



KOMPAN's outdoor fitness equipment is designed to be accessible to everyone and used in ways that will optimize personal training results regardless of age, size, and ability.

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#### FITNESS EQUIPMENT

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



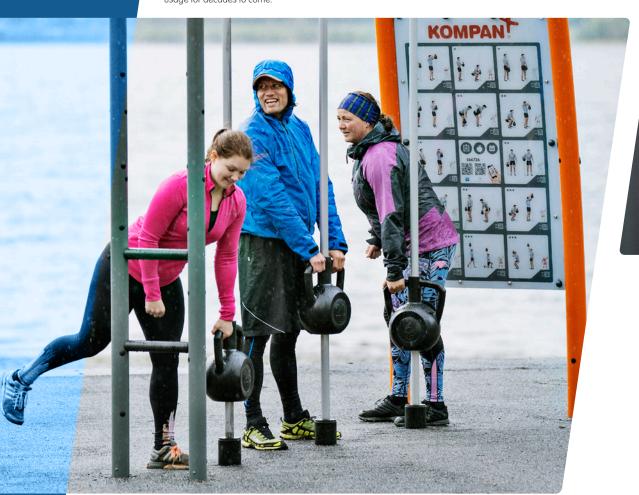
#### INCLUSIVE FITNESS

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 tests 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.

for



# 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 organizations, 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 of being outside and 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, pickleball, football, hockey, etc.
- Senior housing that wants their residents to stay active and have a healthy senior life.



## **EFFECTIVE OUTDOOR FITNESS**

#### More value in less time



■ ■ We know very well from science what it takes to exercise effectively. Whether 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's now possible to fully re-create 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 optimizes 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 brake when someone drops the magnetic bells and will reduce the impact significantly





#### TESTING FOR EFFECTIVENESS

The cardiorespiratory effectiveness of the cross trainer 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 carefully fine-tuned to give the optimal effect and experience for the user.



#### SCIENTIFIC PRECISION

Everything is double checked and then checked again.



## FITNESS BASED ON KNOWLEDGE

The KOMPAN Fitness Institute

Knowledge is the foundation for making KOMPAN Fitness products the best 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 Morten Zacho, MSc, who has a background in research. KOMPAN Fitness Institute does its own research, but also focuses 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 practices 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

Play and exercise are essential activities for everyone's health and well-being. Play is especially important as it is a human right for children and is closely connected to their 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 core of everything KOMPAN aims to achieve. The result is universal designs that embrace the needs of all. Through inclusive, universal playgrounds and fitness sites, everyone, regardless of their abilities, can play or exercise with peers, parents, in groups, or individually.

This design philosophy is manifested in KOMPAN's play and playground equipment as well as our fitness equipment. Everyone can achieve a positive experience when visiting a KOMPAN play or fitness site. Health, like play and well-being, is for everyone.

Of course, we all have our individual limits regarding our level of physical fitness. Inclusive playgrounds and fitness areas cater to this and can provide an experience that allows everyone a way of reaching past and overcoming their limitations.



Principles for inclusive outdoor fitness:

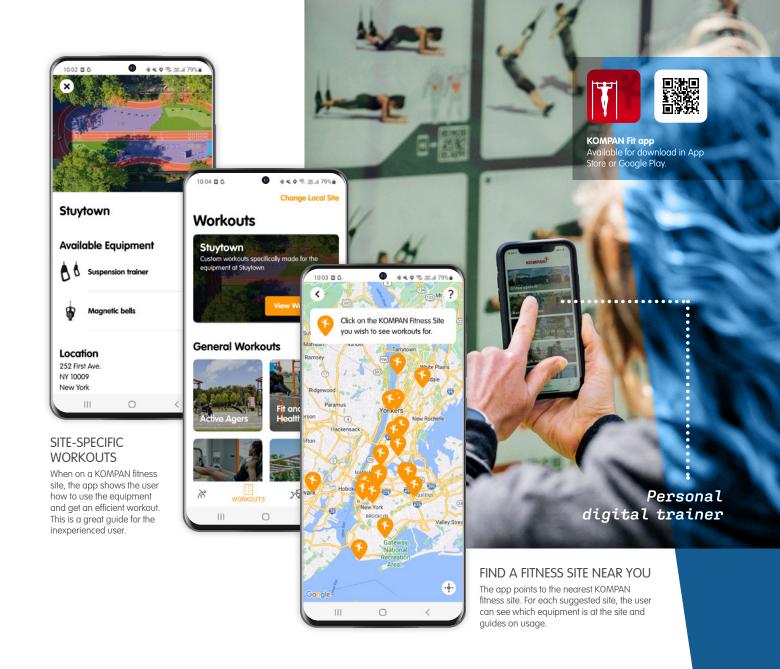
- Accessibility
- Ease of use
- Adjustability
- Products being clear in color and design signals
- Multifunctionality (when possible)
- Combining general and specific functionality



**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 program to use and acts as that personal digital trainer people need to get started and stay motivated.







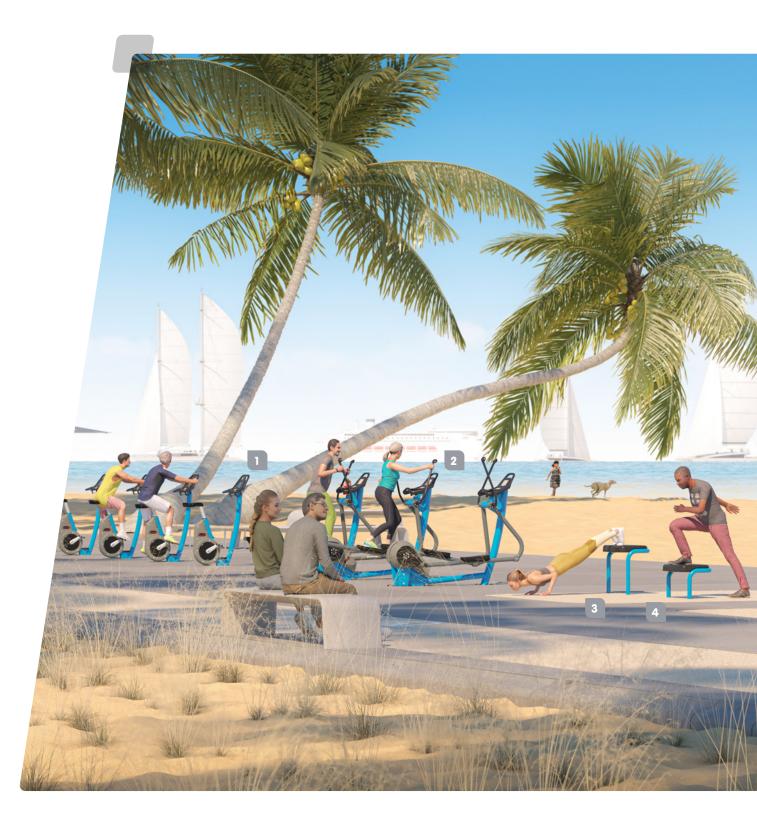
Circuit Training is a compact and efficient training method involving cardio and strength equipment. This outdoor circuit includes some of the most popular indoor cardio and strength training equipment ensuring an effective full-body workout. The equipment is adjustable to accommodate a wide variety

of individual fitness levels. They are also easy to use and extremely durable, making Kompan fitness sites ideal for public parks and community spaces. A timer is featured in the middle of the site for use during interval training or other timed workouts.



Minor regional deviations can occur due to differences in safety standards

	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		FSW301	Multi Timer
6	FAZ30100	Step, 8 in			



The elegant curved structures fit perfectly into any environment, whether it's a boardwalk, park, or on top of a skyscraper. This solution requires little safety surfacing and can blend in to any natural setting. The unique design and organic shapes invite people to try the equipment and make it part of their exercise routine. 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 go for a ride! 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 there are countless exercise variations. It's a perfect solution for a small space with XL ambitions. Big enough for a sports team or a school class, this solution will fit anywhere.



Minor regional deviations can occur due to differences in safety standards

	Product number	Product name
	FAZ50101	City Bike with Touchscreen
2	FAZ52101	Cross Trainer with Touchscreen
3	FAZ30300	Step, 24 in
4	FAZ30200	Step, 16 in
5	FAZ20101	Magnetic Bells, Multi-net & Suspension Trainers



This outdoor fitness setup is the perfect extension of a sports center. It provides excellent cross training opportunities with a central core of free-weight equipment surrounded by a challenging and engaging obstacle course. Users will find the equipment and layout familiar, as it is borrowed from indoor fitness design. Now users can train outside with products like suspension trainers and magnetic bells in a safe and vandalism-proof environment

Even better, everybody can engage at their own level due to the smart patented adjusta-

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, inviting everyone to learn that an active lifestyle is a fun lifestyle. In fact, once children are introduced to the courses they often find them so engaging that the new challenge will be to keep up with them.



- 110	RODGE IN CRIMATION					
	Product number	Product name		Product number	Product name	
	FAZ52100	Cross Trainer	8	FAZ30300	Step, 24 in	
2	FAZ10101	Suspension Trainer	9	FAZ105	Core Twist	
3	FSW211	Hurdles	10	FSW214	Over Under	
4	FSW21201	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				



On the rooftop, this gym has created the perfect extension of the 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 well-being.

By using a similar layout to the indoor area

and creating different workout areas, it's 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 built in a public park, as all the equipment is certified for usage in unsupervised public areas.



Minor regional deviations can occur due to differences in safety standards

	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	II	FSW201	Parallel Bars
4	FAZ604	Shoulder Press	12	FAZ10101	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, 24 in	16	FAZ30200	Step, 16 in



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 mainte-

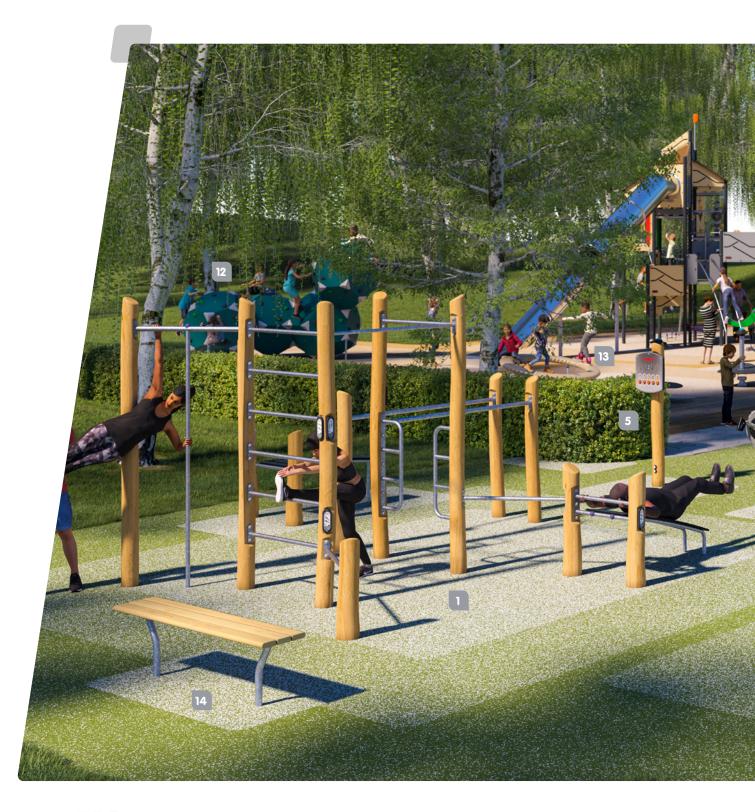
nance and development of endurance and strength.

Falling is a serious concern for older people. Accidents often occur because the person is unable to overcome or react to minor changes in the surface they walk on. By using fitness equipment on a daily basis, the elderly can improve their balance, endurance, strength, and flexibility – and ultimately, lower their risk of falling.



Minor regional deviations can occur due to differences in safety standards

- 110	RODOCI INI ORMANON					
	Product number	Product name		Product number	Product name	
	FSW225	Surface Challenge 5	8	FSW227	Balance Station	
2	FSW230	Double Stairs	9	FSW223	Stretch Station	
3	FAZ51100	Arm Bike	10	FAZ603	Leg Press	
4	FAZ50101	City Bike with Touchscreen		FAZ605	Horizontal Row	
5	FSW222	Assisted Step	12	FAZ601	Chest Press	
6	FSW228	Up & Go	13	PAR4054	Agora Steel Bench with Backrest	
7	FSW231	Balance Board				



The combination of play and fitness equipment allows parents to work out while their children enjoy the playground. Parents can be active role models, inspiring their children to live a healthy and active life throughout their childhood and into adulthood. Robinia(TM) wood fitness equipment fits perfectly into natural settings and offers a wide variety of

different workouts for adults.

Children get exercise through play. On this playground they improve their muscle strength climbing on the BLOQX, develop their balance spinning on the Supernova, and improve their endurance exploring the Giant towers. This site helps promote an active lifestyle for children and adults alike.



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, 8 in
2	FRO202	Dip Bench Robina	10	FAZ30200	Step, 16 in
3	FRO201	Parallel Bars Robinia	11	FAZ30300	Step, 24 in
4	FRO218	Square Pull Up Station Robinia	12	BLX4104	BLOQX 4
5	FRO222	Multi Timer Robinia	13	GXY960	Supernova
6	FAZ51100	Arm Bike	14	PAR4160	Agora Steel Stool, Black
7	FAZ50101	City Bike with Touchscreen	15		Customized Giant
8	FAZ52101	Cross Trainer with Touchscreen			



Obsteviron

Obstacle courses are dynamic fitness environments that encourage repeated engagement. They also have a fun and whimsical character which provides a rare opportunity outside of more serious types of training for playful exercise. The obstacle course above is designed for families to enjoy, 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 as many laps as they like at their unique fitness 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	FSW21201	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	П	FSW211	Hurdles
6	PAR3001	Bicycle Stand	12	FSW216	Vertical Net and Wall



An action-packed area where everyone can work on an active lifestyle. Like the indoor health centers, this outdoor gym is divided into different areas, offering multiple exercise options. By combining it with a big playground, it becomes a destination area and brings the neighborhood together. It's a great mix of areas with equipment that's easy to use and doesn't require a lot

that's 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 of 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 boot camp classes.

A perfect area for bringing the neighborhood together.



Minor regional deviations can occur due to differences in safety standards

Area



This site is created based on the principles of universal design. It works equally well for a wide range of ability types and age groups. Everyone can find items tailored to their unique needs 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 use zones guarantee ample space to move and maneuver around. The equipment is color-coded with bright colors to make the different workout zones easy to recognize. This makes the site welcoming for everyone.



	Product number	Product name		Product number	Product name
	FAZ605	Horizontal Row	10	FSW226	Flex Wheel
2	FAZ603	Leg Press	11	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	FAZ20401	Suspension Trainer, Magnetic Bells, Core Twist



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 limited physical capacity it is also important that the site is designed to be inviting and to build confidence.



Minor regional deviations can occur due to differences in safety standards

	Product number	Product name		Product number	Product name
	FAZ52101	Cross Trainer with Touchscreen	10	FAZ607	Lower Back Bench
2	FAZ50101	City Bike with Touchscreen	11	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, 8 in	15	FSW231	Balance Board
7	FAZ30200	Step, 16 in	16	FSW227	Balance Station
8	FAZ30300	Step, 24 in	17	FSW238	Leg Lift & Pull Up
9	FAZ10101	Suspension Trainer	18	FSW223	Stretch Station



# 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 to strengthen 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, 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.



The Arm Bike gives an intense upper-body workout. It's 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 an easy-access height, a wide comfortable saddle, and a comfortable handlebar. This is 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 than 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 by people seated in wheel-chairs, 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	Product name	Age	Capacity	Fall	Total height	Use	Use zone dimensions	Installation	CO <sub>2</sub> emission
Humber		(years)	(users)	height (ft & in)	(ft & in)	zone (ft²)	(ft & in x ft & in)	(hours)	(kg CO <sub>2</sub> e/kg)
FAZ50100	City Bike	13+	1	3' 3"	4' 6"	60	9' 2" x 7' 8"	2.4	4.38
FAZ50101	City Bike with Touchscreen	13+	1	3' 3"	4' 6"	60	9' 2" x 7' 8"	2.3	4.40
FAZ50200	Sport Bike	13+	1	3' 3"	3' 10"	65	9' 8" x 7' 9"	2.4	4.37
FAZ50201	Sport Bike with Touchscreen	13+	1	3' 3"	3' 10"	65	9' 8" x 7' 9"	2.3	4.39



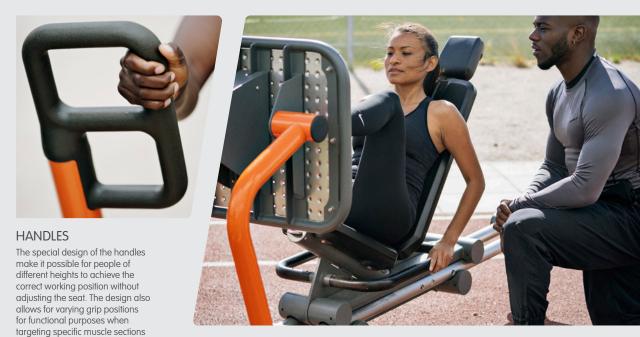






Product number	Product name	Age (years)	Capacity (users)	Fall height (ft & in)	Total height (ft & in)	Use zone (ft²)	Use zone dimensions (ft & in x ft & in)	Installation (hours)	CO <sub>2</sub> emission (kg CO <sub>2</sub> e/kg)
FAZ51100	Arm Bike	13+	1	2'	3' 11"	60	9' 1" x 7' 10"	2.2	4.10
FAZ52100	Cross Trainer	13+	1	2'	5' 9"	94	11' 11" x 8' 9"	3.8	3.10
FAZ52101	Cross Trainer with Touchscreen	13+	1	2'	5' 9"	94	11' 11" x 8' 9"	3.8	3.11





#### SEAT

The seats are extremely durable and due to clever design with a cut-out center and cut away 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's 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 selectorized strength machines but add in the necessary outdoor features such as safety, durability, and optimized simplicity for the user.

and avoiding overload injuries.

The great thing about selectorized 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.

# Full body workout with adjustable equipment

The new strength training machines are completely changing the game for outdoor fitness. Now it's 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 selectorized strength machines, but add the necessary outdoor features such as safety, durability, and optimized simplicity for the user.

Selectorized strength machines 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 time efficient.





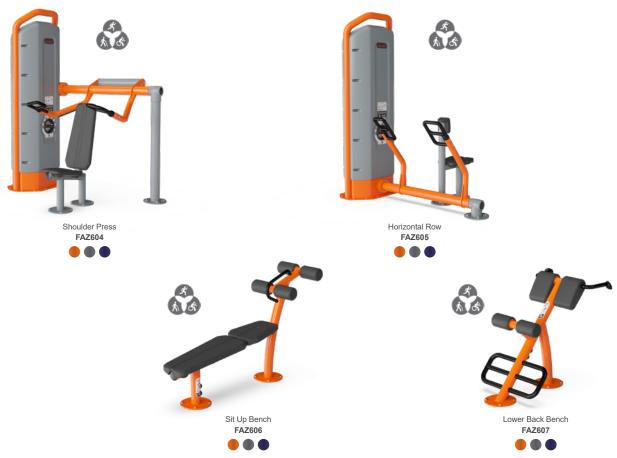






Product number	Product name	Age (years)	Capacity (users)	Fall height (ft & in)	Total height (ft & in)	Use zone (ft²)	Use zone dimensions (ft & in x ft & in)	Installation (hours)	CO <sub>2</sub> emission (kg CO <sub>2</sub> e/kg)
FAZ602	Pull Down	13+	1	1' 7"	7'	129	12' 5" x 11' 6"	9.3	2.91
FAZ601	Chest Press	13+	1	1' 5"	7'	113	12' 4" x 10'	8.6	2.99
FAZ603	Leg Press	13+	1	2' 1"	7'	155	11' 5" x 15' 10"	10	2.98





Product number	Product name	Age (years)	Capacity (users)	Fall height (ft & in)	Total height (ft & in)	Use zone (ft²)	Use zone dimensions (ft & in x ft & in)	Installation (hours)	CO <sub>2</sub> emission (kg CO <sub>2</sub> e/kg)
FAZ604	Shoulder Press	13+	1	1' 5"	7'	130	12' 2" x 11' 11"	9.3	2.91
FAZ605	Horizontal Row	13+	1	1'7"	7'	125	12' 2" x 11' 3"	9.3	2.93
FAZ606	Sit Up Bench	13+	1	3' 1"	3' 1"	102	9' 1" x 12' 8"	3.4	3.73
FAZ607	Lower Back Bench	13+	1	2' 11"	2' 11"	102	10' x 11'6"	3.4	3.15



# FUNCTIONAL OUTDOOR TRAINING

## Use gravity and your 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

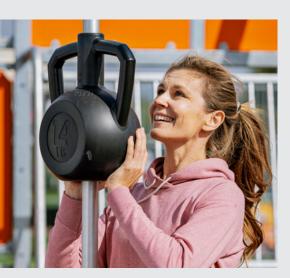
amounts of time to help increase strength

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 allow 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 (14, 20 and 26 lbs.) 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 simples yet highly versatile training tools. Many exercises can be completed using it, from simple step-ups to plyometric jumps.

## 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.

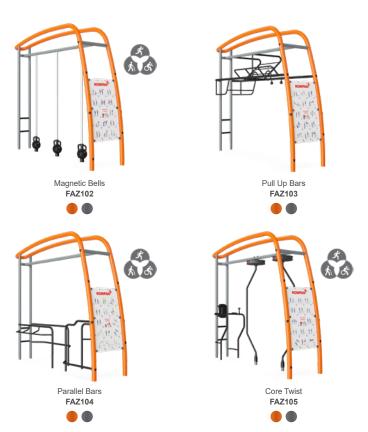
Even people who do not work out appreciate the Cross Systems frames. In 2017, the Cross Systems won the Good Design Award in Australia and the European Product Design Award.











Product number	Product name	Age (years)	Capacity (users)	Fall height (ft & in)	Total height (ft & in)	Use zone (ft²)	Use zone dimensions (ft & in x ft & in)	Installation (hours)	CO <sub>2</sub> emission (kg CO <sub>2</sub> e/kg)
FAZ10101	Suspension Trainer	13+	3	-	10' 11"	220	14' 7" x 17' 5"	6.4	3.22
FAZ102	Magnetic Bells	13+	3	-	10' 11"	128	14' 7" x 9' 5"	7.1	3.33
FAZ103	Pull Up Bars	13+	3	9' 5''	10' 11"	183	14' 7" x 15' 2"	7.2	2.86
FAZ104	Parallel Bars	13+	3	0	10' 11"	154	14' 7" x 12' 8"	6.8	2.86
FAZ105	Core Twist	13+	3	0	10' 11"	127	14' 7" x 9' 5"	8.6	3.09





Magnetic Bells, Multi-net & Suspension Trainers FAZ20101



Suspension Trainer, Parallel Bars & Magnetic Bells Link FAZ20301





Suspension Trainer, Magnetic Bells, Core Twist FAZ20401



Sign X-Large PAR3005

Product number	Product name	Age (years)	Capacity (users)	Fall height (ft & in)	Total height (ft & in)	Use zone (ft²)	Use zone dimensions (ft & in x ft & in)	Installation (hours)	CO <sub>2</sub> emission (kg CO <sub>2</sub> e/kg)
FAZ20101	Magnetic Bells, Multi-net & Suspension Trainers	13+	10	9' 5"	10' 11"	508	34' 9" x 17' 5"	14	3.25
FAZ20301	Suspension Trainer, Parallel Bars & Magnetic Bells Link	13+	9	4' 1"	10' 11"	442	34' 9" x 17' 5"	14	3.16
FAZ20401	Suspension Trainer, Magnetic Bells, Core Twist	13+	9	0	10' 11"	417	34' 9" x 17' 5"	15	3.27
PAR3005	Sign X-Large	-	-	0	0	-	3' 2" x 2"	1.1	3.66

## Compact functional training

Don't let the compact label fool you – While this cross-training system could be used within a smaller layout, its high-quality craftsmanship will stand the test of any high-intensity workout.

The Compact Cross System will provide its users with the same functionality as the standard Cross System solution. It can also be used as a standalone fixture or customized and joined with other structures to create a unique training experience.

Each section has the ability to be set up with various exercise activities, such as kettlebells, suspension trainers, or pull-up bars. This solution is ideal for schools, municipalities, and housing areas.



Suspension Trainer Compact FAZ10701





Product number	Product name	Age (years)	Capacity (users)	Fall height (ft & in)	Total height (ft & in)	Use zone (ft²)	Use zone dimensions (ft & in x ft & in)	Installation (hours)	CO <sub>2</sub> emission (kg CO <sub>2</sub> e/kg)
FAZ10701	Suspension Trainer Compact	13+	2	0	9' 7''	116	7' 5" x 17' 5"	8	3.93
FAZ108	Magnetic Bells Compact	13+	2	0	9' 7"	65	7' 5" x 9' 9"	8.4	3.94
FAZ109	Core Twist Compact	13+	3	7' 7''	9' 7"	179	13' 3" x 18' 4"	10.6	3.52
FAZ20501	Cross Training Combi 4 Compact	13+	4	0	9' 7"	181	14' 7"x 17' 5"	11.5	3.87











Cross Training Combi 8 Compact FAZ20901

Product number	Product name	Age (years)	Capacity (users)	Fall height (ft & in)	Total height (ft & in)	Use zone (ft²)	Use zone dimensions (ft & in x ft & in)	Installation (hours)	CO <sub>2</sub> emission (kg CO <sub>2</sub> e/kg)
FAZ20601	Cross Training Combi 5 Compact	13+	5	7' 7"	9' 7"	296	20' 4" x 18' 4"	8	3.60
FAZ207	Cross Training Combi 6 Compact	13+	5	7' 7"	9' 7"	244	20' 4" x 18' 4"	8.4	3.63
FAZ20801	Cross Training Combi 7 Compact	13+	5	7' 7"	9' 7"	360	27' 5" x 18' 4"	10.6	3.74
FAZ20901	Cross Training Combi 8 Compact	13+	7	7' 7"	9' 7''	333	25' 6" x 19' 8"	11.5	3.80





#### **HUMAN FLAG**

The ultimate street workout and calisthenics exercise. It's 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 especially with young people, 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, using a very small footprint and fit into areas where space optimization is key.

# STREET WORKOUT

## Combi products

The Street Workout products are inspired by experts and designed to motivate both professionals and fitness enthusiasts.

The series consists of various combination packages, offering a complete street workout and calisthenics experience with a very small footprint. These products offer a huge variation of exercises in a small space and for a small investment.











Product number	Product name	Age (years)	Capacity (users)	Fall height (ft & in)	Total height (ft & in)	Use zone (ft²)	Use zone dimensions (ft & in x ft & in)	Installation (hours)	CO <sub>2</sub> emission (kg CO <sub>2</sub> e/kg)
FSW101	Combi 1	13+	3	7' 8"	7' 10"	191	16' 11" x 15' 9"	4.6	3.41
FSW103	Combi 3	13+	8	7' 8"	7' 10"	443	32' 1" x 25' 8"	8.6	3.48
FSW102	Combi 2	13+	6	7' 8"	7' 10"	321	25' 3" x 19' 9"	8.9	3.48
FSW105	Combi 5	13+	14	7' 8"	7' 10"	517	31' 2" x 21' 3"	11	3.33









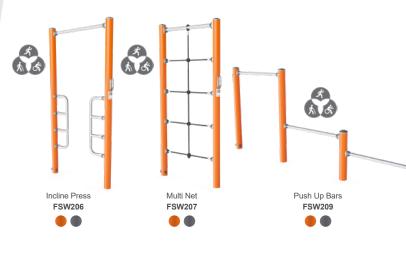
Product number	Product name	Age (years)	Capacity (users)	Fall height (ft & in)	Total height (ft & in)	Use zone (ft²)	Use zone dimensions (ft & in x ft & in)	Installation (hours)	CO <sub>2</sub> emission (kg CO <sub>2</sub> e/kg)
FST930	Bootcamp Base	13+	8	8' 7"	8' 7"	372	14' 10" x 27' 10"	9.6	2.59
FSW104	Combi 4	13+	8	7' 8"	7' 10"	364	19' 8" x 23' 11"	8.2	3.42
FSW301	Multi Timer	13+	4	-	5' 7"	-	- X -	2.1	3.67
FSW302	Combi 4 with Multi Timer	13+	4	7' 8''	7' 10''	364	19' 8" x 23' 11"	9	3.44

# STREET WORKOUT

#### Standalone exercises

All exercise stations for street workout are available as standalone products. The benefit of these stations is that users can move freely around the product without being hindered by other elements. This will inspire the users to create wild movements.

Products are made from steel and are extremely durable so that they can last for decades in even the toughest surroundings.







Human Flag Wall FSW220

Product number	Product name	Age (years)	Capacity (users)	Fall height (ft & in)	Total height (ft & in)	Use zone (ft²)	Use zone dimensions (ft & in x ft & in)	Installation (hours)	CO <sub>2</sub> emission (kg CO <sub>2</sub> e/kg)
FSW220	Human Flag Wall	13+	3	7' 8''	7' 10"	142	12' 10" x 12' 7"	4.1	2.85
FSW206	Incline Press	13+	1	7' 8''	7' 10"	98	9' 3" x 12' 7"	2.7	3.55
FSW207	Multi Net	13+	1	7' 8"	7' 10"	98	9' 3" x 12' 7"	3.2	3.79
FSW209	Push Up Bars	13+	3	4' 4"	4' 7"	239	16' 3" x 15' 10"	2.7	3.55
FSW208	Pull Up Station	13+	2	7' 8"	7' 10"	138	14' 3" x 12' 7"	3.2	3.45
FSW205	Overhead Ladder, Wide	13+	2	7' 8"	7' 10"	124	13' 5" x 9' 11"	3.5	3.32



Product number	Product name	Age (years)	Capacity (users)	Fall height (ft & in)	Total height (ft & in)	Use zone (ft²)	Use zone dimensions (ft & in x ft & in)	Installation (hours)	CO <sub>2</sub> emission (kg CO <sub>2</sub> e/kg)
FSW201	Parallel Bars	13+	2	3' 6"	3' 6"	88	12' 5" x 7' 9"	2.6	3.39
FSW210	Triple Bars	13+	2	4'7"	4' 7"	110	12' 5" x 9' 7"	3.2	3.39
FSW202	Dip Bench	13+	2	2' 5"	2' 5"	112	12' 5" x 9' 11"	2.6	3.27
FSW203	Sit Up Bench	13+	1	2' 1"	2' 8"	110	12' 11" x 9' 6"	2.9	3.37
FSW204	Decline Bench	13+	1	2' 1"	2' 8"	110	12' 11" x 9' 6"	2.9	3.39
FAZ30100	Step, 8 in	13+	1	8"	8"	86	10' x 10'	1.7	1.77
FAZ30101	Step, 8 in PU Steel	13+	1	7"	7"	86	10' x 10'	1.6	2.60
FAZ30200	Step, 16 in	13+	1	0	1' 3"	86	10' x 10'	1.7	1.80
FAZ30201	Step, 16 in PU Steel	13+	1	1' 3"	1' 3"	86	10' x 10'	1.6	2.59
FAZ30300	Step, 24 in	13+	1	1' 11"	1' 11"	86	10' x 10'	1.7	1.83
FAZ30301	Step, 24 in PU Steel	13+	1	1' 10"	1' 10"	86	10' x 10'	1.7	2.59
FAZ30400	Step, 32 in	13+	1	2'7"	2' 7"	86	10' x 10'	1.7	1.86
FAZ30401	Step, 32 in PU Steel	13+	1	2'6"	2' 6"	86	10' x 10'	1.7	2.59

## 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 very high level of natural oils. Robinia wood make durable outdoor fitness areas which are close to being maintenance-free and can last for many years







Product number	Product name	Age (years)	Capacity (users)	Fall height (ft & in)	Total height (ft & in)	Use zone (ft²)	Use zone dimensions (ft & in x ft & in)	Installation (hours)	CO <sub>2</sub> emission (kg CO <sub>2</sub> e/kg)
FRO105	Combi 5 Robinia	13+	10	7' 8"	8' 7"	517	31' 3" x 21' 3"	21	0.86
FRO102	Combi 2 Robinia	13+	5	7' 8''	8' 7"	319	20' 6" x 23' 11"	11	0.89

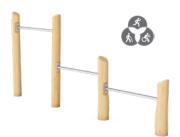




Combi 4 Robinia FRO104



Parallel Bars Robinia FRO201



Push Up Bars Robinia FRO209



Sit Up Bench Robinia FRO203



Dip Bench Robina FRO202



Multi Timer Robinia FRO222

Product number	Product name	Age (years)	Capacity (users)	Fall height (ft & in)	Total height (ft & in)	Use zone (ft²)	Use zone dimensions (ft & in x ft & in)	Installation (hours)	CO <sub>2</sub> emission (kg CO <sub>2</sub> e/kg)
FRO104	Combi 4 Robinia	13+	8	7' 8"	8' 7"	363	19' 8" x 23' 11"	15	0.85
FRO201	Parallel Bars Robinia	13+	1	3' 6"	4' 5"	88	12' 5" x 7' 9"	3.4	0.73
FRO209	Push Up Bars Robinia	13+	3	4' 4"	5' 3"	240	16' 5" x 15' 10"	4.2	0.61
FRO203	Sit Up Bench Robinia	13+	1	2' 1"	3' 5"	110	9' 6" x 12' 11"	3.3	1.22
FRO202	Dip Bench Robina	13+	2	2' 5''	2' 5"	125	13' 9" x 9' 11"	3.6	0.87
FRO222	Multi Timer Robinia	13+	4	-	5' 10"	-	- X -	1.5	1.30



# STAY FIT, BE MOBILE, AGE HEALTHILY

### With mobility and rehabilitation training

As we advance in life, physical mobility is vital for us all. 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 practice 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 active agers or people rehabilitating from an injury. Fall prevention and balance training is very important for aging 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's 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	Age (years)	Capacity (users)	Fall height (ft & in)	Total height (ft & in)	Use zone (ft²)	Use zone dimensions (ft & in x ft & in)	Installation (hours)	CO <sub>2</sub> emission (kg CO <sub>2</sub> e/kg)
FSW231	Balance Board	13+	1	5"	6' 7"	84	8' 9" x 10' 9"	4.8	3.33
FSW224	Surface Challenge 3	13+	5	8"	3' 5"	169	8' 11" x 19' 9"	7.8	2.37
FSW225	Surface Challenge 5	13+	9	-	3' 5"	252	8' 11" x 29'	12	2.23
FSW223	Stretch Station	13+	4	6' 4"	6' 7"	153	12' 10" x 16' 4"	4	3.58
FSW226	Flex Wheel	13+	1	-	5' 5"	95	15' 2" x 7' 4"	3.1	2.67





Product number	Product name	Age (years)	Capacity (users)	Fall height (ft & in)	Total height (ft & in)	Use zone (ft²)	Use zone dimensions (ft & in x ft & in)	Installation (hours)	CO <sub>2</sub> emission (kg CO <sub>2</sub> e/kg)
FSW227	Balance Station	13+	4	-	4' 1"	180	15' 11" x 15' 9"	4.7	2.57
FSW228	Up & Go	13+	1	-	3' 1"	198	19' 3" x 13' 6"	2.7	3.34
FSW222	Assisted Step	13+	1	8"	3' 10"	86	10' x 10'	2.7	2.45
FSW230	Double Stairs	13+	2	2' 3"	5' 4"	117	8' 11" x 13' 11"	9.9	2.84
FSW229	Stairs & Ramp	13+	2	2' 3"	5' 4"	165	8' 11" x 19' 3"	11	3.63

# 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 that combine two training stations, resulting in a very high functionality per square foot. With just a few products and a limited budget it's possible to create a workout which is high on functionality.

One powerful combination is the FSW238. It combines the two most used strength exercises: the pull-up and the leg-lift exercises. It can also be used for triceps exercises on a few square feet.









Product number	Product name	Age (years)	Capacity (users)	Fall height (ft & in)	Total height (ft & in)	Use zone (ft²)	Use zone dimensions (ft & in x ft & in)	Installation (hours)	CO <sub>2</sub> emission (kg CO <sub>2</sub> e/kg)
FSW236	Twist & Flex Wheel	13+	2	8"	5' 5"	161	15' 2" x 14' 10"	4	2.81
FSW237	Flex Wheel & Leg Lift	13+	2	4' 4"	5' 6"	165	15' 2" x 14' 3"	4.3	2.75
FSW238	Leg Lift & Pull Up	13+	2	4' 4"	7' 10"	152	12' 7" x 14' 9"	3.7	3.12







**OVERHEAD ACTIVITIES** 

Overhead activities test upper body strength and coordination.



**BALANCING** 

Balancing strengthens the muscles that helps 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



Obstacles courses have their origin in military training. However, already in the 1970'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 make it work for both young and old as well as strong and untrained.

## Challenging all

The KOMPAN obstacle courses 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!

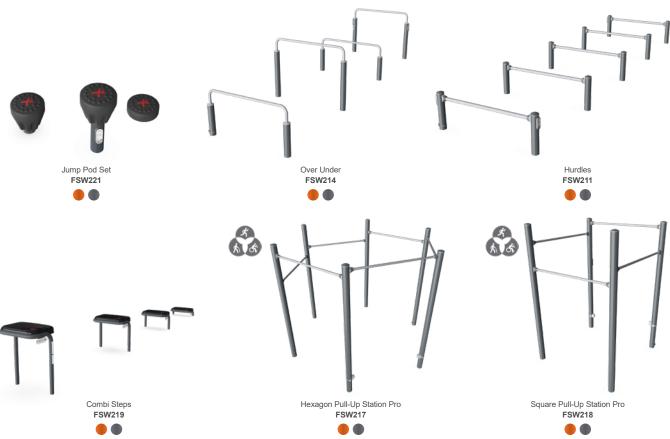






Product number	Product name	Age (years)	Capacity (users)	Fall height (ft & in)	Total height (ft & in)	Use zone (ft²)	Use zone dimensions (ft & in x ft & in)	Installation (hours)	CO <sub>2</sub> emission (kg CO <sub>2</sub> e/kg)
FSW216	Vertical Net and Wall	13+	3	7' 8"	7' 10"	168	12' 10" x 15' 9"	6.8	2.73
FSW21201	Double Turbo Challenge	13+	3	7' 5"	8' 10"	245	22' 8" x 12'	5.2	3.26
FSW215	Balance Beam	13+	3	1' 4"	1' 6"	278	26' 9" x 19' 8"	3.7	3.09
FSW213	Double Overhead Ladder	13+	4	7' 8"	7' 10"	195	20' 6" x 9' 11"	4.9	3.27





Product number	Product name	Age (years)	Capacity (users)	Fall height (ft & in)	Total height (ft & in)	Use zone (ft²)	Use zone dimensions (ft & in x ft & in)	Installation (hours)	CO <sub>2</sub> emission (kg CO <sub>2</sub> e/kg)
FSW214	Over Under	13+	4	3' 10"	3' 10"	302	10' 6" x 30' 9"	3.7	3.43
FSW211	Hurdles	13+	5	1' 4"	1' 10"	340	10' 8" x 33' 7"	4.4	3.42
FSW217	Hexagon Pull-Up Station Pro	13+	6	7' 8"	7' 10"	249	17' 6" x 18'	4.4	3.27
FSW218	Square Pull-Up Station	13+	4	7' 8"	7' 10"	159	14' 4" x 14' 4"	3.7	3.28
FSW221	Jump Pod Set	13+	1	2'	2'	102	10' 4" x 12' 7"	1.7	2.23
FSW219	Combi Steps	13+	4	2' 7"	2' 7"	277	10' x 29' 8"	3.9	1.81

## Obstacle courses in a natural style

The KOMPAN obstacle courses 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 high levels of natural oils. Thus, Robinia wood make durable outdoor fitness areas which are close to maintenance-free and can last for decades.





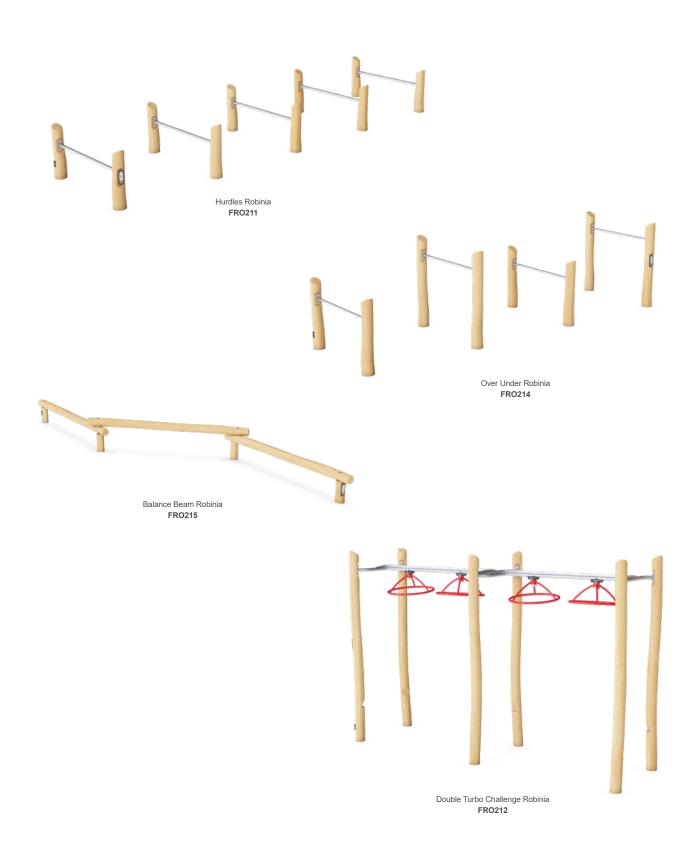


Double Overhead Ladder Robinia FRO213



Square Pull Up Station Robinia FRO218

Product number	Product name	Age (years)	Capacity (users)	Fall height (ft & in)	Total height (ft & in)	Use zone (ft²)	Use zone dimensions (ft & in x ft & in)	Installation (hours)	CO <sub>2</sub> emission (kg CO <sub>2</sub> e/kg)
FRO216	Vertical Net/Wall Robinia	13+	3	7' 8"	8' 7"	168	12' 10" x 15' 9"	9.5	1.28
FRO213	Double Overhead Ladder Robinia	13+	4	7' 8"	8' 7"	195	20' 6" x 9' 11"	7.8	0.81
FRO218	Square Pull Up Station Robinia	13+	4	7' 8"	8' 7"	159	14' 4" x 14' 4"	5.9	0.81



Product number	Product name	Age (years)	Capacity (users)	Fall height (ft & in)	Total height (ft & in)	Use zone (ft²)	Use zone dimensions (ft & in x ft & in)	Installation (hours)	CO <sub>2</sub> emission (kg CO <sub>2</sub> e/kg)
FRO211	Hurdles Robinia	13+	5	1' 8"	2' 7"	340	10' 8" x 33' 7"	7.3	0.72
FRO214	Over Under Robinia	13+	4	3' 10"	4' 10"	302	10' 6" x 30' 9"	5.7	0.68
FRO215	Balance Beam Robinia	13+	3	2' 1"	2' 1"	348	33' 11" x 16' 11"	5.5	0.51
FRO212	Double Turbo Challenge Robinia	13+	3	7' 5"	9' 7"	245	22' 8" x 12'	8.1	0.92

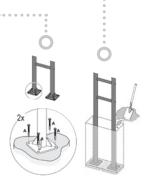


#### CALM AND HARMONIZED

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

#### **ANCHORING TYPE:**

- Inground in multiple depths
- Surface with expansion bolts



#### POST CAP:

– In grey PE or aluminum



### 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.



 $Product\ configurator\ www.kompan fitness.com$ 

#### Steel colors

14 thrilling colors are offered in the standard assortment.

# POWERFUL DESIGN WITH COLORS

## Create an individual expression

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

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

overall design theme, an aesthetic approach, the surroundings of the fitness site, or even to represent a specific brand or a corporate identity. Only the imagination sets the limits.



Beige NCS S 2020-Y20R



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



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



Brown\*\* NCS S 7020-Y40R\* RAL 8011



Lime green \*\* NCS S 1070-G30Y



Medium green NCS S 3065-G10Y\* RAL 6029





Moss green\*\* RAL 6005



Medium grey NCS S 5502-B\* RAL 7046



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



Anthracite\*\*
NCS S 8005-B20G\*
RAL 7016



Black NCS S 9000-N\* RAL 9005

 Color code value is approximate
 The color is available as matt or glossy





Awesome-looking fitness solutions can seem even more impressive in bright yellow or a refreshing light blue color.



## 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 surfacing. For easy and accurate application, KOMPAN has designed a selection of template tools.



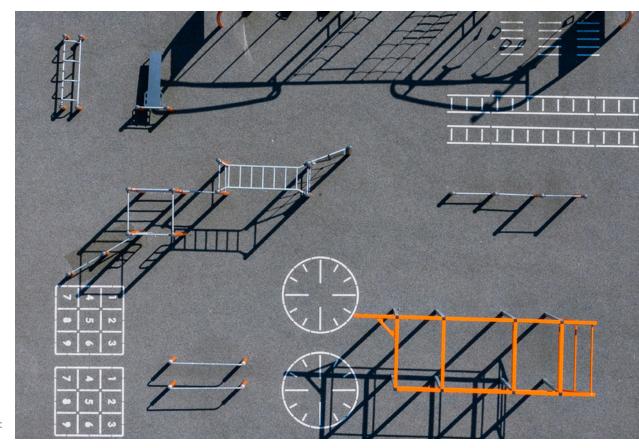
surface

# FUNCTIONAL SURFACING WITH POUR IN PLACE

With high-quality wetpour surfacing solutions, designers can be very creative. Different colors, shapes, and graphics can support and highlight the overall design 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 the fitness site.

From a safety perspective, a wetpour surfacing solution from KOMPAN provides brilliant shock absorption. And from an operational point of view, it provides a clean and comfortable surface with very low maintenance costs.



## SYMBOLS AND MARKINGS

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







In larger cities, there is always a lack of space and many city centers have not been designed for an active lifestyle. There is often car, bike, and pedestrian traffic which can pose a hazard when sports are added to the mix. Luckily, there is a growing willingness to create spaces where children and adults can engage in ball sports and other activities. This Multi-Use Sports Area (MUSA) is the

perfect solution for a densely populated area because it is tall and fully enclosed, which ensures that all balls stay within the court. Secondly, it has an open and transparent design, making it easy to see what is happening on and off the court without obstructing views. MUSA is a compact integrated system that offers a huge amount of functionality in a safe and enclosed environment.



Minor regional deviations can occur due to differences in safety standards

Product number Product name

TRE600201

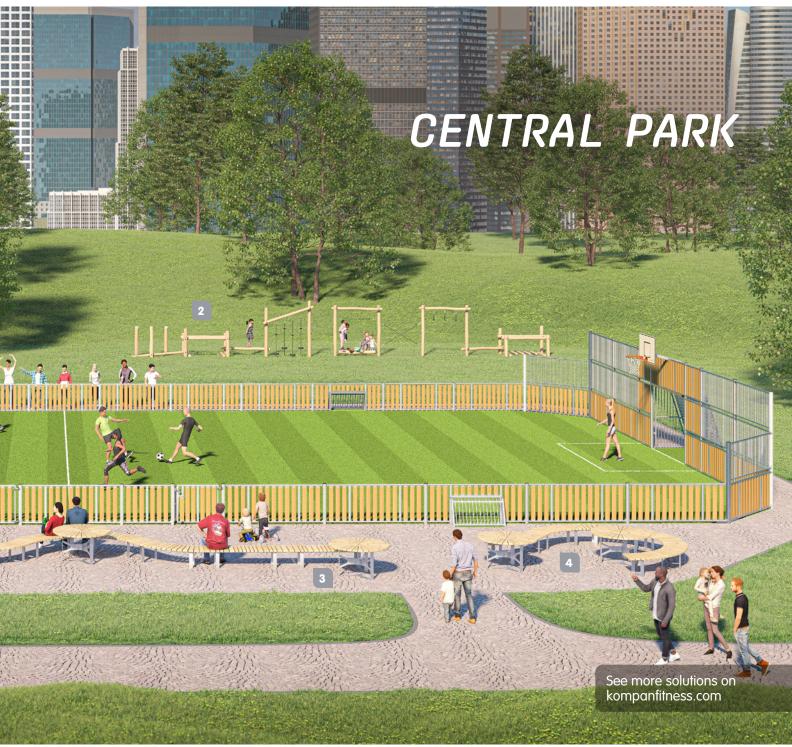
MUSA, 39 x 79 ft, Steel, 16 ft Walls, Rectangle



Public parks are now widely popular and 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 these different uses can create friction, like children running through a picnic chasing after a ball. This can easily be prevented by creating active and non-active zones in a park and a Multi-Use Sports Area (MUSA) is a great way to deline-

ate these zones. It's designed to simply keep the ball inside the court and to facilitate many different sports.

By choosing the Wood Plastic Composite panels, the MUSA blends into the park environment while at the same time be maintenance free. The lifetime warranty on steel structural components is important because the site is designed to be heavily used and enjoyed by many!



Minor regional deviations can occur due to differences in safety standard

	Product number	Product name						
		Configured Multi-Use Sports Area						
2		Robinia Obstacle Course						
3	PAR1011	Rumba Table, Round, 4 ft 3in						
4	PAR1006	Rumba Bench, Curved 90°						



Here we have an action-packed solution that functions as a fully-fledged extension of the university's indoor training facilities. The MUSA is centrally located where basketball, soccer, 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 the ball stays on the field.

Outside the MUSA, 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, which provides extra challenge and a lot of fun.



Minor regional deviations can occur due to differences in safety standards

	Product number	Product name		Product number	Product name
	FRE601001	MUSA, 52 x 102 ft, Steel/HDPE, 7 ft Walls	9	FSW201	Parallel Bars
2	FAZ30100	Step, 8 in	10	FSW21201	Double Turbo Challenge
3	FAZ30200	Step, 16 in	11	FSW215	Balance Beam
4	FAZ30300	Step, 24 in	12	FSW216	Vertical Net and Wall
5	FAZ105	Core Twist	13	FSW221	Jump Pod Set
6	FAZ102	Magnetic Bells	14	FSW211	Hurdles
7	FAZ10101	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 wide range of ages, abilities, cultures, and professions. In such a diverse area it can be challenging to create a common space that makes the neighborhood

active and attractive. A Multi-Use Sports
Area (MUSA) fits right in, as it combines play,

sports, and fitness. It brings the family and the neighborhood together through playing basketball, handball, or soccer.

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.



Minor regional deviations can occur due to differences in safety standards

	Product number	Product name						
		Configured Multi-Use Sports Area						
2	FAZ20101	Magnetic Bells, Multi-net & Suspension Trainers						
3	FAZ30100	Step, 8 in						
4	FAZ30200	Step, 16 in						
5	FAZ30300	Step, 24 in						



A KOMPAN Multi-Use Sports Area (MUSA) is designed as a flexible system to fit any purpose or environment. The intelligent design allows the MUSAs to host a variety of games such as soccer, basketball, hockey, volleyball, tennis, badminton...the list goes on.
Ball sport areas in schools are popular.
Teachers and children are enthusiastic about them. The teachers unanimously say that the fields have meant more physical activity with fewer conflicts during breaks.

The fields also increase concentration and willingness to learn for children in the class-room. And the children? They are extremely happy to have what is their right – an open invitation to fun and play!

The sides of the MUSAs will keep the ball in play, thus intensifying the game as there are fewer involuntary breaks. At the same time, children not playing in the MUSA won't be disturbed by stray balls escaping the play area.



Minor regional deviations can occur due to differences in safety standards

	Product number	Product name
	FRE600501	MUSA, 36 x 49 ft, Steel, 3 ft Walls
2	BLX4103	BLOQX 3
3	FRE601201	Panna, Low
4	GXY960	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 MUSA, KOMPAN's Multi-Use Sports Area. As the name suggests, the venue is open to play forms of established sports like soccer, basketball, tennis, and hockey, but, excitingly, it's also a perfect place to invent variations. It's where the rules are not necessarily written but most certainly agreed. The only common rule is to have healthy fun. The MUSA is to sports what a convenience store is to shopping. It provides an optimized 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.





MUSA, 36 x 49 ft, Steel, 3 ft Walls FRE600501



MUSA, 39 x 79 ft, Steel, 3 ft Walls FRE600101



MUSA, 39 x 79 ft, Steel/HDPE, 3 ft Walls FRE600102



MUSA, 39 x 79 ft, WPC, 3 ft Walls FRE600103



MUSA, 39 x 79 ft, Steel, 16 ft Walls, Rectangle FRE600201



MUSA, 43 x 85 ft, WPC, 3 ft Walls FRE600803



MUSA, 52 x 102 ft, Steel/HDPE, 7 ft Walls **FRE601001** 

Product number	Product name	Age (years)	Capacity (users)	Fall height (ft & in)	Total height (ft & in)	Use zone (ft²)	Use zone dimensions (ft & in x ft & in)	Installation (hours)	CO <sub>2</sub> emission (kg CO <sub>2</sub> e/kg)
FRE600501	MUSA, 36 x 49 ft, Steel, 3 ft Walls	3+	-	-	12' 1"	-	- X -	28	2.55
FRE600101	MUSA, 39 x 79 ft, Steel, 3 ft Walls	3+	-	-	12' 1"	-	- X -	34	2.57
FRE600102	MUSA, 39 x 79 ft, Steel/HDPE, 3 ft Walls	3+	-	-	12' 1"	-	- X -	63	1.95
FRE600103	MUSA, 39 x 79 ft, WPC, 3 ft Walls	3+	-	-	12' 1"	-	- X -	56	1.66
FRE600201	MUSA, 39 x 79 ft, Steel, 16 ft Walls, Rectangle	3+	-	-	16' 6"	-	- X -	65	2.57
FRE600803	MUSA, 43 x 85 ft, WPC, 3 ft Walls	3+	-	-	12' 1"	-	- X -	50	1.83
FRE601001	MUSA, 52 x 102 ft, Steel/HDPE, 7 ft Walls	3+	-	-	12' 1"	-	- X -	86	2.36





Multi Goal, 10 ft, Steel FRE601401



Multi Goal, 26 ft, Steel FRE601501









Product number	Product name	Age (years)	Capacity (users)	Fall height (ft & in)	Total height (ft & in)	Use zone (ft²)	Use zone dimensions (ft & in x ft & in)	Installation (hours)	CO <sub>2</sub> emission (kg CO <sub>2</sub> e/kg)
FRE601401	Multi Goal, 10 ft, Steel	3+	-	-	12' 1"	-	- X -	7.4	2.51
FRE601501	Multi Goal, 26 ft, Steel	3+	-	-	12' 1"	-	- X -	9.9	2.54
FRE601601	Multi Goal, 39 ft, Steel	3+	-	-	12' 1"	-	- X -	13	2.56
FRE601201	Panna, Low	3+	-	-	3' 5"	-	- X -	8.3	2.57
FRE601301	Panna, High	3+	-	-	6' 8"	-	- X -	13	2.58

## Player-friendly experience

The Cosmos Multi-sport 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 players. 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 goal-keepers 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 Multi-sport range, is an open invite for passing children to stop and ask, 'Can I play?' A basketball hoop at the correct NBA height hovers temptingly above the goal, so there's a choice of sporting activities.



OTHER SIZES

AVAILABLE

Cosmos, 39 x 68 ft FRE2110







Multi Goal, 16 ft FRE2211





Product number	Product name	Age (years)	Capacity (users)	Fall height (ft & in)	Total height (ft & in)	Use zone (ft²)	Use zone dimensions (ft & in x ft & in)	Installation (hours)	CO <sub>2</sub> emission (kg CO <sub>2</sub> e/kg)
FRE2110	Cosmos, 39 x 68 ft	3+	-	-	12' 2"	-	- X -	70	2.13
FRE2111	Cosmos, 39 x 81 ft	3+	-	-	12' 2"	-	- X -	76	2.12
FRE2113	Cosmos, 48 x 101 ft	3+	-	-	12' 2"	-	- X -	90	2.12
FRE2115	Cosmos, 52 x 107 ft	3+	-	-	12' 2"	-	- X -	94	2.11
FRE2116	Cosmos, 61 x 120 ft	3+	-	-	12' 2"	-	- X -	104	2.11
FRE2210	Multi Goal, 10 ft	3+	-	-	12' 2"	-	- X -	8.9	2.43
FRE2213	Multi Goal, 39 ft	3+	-	-	12' 2"	-	- X -	21	2.17
FRE2211	Multi Goal, 16 ft	3+	-	-	12' 2"	-	- X -	13	2.24
FRE2212	Multi Goal, 30 ft	3+	-	-	12' 2"	-	- X -	17	2.15





Mini Goal FRE3051



Goal FRE3050



Multi Net FRE3031



Basketball Goal, Nylon Net FRE3025



Surprise Basket FRE3024



Sit & Stand FRE3054

Product number	Product name	Age	Capacity	Fall height	Total height	Use zone	Use zone dimensions	Installation	CO <sub>2</sub> emission
		(years)	(users)	(ft & in)	(ft & in)	(ft²)	(ft & in x ft & in)	(hours)	(kg CO <sub>2</sub> e/kg)
FRE3051	Mini Goal	3+	-	-	2' 6"	-	- X -	1.6	2.61
FRE3050	Goal	3+	-	-	6' 7''	-	- X -	1.3	2.59
FRE3031	Multi Net	3+	-	-	8' 7"	-	- X -	0.9	2.56
FRE3025	Basketball Goal, Nylon Net	3+	-	-	12' 1"	-	- X -	2.9	2.35
FRE3024	Surprise Basket	3+	-	-	10'	-	- X -	1	2.30
FRE3054	Sit & Stand	3+	-	-	3' 7"	-	- X -	0.8	3.14

# Configure in a few easy steps

### 1. Choose size and height



# FLEXIBLE CONFIGURATION

For Multi Use Sport Areas

#### 2. Choose materials and colors





Panels in Gray or Blue





Wood Plastic Composite (WPC)





Steel parts in Moss Green or Galvanized

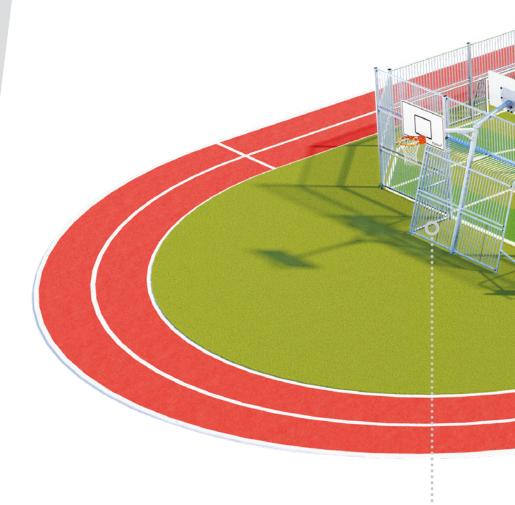
### 3. Choose play types



#### 4. Choose accessibility







#### MAIN GOAL OPTIONS:

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

# PANEL OPTIONS: – Steel tubes – HDPE plates – Wood Plastic Composite (WPC) – Ball-catcher net **POST OPTIONS:** - Height from 3ft to 16ft – Hot-dip galvanized – Powder-coated color Moss Green **ACCESS OPTIONS:** – Entrance gate – Service gate – Hockey entrance PLAY OPTIONS: – Multi Goal (9 x 6 ft) – Basketball Goal – Mini Goal – Panna Goal - 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 and 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. Galvanized steel with powder-coated top finish. 3. Color-anodized lead-free aluminum. All post types are designed to provide long lifetime and low maintenance.



#### FLOORS/DECKS

All DECKS are supported by uniquely designed aluminum profiles with multiple attachment options in order to give you a highly customized outdoor fitness site with your favorite activities. The HPL decks come with a thickness of 18mm, a very high wearing strength, and a unique KOMPAN non-skid surface texture.



#### **GALVANIZED STEEL**

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



#### ROPE

ROPES come with galvanized 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. Robinia wood makes very durable outdoor fitness sites which are nearly maintenance free and able to last for many years.

# WARRANTY

# We have industry-leading warranties



#### LIFETIME\* warranty

- Hot-Dip galvanized parts
- · Stainless steel parts
- EcoCore<sup>™</sup> and other high-density polyethylene (HDPE) parts



#### 15-year warranty

- High-pressure laminate (HPL) parts
- Aluminum parts



#### 10-year warranty

- TexMade™ posts
- Pre-galvanized posts with painted top layer
- Painted surface on galvanized or aluminum metal parts
- Electrogalvanized metal parts
- Molded PP decks
- Solid plastic partsHollow plastic parts
- Transparent Poly Carbonate (PC) parts
- Wood-plastic composite (WPC) parts
- Robinia, ash, pine, and other wood types
- Stainless Steel Slides
- Rope and net constructions



#### 5-year warranty

- Resin coated plywood parts
- Springs and ball bearing assemblies
- Graphic print on transparent PC panels
- Concrete parts
- Galaxy Connection Balls



#### 2-year warranty

- Moveable plastic & metal parts
- Rubber membranes
- Screens and electronic parts
- 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 NEAR WATER INSTALLATIONS

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 ICONtrained 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, discolored 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.

Products installed in direct contact with chlorinated water or saltwater (waterparks), or products installed within 650 feet from the shore are not covered by the KOMPAN warranty for any defects caused by corrosion. Specially designed products (handled via department for customized products), provided they have been upgraded to corrosion class C4 prior to delivery, installed within 650 feet from the shore (and not in direct contact with saltwater/spray of saltwater or chlorinated water(e.g. waterparks)) shall, subject to the applicable warranty period for each product type set out in the general warranty, be covered only againststructural failure caused by corrosion (excluding moving parts) and under no circumstances for any period longer than 5 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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