

Shoulder Press


FSW40300

KOMPAN[®]



Número de artículo FSW40300-0001

Información general del producto

Dimensiones LxAnch.xAl.	125x157x123 cm
Grupo de edad	13+
Usuarios	1
Opciones de color	



Featuring an adjustable load, the Shoulder Press provides authentic weight training for the shoulder and triceps muscles. The user-friendly handles with multi-function grips allow for various exercise positions and perfect ergonomics for users of all heights. The Shoulder Press is built for safety, with all mechanical stops enclosed within the cover to

ensure there are no crush points.

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All mechanical stops are fully enclosed within the cover. The adjustable weight, featuring internal end stops and indexed positions, moves on rollers within an enclosed groove in an aluminium profile. As a result, entrapment is not possible, making it extremely safe to use and providing protection against the elements and unwanted abuse.



The weight on each side can be adjusted in 8 steps of 2,5 kg, providing a training weight from 5 to 40kg. The patent pending system is intuitive to use, eliminating the need for traditional pins that can get lost or stuck. Pull the handle and move the weight to quickly select the desired load.



The seat is made of blowmolded PE and mounted directly onto the steel frame, making it highly durable and resistant to wear and tear. To ensure comfort and a great user experience, the seat features an ergonomic groove. A seat height of 43 cm ensures easy access and transfer for wheelchair users.



The machine features low operating noise thanks to an internal end stop made from TPE (thermoplastic elastomer). The damper absorbs impact energy from the weight with minimal rebound, reducing noise and vibration and ensuring a quieter, more controlled training experience.



Handles
The ergonomically shaped handles feature multiple grip areas to support adaptable training. This allows users between 140–205 cm in height to perform exercises with correct ergonomics while enabling a wide variety of exercises that target different muscle groups. The handles are made from cast aluminium with a grip texture finish.



The unilateral movement design ensures that each arm works independently, preventing compensation by the stronger side. The independent movement also allows for greater flexibility, enabling multiple exercise variations and supporting inclusive training for users of different abilities.

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Información de instalación

Altura máxima de caída	43 cm
Área de seguridad	17,2 m ²
Horas de instalación	5,9 horas
Volumen de excavación	0,00 m ³
Volumen de hormigón	0,00 m ³
Profundidad de anclaje	0 cm
Peso del envío	308 kg
Opciones de anclaje	

Garantías

Metal galvanizado/pintado	10 años
Aluminio	15 años
Partes móviles	2 años
Piezas huecas de PE	10 años
Piezas de repuesto garantizadas	10 años

EN
16630
compliant

Sustainability Data

FSW40300

KOMPAN



Independent review certificate

Kompan A/S
C. F. Tietgens Blvd. 32C, 5220 Odense SØ

Bureau Veritas hereby attests that the CO₂e-calculations (covering materials, processing, waste and transport) done by Kompan for "Fitness", meet the requirements set by the listed standard.

Kompan A/S uses a selection of EPDs and emission factors from the Life Cycle Assessment database Ecoinvent 3.11. These values are reported as kg CO₂e, with all other impact categories excluded in line with the scope of ISO 14067:2018. The emission factors cover, material use, manufacturing processes, transport to Kompan, and electricity used during manufacturing. The presented emissions fall under GHG Protocol scope 3 emissions. Scope 1 and 2 are not presented. Scope 3 emissions include emission sources in the upstream value chain of a company, downstream emissions are excluded in this analysis.

Method: ISO 14067:2018 using GHG protocol guidance documents, reported as kg CO₂e.

Object

The verification has been done on the one pager "FAZ10100-0900" version: 27-10-2025. The supporting documentation "KOMPAN data_updated emissions factors_2025_V2" and "Emissions factors, EPD's and ecoinvent 3.11_2025" was also reviewed and approved.

Declaration

The review has been completed as a critical review with a limited assurance. I hereby confirm that nothing has come to the reviewer's attention which would lead to conclude that the study does not give an accurate depiction or isn't completed following method of the CO₂e calculation, the requirements of ISO 14067:2018, and 14071:2024, in the above referenced documentation.

Note: This verification only covers calculation elements according to method described in ISO 14067:2018 and may not be seen as a Life Cycle Assessment according to ISO 14067:2018.

Ref.: Kompan_Verification report 2025, 28-10-2025

Date of certificate: 29-10-2025

Expire date: 29-10-2027

Verified by: Julie Marie Vejsgaard Larsen, Environmental Auditor

Signature:

Cuna a puerta A1-A3

Emisión total CO₂

kg de CO₂e

CO₂e/kg

kg de CO₂e/kg

Materiales Reciclados

%

FSW40300-0001

1.423,19

6,66

38,76

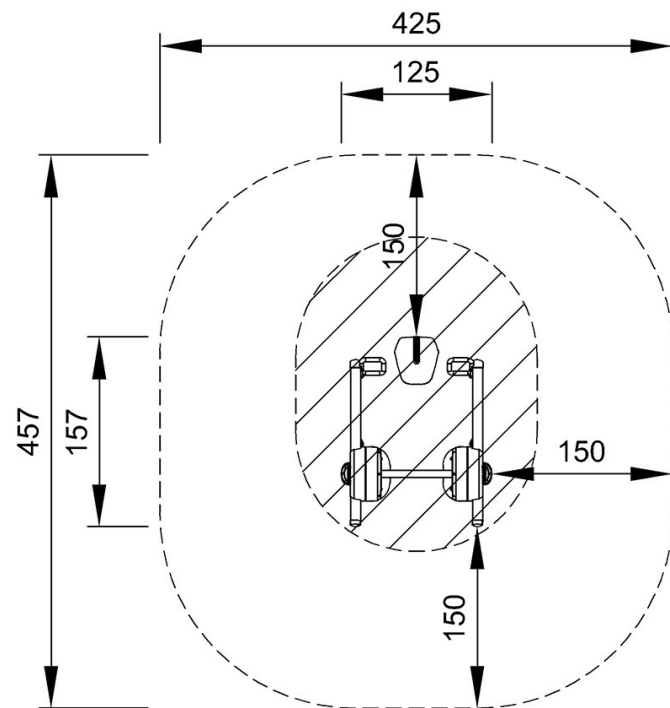
El marco general aplicado para estos factores es la Declaración Ambiental de Producto (EPD), que cuantifica "la información ambiental sobre el ciclo de vida de un producto y permite realizar comparaciones entre productos que cumplen la misma función" (ISO, 2006). Esto sigue la estructura y aplica un enfoque de evaluación del ciclo de vida a toda la etapa del producto, desde la materia prima hasta la fabricación (A1-A3))

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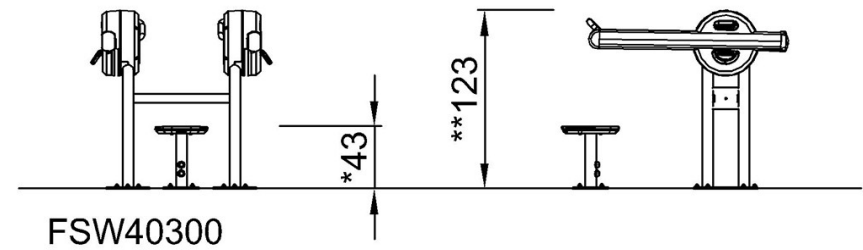
FSW40300

* Altura Máx. de caída | ** Altura total | *** Área de seguridad

* Altura Máx. de caída | ** Altura total



FSW40300
*43cm
**123cm
***17.2m²



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[Haga clic para ver VISTA LATERAL](#)