INSTALLATION AND MAINTENANCE

The warranty only applies if KOMPAN's products have been installed according to the instructions provided by KOMPAN and maintained correctly according to the KOMPAN Maintenance Manual. All warranty claims shall be accompanied by full documentation for proper installation and maintenance. The warranty for the ICON electrical components is dependent on those products being installed by an ICON-trained and approved installer.

WARRANTY EXCLUSIONS

This warranty does not cover any damage caused by accident, improper care, negligence, normal wear and tear, surface corrosion on metal parts, discoloured surfaces and other cosmetic issues or failures due to misuse or vandalism. Natural changes in wood over time are considered cosmetic issues and are not covered.

NEAR WATER INSTALLATIONS

Products installed in direct contact with chlorinated water or saltwater (Waterparks), or products installed within 200 metres from the shore are not covered by the KOMPAN warranty for any defects caused by corrosion. Specially designed products (handled via the department for customised products), provided they have been upgraded to corrosion class C4 prior to delivery, installed within 200 metres from the shore (and not in direct contact with saltwater/spray of saltwater or chlorinated water (e.g. water parks)) shall, subject to the applicable warranty period for each product type set out in the general warranty, be covered only against structural failure caused by corrosion (excluding moving parts) and under no circumstances for any period longer than 10 years.

THIRD-PARTY SUPPLIED PRODUCTS & SERVICES

KOMPAN provides non-KOMPAN branded products and installation services performed by certified third-party suppliers. This general KOMPAN warranty does not apply to such non-KOMPAN branded products and installation services, which may carry their own warranties. KOMPAN will pass on information on such warranties where possible.

FREIGHT AND WAREHOUSING

Global transport and logistics arranged by KOMPAN appointed forwarder. Products/ items are not to be stored outside waiting for installation and must be kept dry at all times.





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