

# MAKING SOCIETIES ACTIVE

WITH TRAINING FOR EVERYONE



**KOMPAN**  
SPORT & FITNESS

# THE WORLD HAS CHANGED. PHYSICAL ACTIVITY LEVELS HAVE DROPPED AND HEALTH CARE COSTS HAVE GONE UP

The increasingly sedentary nature of everyday life is creating communities which have alarmingly low levels of physical activity.

Globally over 25% of all adults, and over 80% of adolescents, fail to meet even the **minimum** levels of recommended physical activity. The price is high, and everyone is paying, both individually and as a society.

The cost of inactivity related diseases, dependency, and lost productivity are impacting us all.

*We should no longer ask ourselves IF we need to act, but rather HOW.*





# KOMPAN SPORT & FITNESS INSTITUTE

## BACKGROUND RESEARCH

**Physical inactivity:** amongst the 4 leading risk factors for global mortality.



**Overweight and obesity:** 39% of our global population is either overweight or obese. By 2050 this is expected to rise to 50%.



**Cost of obesity:** is equivalent to armed conflict or smoking.



**Ageing:** 12% of the global population is over 60 years old; by 2050 this will rise to 22%.



**Urbanisation:** 60% of the developed world lives within cities; by 2050 this will rise to 80%.



SOURCES: McKinsey Global Institute; UN (United Nations); WHO (World Health Organization)

# KOMPAN SPORT & FITNESS INSTITUTE

A newly established institution which through insights from a combination of training experts, knowledge of user needs and customer demands develops product and training concepts for everyone.

## BACKGROUND RESEARCH

### MAIN PHYSICAL ACTIVITY BARRIERS



Lack of **time**: 56%.



Clubs are **expensive**: 33%.



Need of a **trainer** to motivate: 17%



Lack of offering within **community**: 39%



59% of population wants to exercise more.



40% of all physical activity takes place outdoors, and 25% on the way between home and work, school or shops.



31% of smartphone users use apps to improve fitness.



Activity Tracking is the most wanted smartwatch feature.



# OVERCOMING BARRIERS: MOTIVATE, STIMULATE, ACTIVATE

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KOMPAN's own research shows that the desire to become more active is there but unnecessary obstacles are getting in the way, resulting in a downward spiral of inactivity. **Time, money and motivation** are the main reasons given for not being more active, and socially disadvantaged groups are particularly affected.

A low income can be linked to less free time, limited access to leisure facilities, and living environments that are unsupportive of physical activity. This is a valuable insight, as **KOMPAN research** shows that a significant 60% of people feel that today's public spaces do not inspire them to be physically active.

*To get inactive people active, communities require accessible and effective training locations, suitable for all ages and physical abilities, along with appropriate instruction, stimulation and motivation.*

KOMPAN solutions focus on the inactive.

Research indicated that having digital or physical guidance increased exercise effectiveness and persistence. This support can make all the difference, opening up the road to a better life.

# HEALTHIER PEOPLE, STRONGER COMMUNITIES, BETTER ECONOMIES

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Getting fit is so much more than an end goal in itself; it is a means to a better life. Regular physical activity strongly improves health, social connectedness, employability and productivity.

Together we can activate people and communities by offering fun and dynamic training solutions that *transform short term changes to long lasting results.*

The joy of movement shines through all stages of life and in all members of society. Communities become stronger, and people are able to enjoy a considerably higher quality of life, helping them to remain self-reliant into old age. The list of benefits is endless...





## BENEFITS OF AN ACTIVE SOCIETY

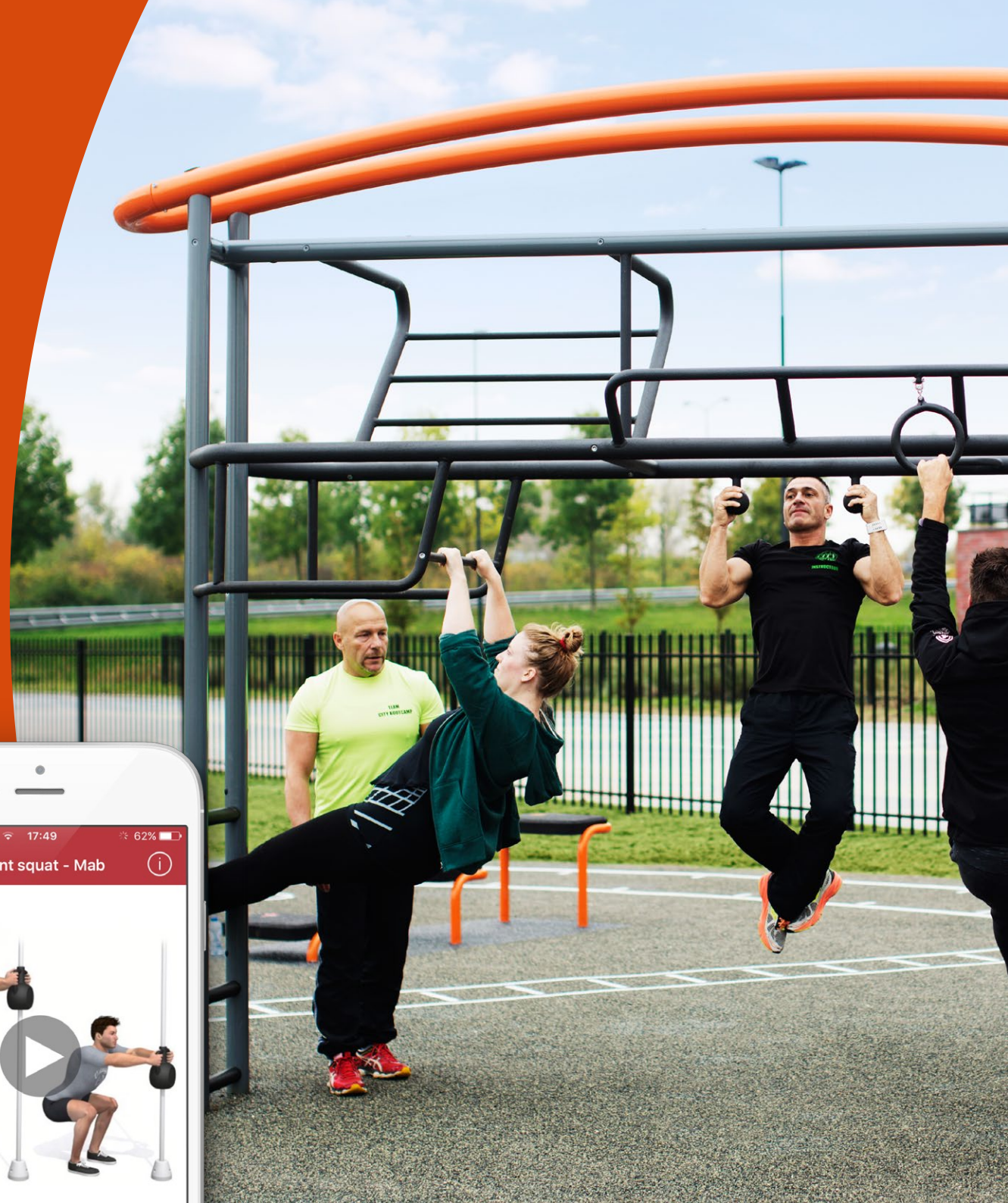
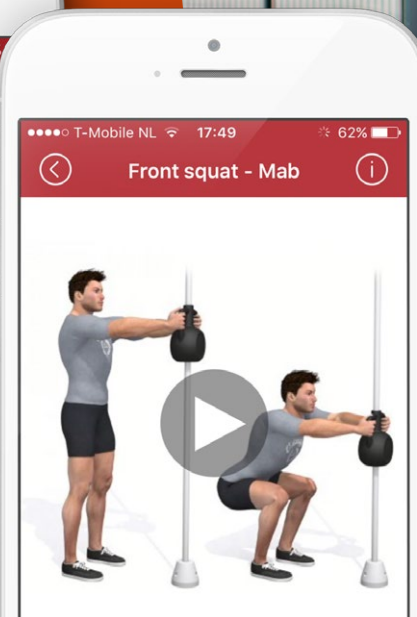
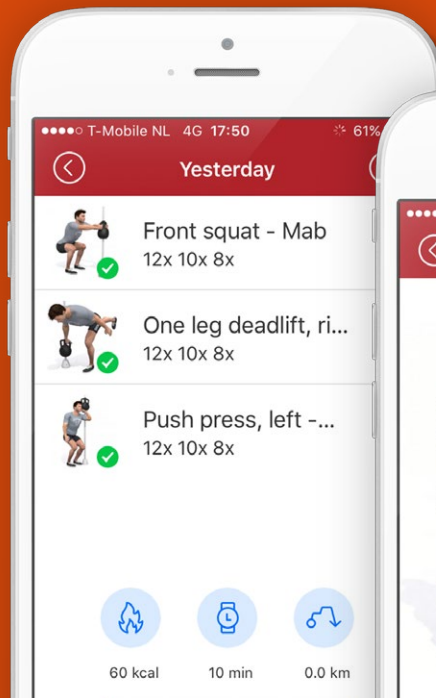


SOURCES: John J. Ratey, 2013. Spark: The Revolutionary New Science of Exercise and the Brain. Reprint Edition. Little, Brown and Company; McKinsey Global Institute; WHO (World Health Organization)

# MOTIVATE AND SUPPORT USERS THROUGH ALL STAGES OF EXERCISE WITH THE KOMPAN APP

## USER FUNCTIONS

- Location specific training programs
- 3D animated exercises
- Find local trainer
- Progress tracking
- Nutrition
- Club community
- Challenges and rewards







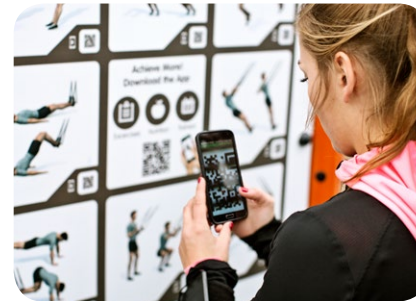
# EFFECTIVE AND SUSTAINABLE, 3 LAYER TRAINING SOLUTIONS

KOMPAN has a vision to get an inactive world moving. Through product and concept development, KOMPAN have incorporated what is needed to overcome physical activity barriers, resulting in an intelligent 3 layer training solution.



## 1. TRAINING LOCATIONS

Carefully chosen combinations of training equipment and surfacing, that allows for hundreds of different exercises and programs for everyone.



## 2. TRAINING APP

To allow users of all ages, fitness levels and abilities to make optimal use of the training locations. KOMPAN offers the support of a fitness app. The app functions as an online personal trainer, guiding users on exercise and nutrition, while motivating them to stay active.



## 3. TRAINER

KOMPAN believes the presence of on-site trainers will make all the difference to fully benefit from training potential and achieve optimal user retention.



# INDIVIDUAL AND GROUP TRAINING, INCORPORATING POPULAR ACTIVITY TYPES

Based on market insight, KOMPAN has identified the four most popular types of training and translated them into accessible training solutions.



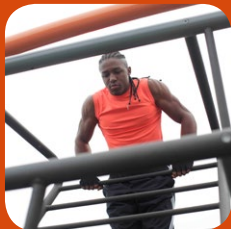
## **CIRCUIT TRAINING**

A classic form of training that combines resistance training with aerobics, targeting all elements of fitness. Exercises are completed consecutively, after a specific number of repetitions or amount of time.



## **CROSS TRAINING**

A very effective form of training that mixes and matches the best of various sports, resulting in diverse and complete training sessions.



## **STREET WORKOUT**

A physical activity that symbolises freedom of movement, and encourages socialising. It is a combination of athletics, calisthenics and other sports, and is mostly performed in public spaces.



## **BOOTCAMP**

A group training program that is inspired by military style training, and designed to build strength and general fitness through a variety of high intensity interval exercises.

# KOMPAN SOLUTIONS FOR ALL AGES AND ABILITIES

Training packages that accommodate the needs of all ages within the community, and offer the most popular activity types.



## PLAY SPORTS

A playful way of training and socialising, with a focus on fun, challenge and creativity. A physical activity during which people forget that they are actually exercising.






## SPORT & FITNESS

This is training for everyone. Aimed at achieving personal goals and social engagement.



## ACTIVE AGEING

Training balanced to support a healthy self-reliant lifestyle, while offering a place for seniors to meet and be together.

			
<b>STREET WORKOUT</b>			
<b>FSP101</b>	●		
<b>FSP102</b>	●		
<b>FSP103</b>	●	●	
<b>BOOTCAMP</b>			
<b>FSP201</b>	●	●	
<b>CROSS TRAINING</b>			
<b>FSP301</b>		●	
<b>FSP302</b>		●	●
<b>FSP303</b>		●	
<b>FSP304</b>	●	●	
<b>CIRCUIT TRAINING</b>			
<b>FSP401</b>		●	●
<b>FSP402</b>		●	●

# LIFE COURSE SOLUTION

All solutions are designed with a supportive KOMPAN app and optional trainer support - to make sure that motivation and retention is an integrated part to secure success. These are just a few of the solutions available. Together with the customer, and ideally community users, KOMPAN tailor-makes location specific solutions.

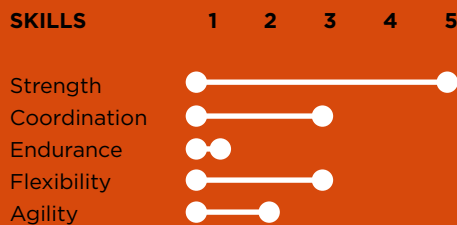
**SOLUTION WITH HIGH TRAINING VALUE - INSPIRING CREATIVITY AND FREEDOM OF MOVEMENT**

Within an area of 110 m<sup>2</sup> up to 20 people can perform all of the Street Workout exercises they want! Street Workout provides the opportunity to be creative and learn how to control the body in a playful way. Almost any movement pattern can be created, resulting in a different workout each time! This solution attracts a younger audience, due to the inviting structures that encourage fun and challenging training.

**ACTIVITY TYPE**  
Street Workout, Parkour

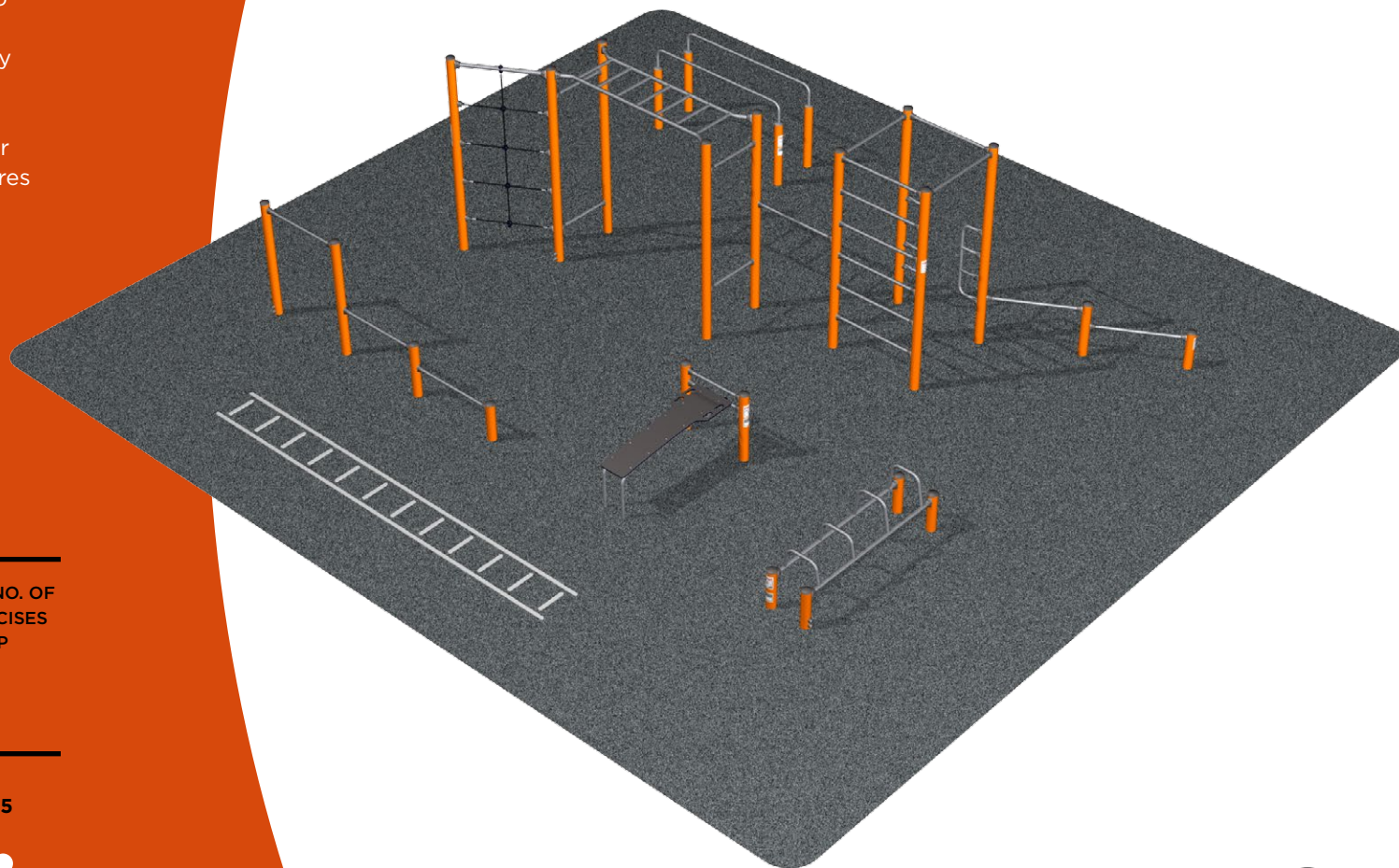
**PRODUCTS**  
Workout Systems (Page 31)

USER GROUP	NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
PLAY SPORTS	20	109.5M <sup>2</sup>	70



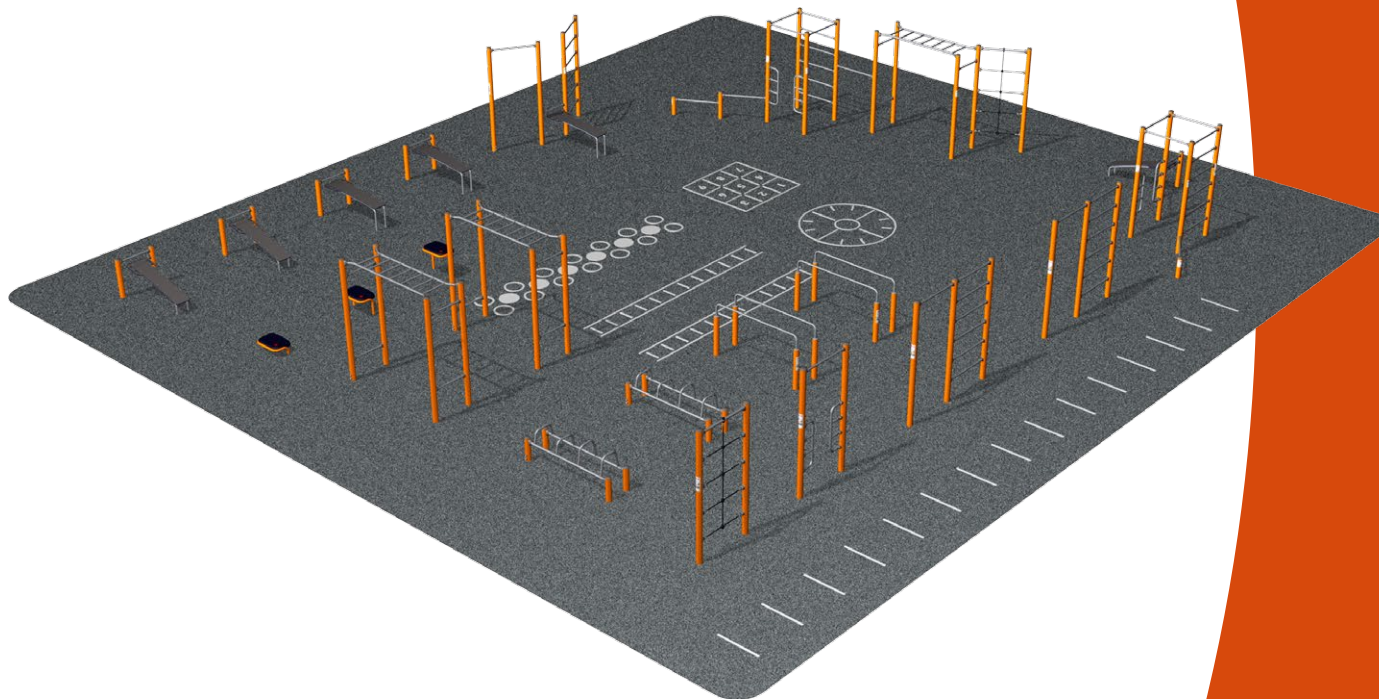
# STREET WORKOUT

**FSP101**



# STREET WORKOUT

## FSP102



### THE ULTIMATE SOCIAL HANGOUT - FOR BEGINNERS AND PRO'S

Combining training facilities for Street Workout and Parkour, with dedicated hangout areas, this is the perfect meeting point for young people. Having two of the same products next to each other creates the opportunity for beginners to copy the movements of experienced users, or challenge each other. This solution can easily be expanded with more playful KOMPAN products to enhance and build an even more dynamic and attractive space for teens.

#### ACTIVITY TYPE

Street Workout, Parkour

#### PRODUCTS

Workout Systems (Page 31)

Hangouts (Page 39)

USER GROUP	NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
PLAY-SPORT	60	388.6M <sup>2</sup>	125

#### SKILLS

1 2 3 4 5



PLAY  
SPORTS

**KOMPAN!**  
SPORT & FITNESS

**COMPACT AND CHALLENGING SOLUTION - FOR MANY USERS**

A complete and functional training space. Ideal for individual training or training in small groups. Highly suitable for younger people, as it is mainly based upon own body weight training and challenges them to develop themselves in a creative and fun way.

**ACTIVITY TYPE**

Cross Training, Street Workout

**PRODUCTS**

Cross Systems (Page 28)

Workout Systems (Page 31)

USER GROUP	NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
PLAY-SPORT, SPORT & FITNESS	20	129.7M <sup>2</sup>	100

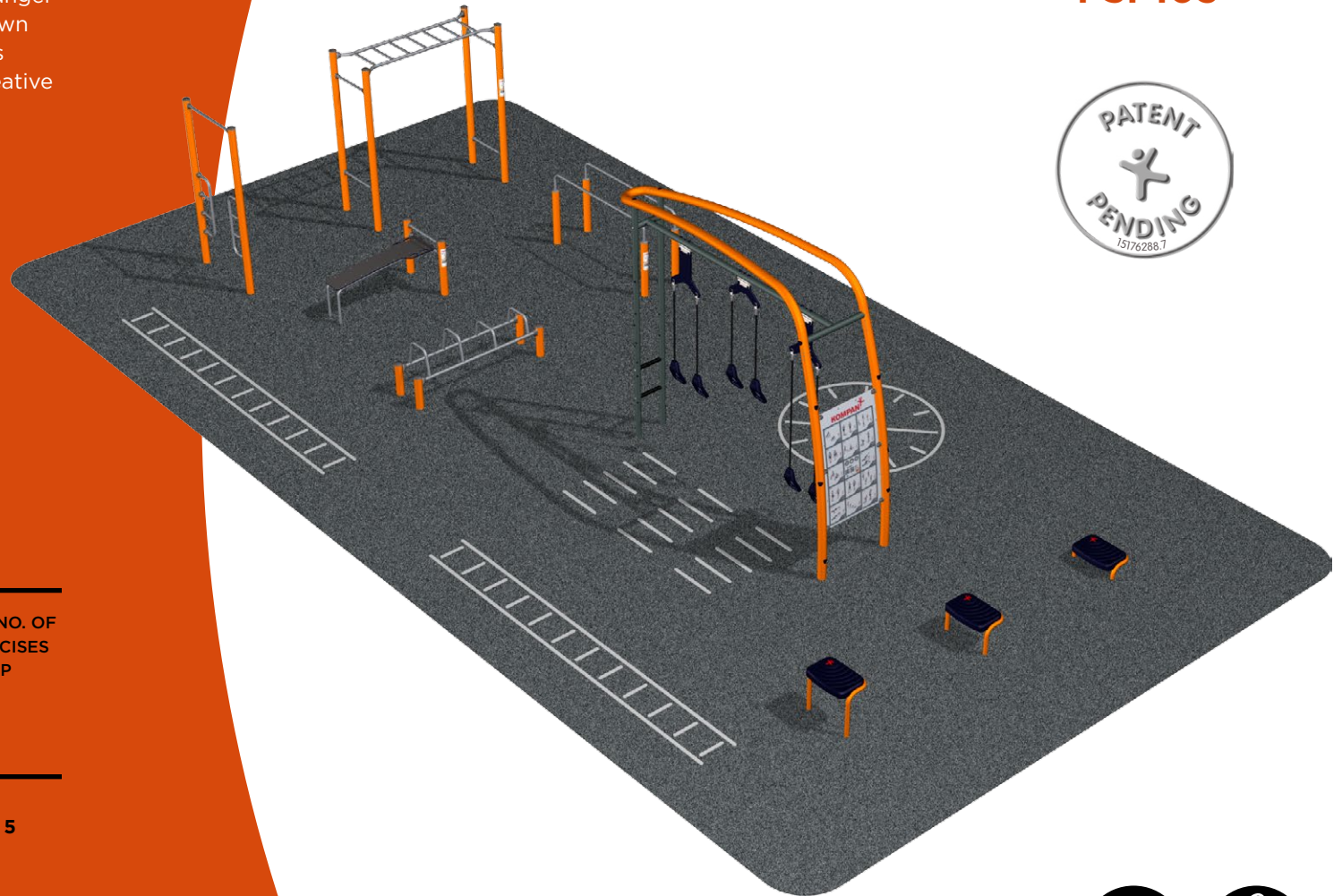
**SKILLS**

1 2 3 4 5



# STREET WORKOUT +

**FSP103**



**PLAY SPORTS**



**SPORT & FITNESS**



**KOMPAN**  
Cross Zones


## HIGH TRAINING POTENTIAL

Simple and effective, designed to offer group training for a minimal investment. This location will truly come to life with the support of a professional trainer supervising the area.

The solution is complete with a storage box containing loose training gear such as suspension trainers, kettle bells, medicine balls, a variety of ropes, elastic bands, barbells and a boxing bag.

### ACTIVITY TYPE

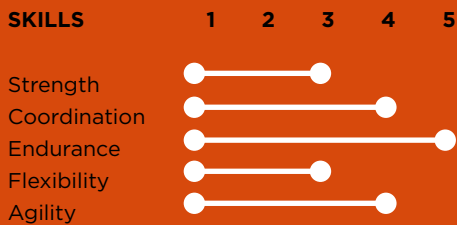
Bootcamp & Circuit Training

### PRODUCTS

Workout Systems (Page 31)

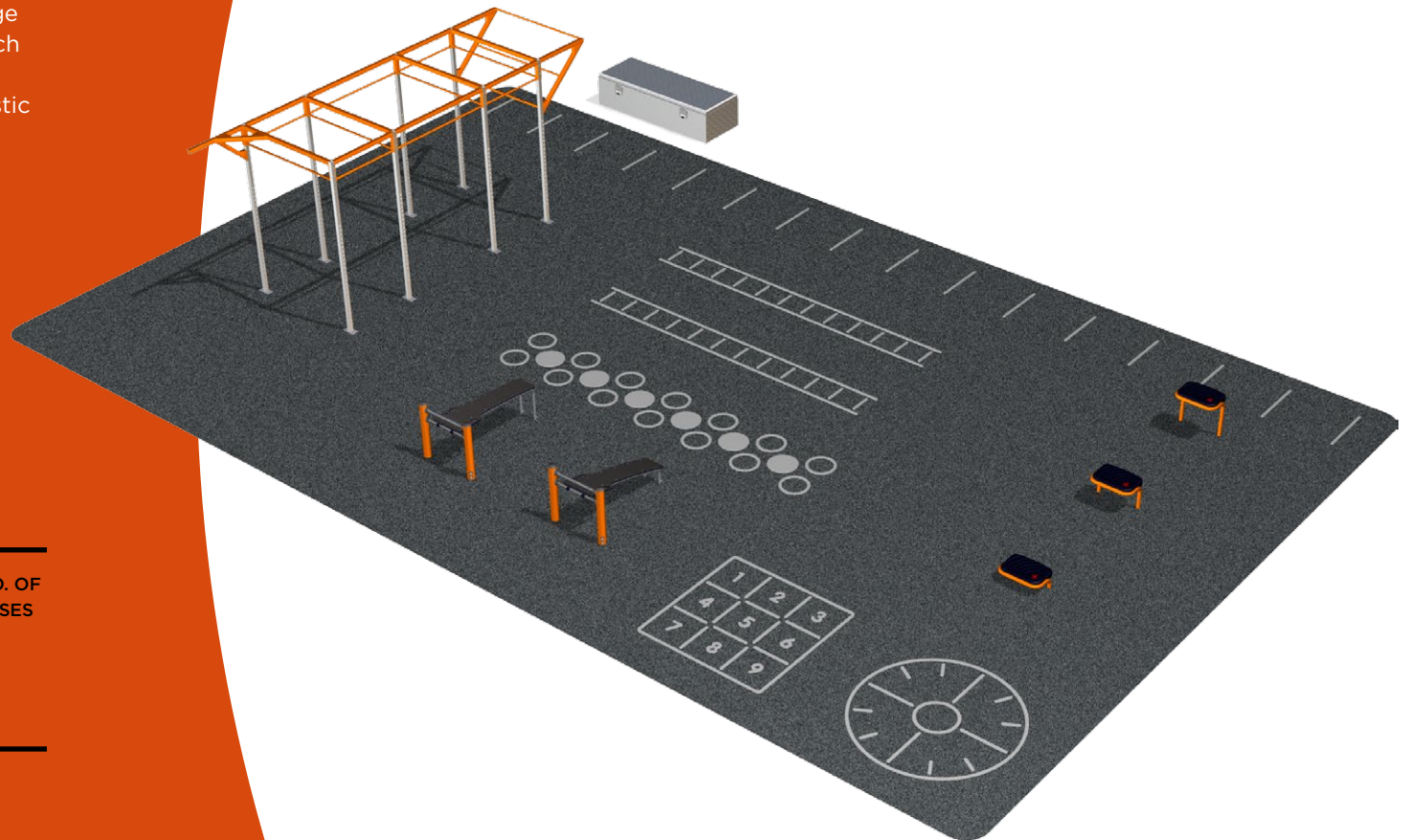
USER GROUP	NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
SPORT & FITNESS	35	159.9M <sup>2</sup>	150

### SKILLS



# BOOTCAMP

## FSP201



PLAY  
SPORTS



SPORT &  
FITNESS



# CROSS TRAINING

## FSP301



### INTELLIGENT DESIGN - PROVIDING AN EFFICIENT AND EFFECTIVE TRAINING SPACE

This solution is ideal for group training and social interaction, because many people can easily train side by side in this compact area. For trainers this means a fast overview, enabling them to offer support and guidance where needed.

This location offers familiar training known from indoor gyms, where users can train with products like suspension trainers and kettle bells in a safe and vandalism proof environment.

**ACTIVITY TYPE**  
Cross & Circuit Training

**PRODUCTS**  
Cross Systems (Page 28)

USER GROUP	NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
<b>SPORT &amp; FITNESS</b>	<b>15</b>	<b>113.2M<sup>2</sup></b>	<b>140</b>

SKILLS	1	2	3	4	5
Strength	●	—	—	—	●
Coordination	●	—	—	●	—
Endurance	●	—	—	●	—
Flexibility	●	—	—	—	●
Agility	●	—	—	—	●



**SPORT & FITNESS**

**KOMPAN!**  
SPORT & FITNESS

**ACCESSIBLE AND HIGHLY FUNCTIONAL TRAINING**

A training location suitable for all ages, developed with a specific focus on active seniors. It offers an effective training space for the elderly, complete with social facilities for breaks and interaction.

This site also provides therapists, and other health specialists, access to equipment that is comparable to what they normally work with in their professional settings.

**ACTIVITY TYPE**

Cross & Circuit Training

**PRODUCTS**

Workout Systems (Page 31)

Cross Systems (Page 28)

Adjustable Equipment (Page 33)

USER GROUP	NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
<b>SPORT &amp; FITNESS, ACTIVE AGEING</b>	<b>25</b>	<b>208.4M<sup>2</sup></b>	<b>170</b>

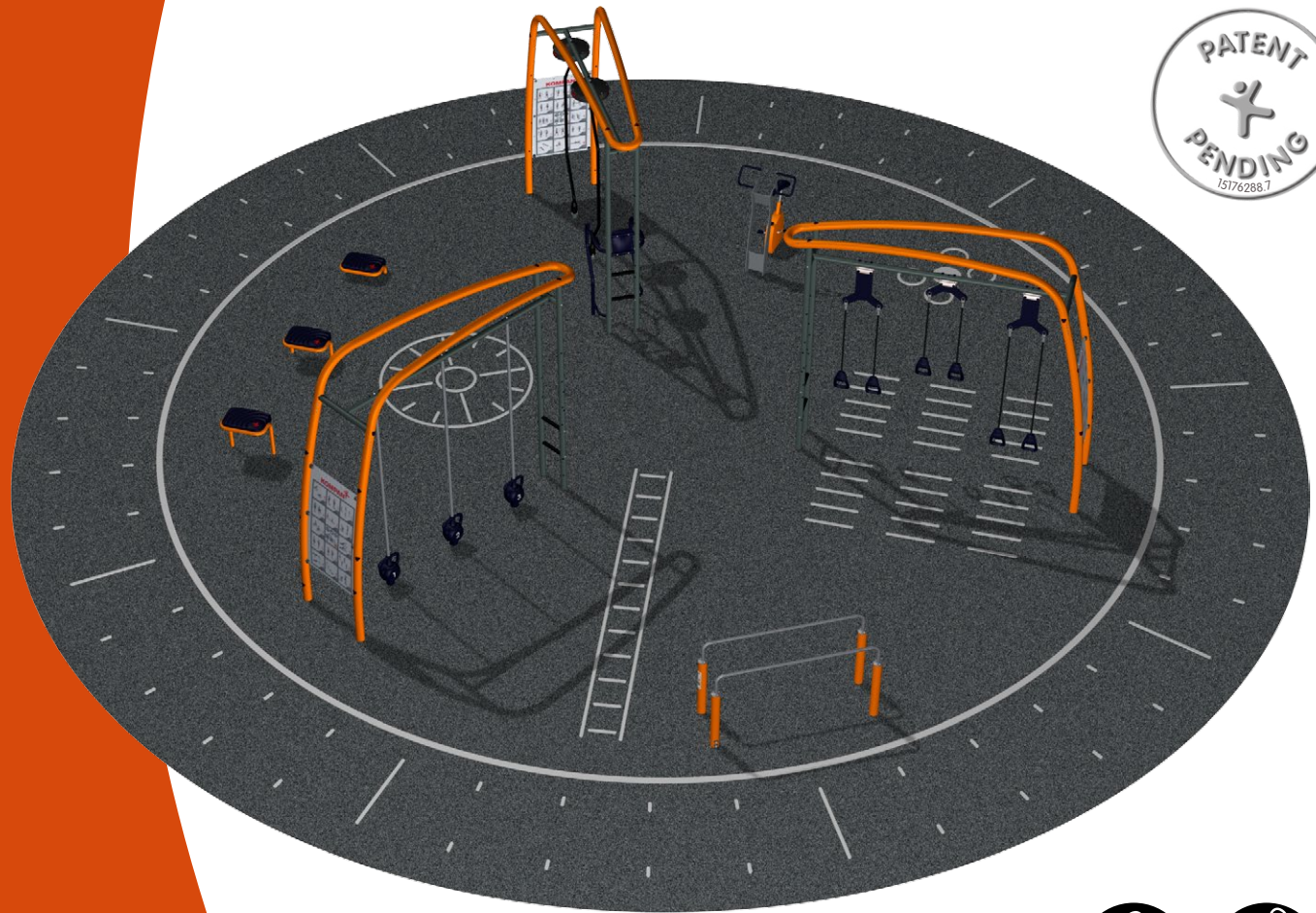
**SKILLS**

1 2 3 4 5



# CROSS TRAINING

**FSP302**



**SPORT & FITNESS**



**ACTIVE AGEING**

KOMPAN



**KOMPAN!**  
SPORT & FITNESS



**PREMIUM TRAINING LOCATION  
- FOR EVERYONE**

This high end, all inviting, circular training solution comes with a full range of innovative and cleverly designed cutting edge equipment. Motivating users of all fitness levels to complete a full workout.

With a capacity for over 50 users, everyone can comfortably work out together, either in groups or individually.

Beginners can easily get started, by using familiar training equipment such as cross trainers and bikes. Watching experienced users enjoying cross training helps to teach and motivate others.

**ACTIVITY TYPE**

**Cross & Circuit Training**

**PRODUCTS**

**Cross Systems (Page 28)**

**Adjustable Equipment (Page 33)**

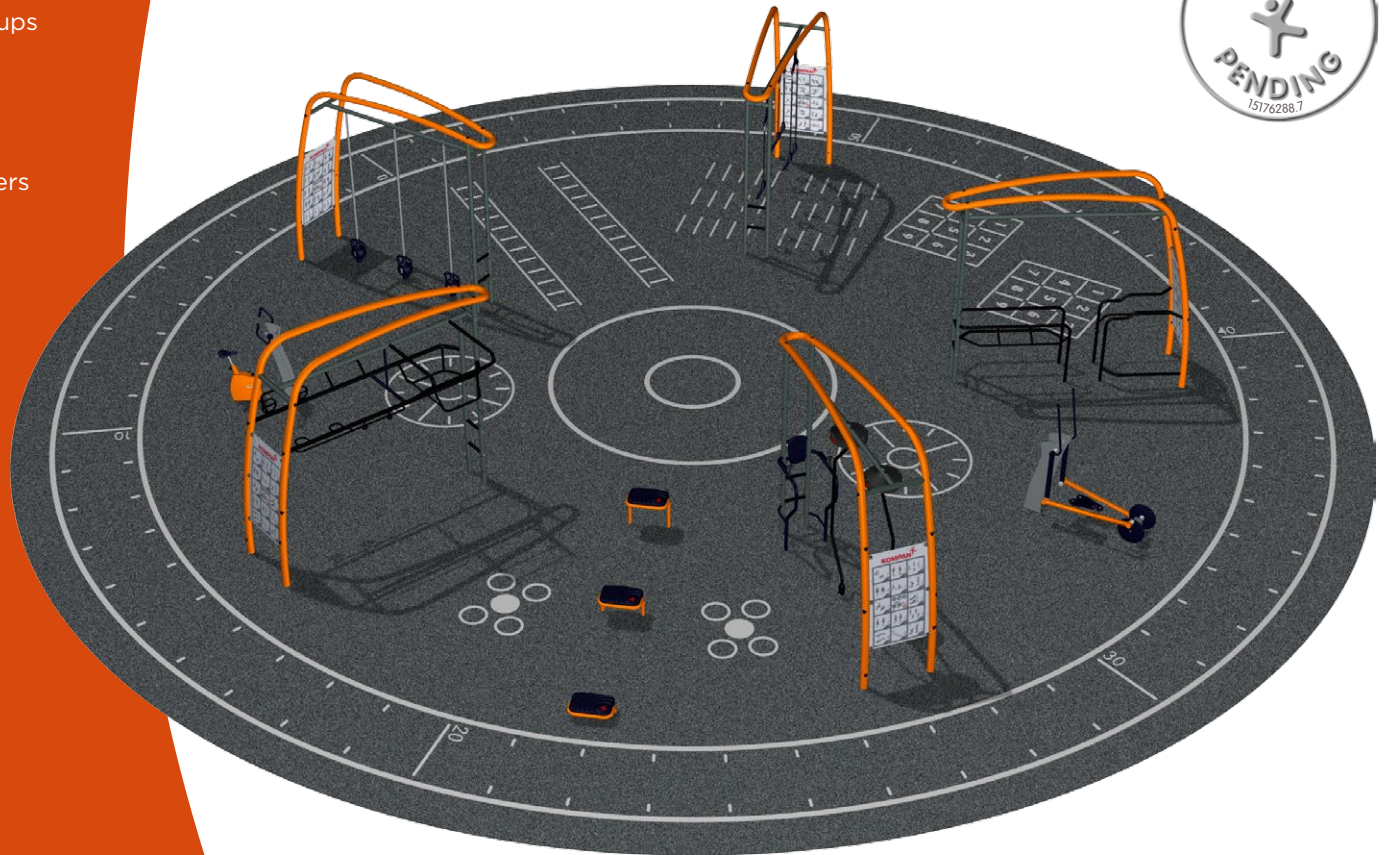
USER GROUP	NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
<b>SPORT &amp; FITNESS</b>	<b>50</b>	<b>334.7M<sup>2</sup></b>	<b>200</b>

**SKILLS**



# CROSS TRAINING

**FSP303**





**HIGH CAPACITY GROUP TRAINING LOCATION**

This site is ideal for group training classes. The area is divided into three zones, facilitating the three most popular training activities: Bootcamp, Street Workout and Cross Training. The zones enable multiple trainers to offer different types of group classes at the same time.

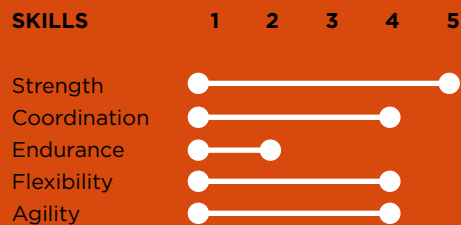
**ACTIVITY TYPE**

Cross Training, Circuit Training  
Bootcamp, Street Workout

**PRODUCTS**

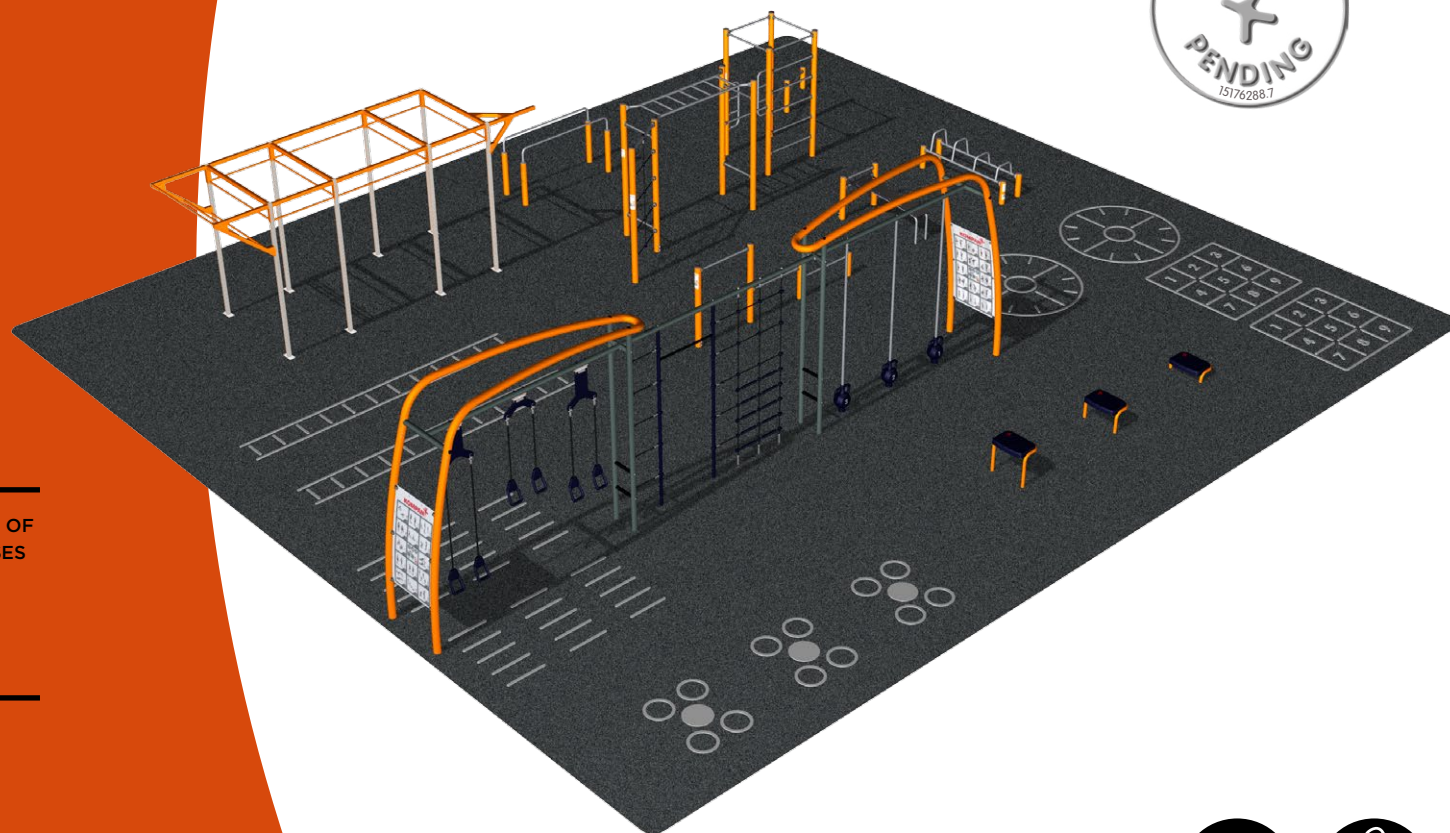
Workout Systems (Page 31)  
Cross Systems (Page 28)

USER GROUP	NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
SPORT & FITNESS	45	256.2M <sup>2</sup>	225



# CROSS TRAINING +

**FSP304**

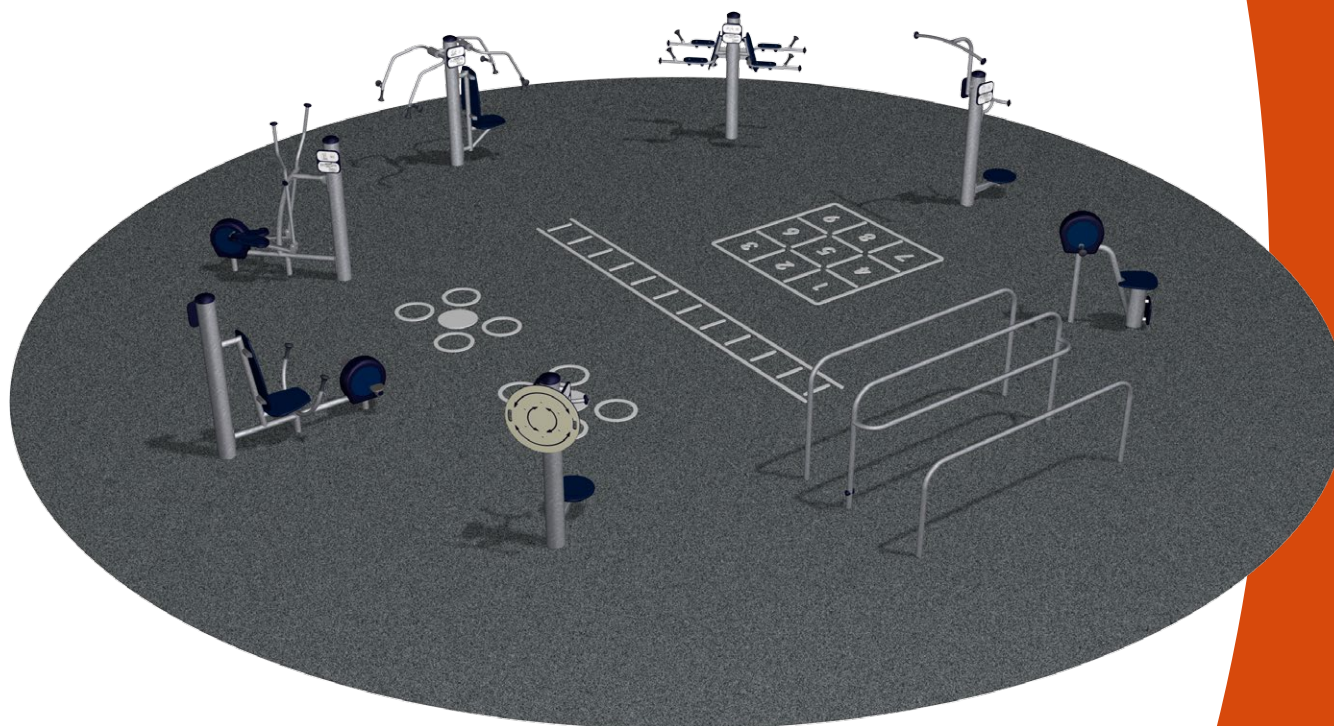


**PLAY SPORTS**

**SPORT & FITNESS**

# CIRCUIT TRAINING

## FSP402



### INTUITIVE & SOCIAL TRAINING LOCATION

A highly accessible training location for active seniors. Intuitive equipment placed in an appealing circular layout – designed to promote social engagement and ensure safe training. All devices are carefully selected to increase the functional capacity needed to perform the daily activities necessary for independent living. Most equipment is wheelchair accessible and can be used for rehabilitation.

### ACTIVITY TYPE Circuit Training

### PRODUCTS Exercise Equipment (Page 35)

USER GROUP	NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
ACTIVE AGEING	20	132.7M <sup>2</sup>	50

### SKILLS



SPORT & FITNESS



ACTIVE AGEING

**KOMPAN**  
SPORT & FITNESS

**EFFECTIVE TRAINING -  
FOR PEOPLE ON THE GO**

This solution invites everyone for an individual, and effective, training session. Users can easily adjust the training intensity, according to their own fitness levels, by adjusting the hydraulic resistance. This solution is suitable for everyone.

This circuit training solution offers the most time efficient way to enhance cardiovascular fitness and muscle endurance.

**ACTIVITY TYPE**  
Circuit Training

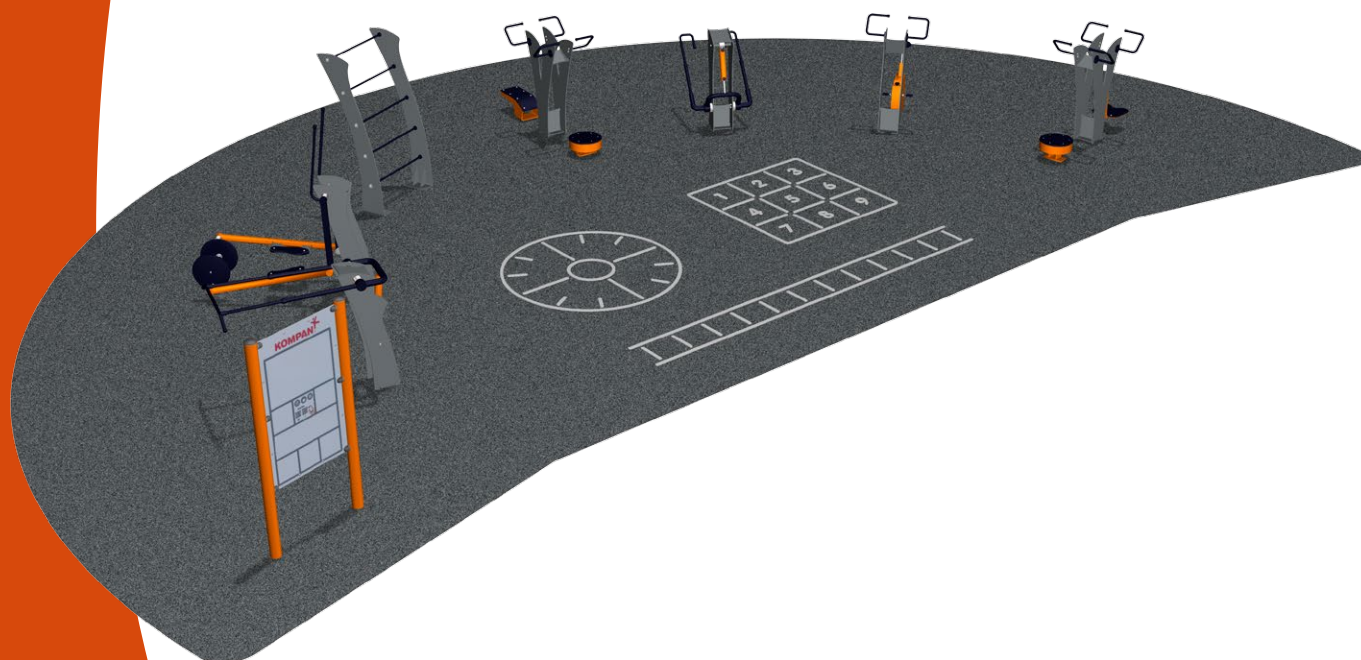
**PRODUCTS**  
Adjustable Equipment (Page 33)

USER GROUP	NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
<b>SPORT &amp; FITNESS, ACTIVE AGEING</b>	<b>15</b>	<b>126.5M<sup>2</sup></b>	<b>50</b>

SKILLS	1	2	3	4	5
Strength	●	—	—	—	●
Coordination	●	—	—	—	●
Endurance	●	—	—	—	●
Flexibility	●	—	—	—	●
Agility	●	—	●	—	—

# CIRCUIT TRAINING

**FSP401**

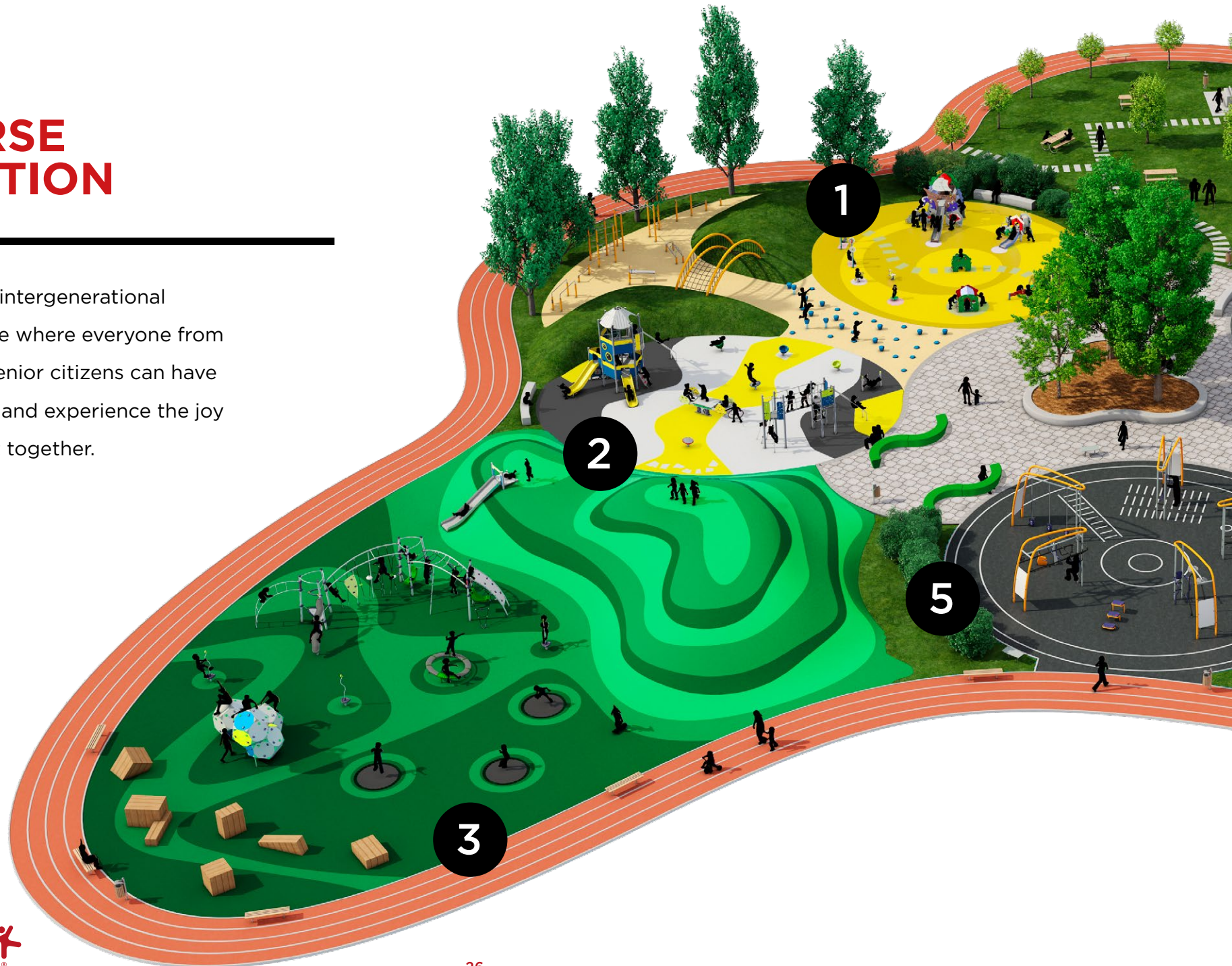






# LIFE COURSE SOLUTION

The ultimate intergenerational meeting place where everyone from toddlers to senior citizens can have fun, socialise and experience the joy of movement together.





#### **ZONE 1: TODDLERS**

A fun and safe play space to explore for toddlers and their caregivers.

#### **ZONE 2: PLAY**

A fun and challenging play area for preschoolers and their friends.

#### **ZONE 3: PLAY ON**

Challenging play to help kids 8 years+ maximize their physical, cognitive and social potential.

#### **ZONE 4: PLAY SPORTS**

Playful way of training and socializing, with a focus on fun and creativity, developing emotional competence and learning the rules of games.

#### **ZONE 5: SPORT & FITNESS**

Functional and effective training for all ages, abilities and levels of fitness.

#### **ZONE 6: ACTIVE AGEING**

Safe, social and intuitive training for active seniors.

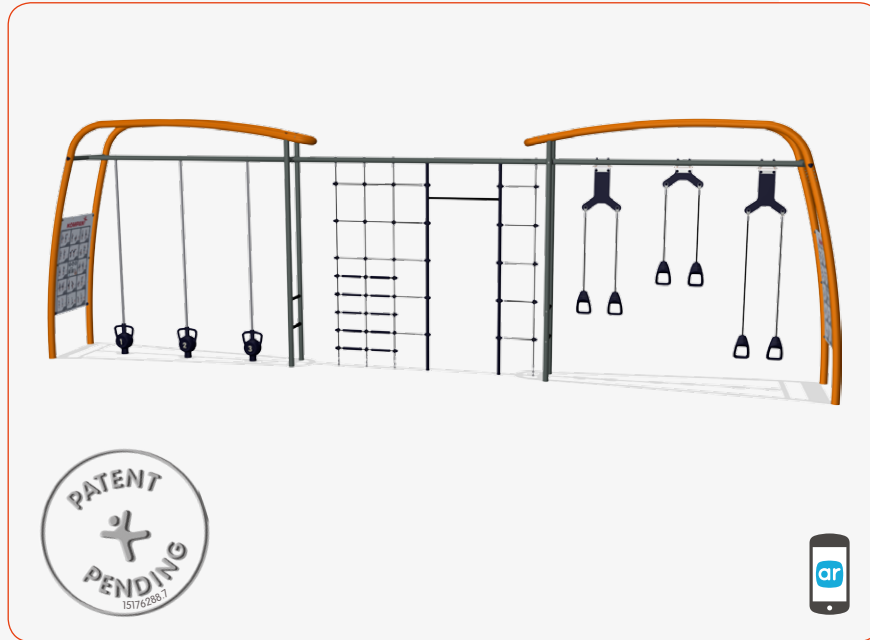
#### **ZONE 7: MEETING PLACE**

Ideal for relaxing, sharing a cup of coffee, or wrapping up an active day with a BBQ, together with family and friends.



# CROSS SYSTEMS

FAZ20100



13+ - 22 hrs. (1,74 | 0,79) 286 cm 334 cm 50 m<sup>2</sup> 634 x 1060 cm

Magnetic Bells, Suspension Trainer & Multi Net Link

FAZ20100-0900

NEW

FAZ20200



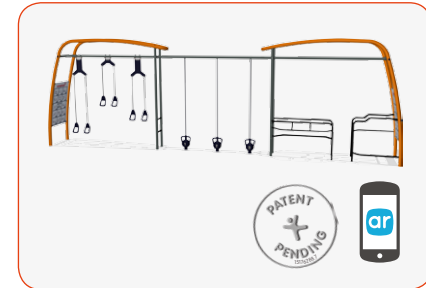
13+ - 22 hrs. (1,8 | 0,81) 286 cm 334 cm 48 m<sup>2</sup> 514 x 1060 cm

Pull Up Bars, Parallel bars & Multi Net Link

FAZ20200-0900

NEW

FAZ20300



13+ - 22 hrs. (1,64 | 0,82) 124 cm 334 cm 47,2 m<sup>2</sup> 634 x 1060 cm

Suspension Trainer, Parallel Bars & Magnetic Bells Link

FAZ20300-0900

NEW

FAZ10100

NEW



13+ - 8 hrs. (0,63 | 0,35) 124 cm 334 cm 26,5 m<sup>2</sup> 634 x 509 cm

Suspension Trainer

FAZ10100-0900

FAZ10200

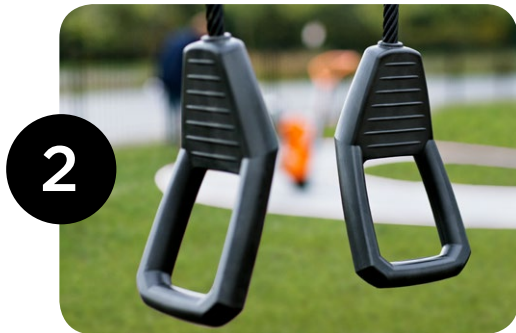
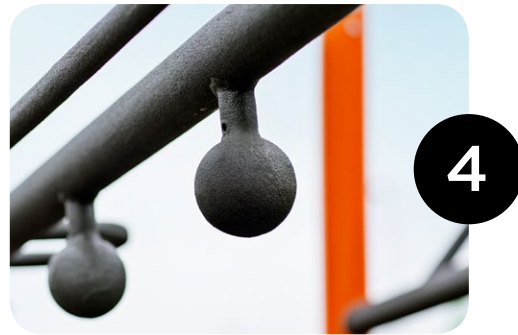
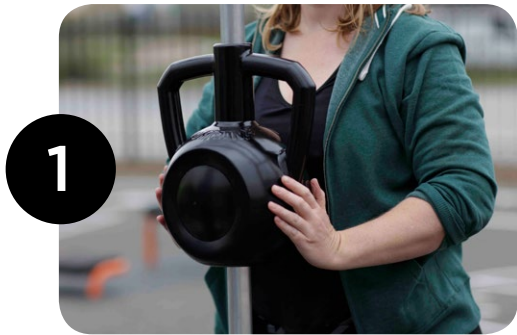
NEW



13+ - 8 hrs. (0,79 | 0,4) 124 cm 334 cm 15 m<sup>2</sup> 345 x 509 cm

Magnetic Bells

FAZ10200-0900



## PRODUCT FEATURES

**1)** The unique Magnetic Bells provide safe and functional free weight training in the outdoors. The weights can move freely and are equipped with a magnetic breaking system that prevents the weights from dropping to the surface and slows down the fall to a reduced pace.

**2)** Suspension trainer with new ergonomically shaped handle for optimal grip and comfort. Innovatively designed, it is the first outdoor solution compliant to safety standards.

**3)** FLEXOTOP creates a seamless hardwearing surface featuring rapid drainage and shock absorption. Applying surface patterns will significantly maximize on training potential by offering even more exercise opportunities.

**4)** Polyurea coating is highly durable against wear and tear, offers isolation and simultaneously gives users an outstanding grip during their workout.

**5)** The Core Twist features 2 poles designed to effectively train all the core muscles in a functional way. An innovative breaking system allows users to determine resistance by changing speed of movement.

**6)** The 2-sided instruction signs are made of 6 mm polycarbonate sheets that feature illustrations of the most relevant exercises and comes with a QR code connected to the KOMPAN training app.

# CROSS SYSTEMS

FAZ10300

NEW



13+ - 8 hrs. (0,63 | 0,35)   
 167 cm 334 cm 21.5 m<sup>2</sup> 491 x 509 cm

Pull Up Bars FAZ10300-0900

FAZ10400

NEW



13+ - 8 hrs. (0,85 | 0,42)   
 124 cm 334 cm 18.3 m<sup>2</sup> 400 x 509 cm

Parallel bars FAZ10400-0900

FAZ10500

NEW



13+ - 8 hrs. (0,85 | 0,42)   
 124 cm 334 cm 15 m<sup>2</sup> 345 x 509 cm

Core Twist FAZ10500-0900

FAZ10600

NEW



13+ - 8 hrs. (0,95 | 0,39)   
 286 cm 334 cm 21.2 m<sup>2</sup> 482 x 509 cm

Multi Net FAZ10600-0900

FAZ30100

NEW



13+ - 0,5 hrs. (0,16 | 0,09)   
 20 cm 20 cm - m<sup>2</sup> - cm

Step, 20 cm FAZ30100-0900

FAZ30200

NEW

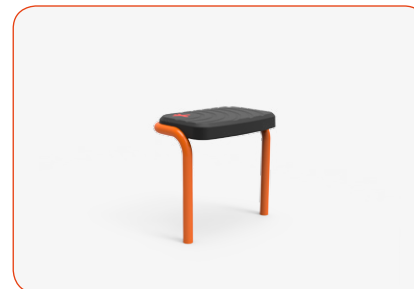


13+ - 0,5 hrs. (0,16 | 0,09)   
 39 cm 39 cm - m<sup>2</sup> - cm

Step, 40 cm FAZ30200-0900

FAZ30300

NEW

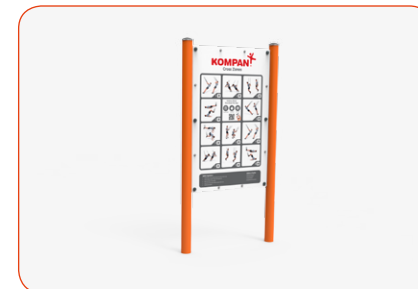


13+ - 0,5 hrs. (0,16 | 0,09)   
 58 cm 58 cm - m<sup>2</sup> - cm

Step, 60 cm FAZ30300-0900

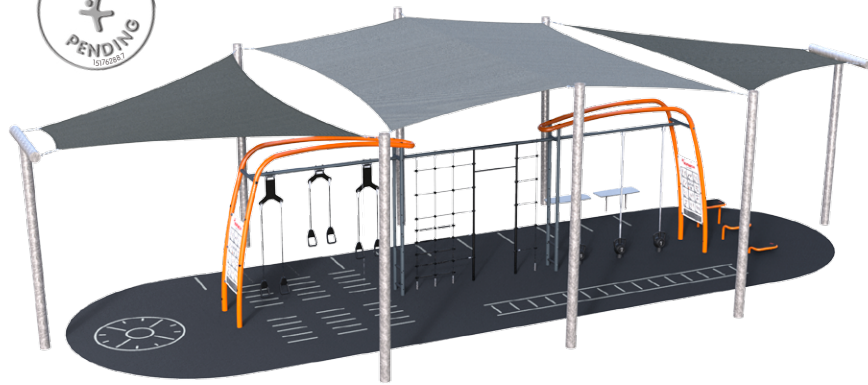
FAZ40100

NEW



13+ - 1 hrs. (0,16 | 0,09)   
 - cm 206 cm - m<sup>2</sup> - cm

Freestanding Sign FAZ40100-0900

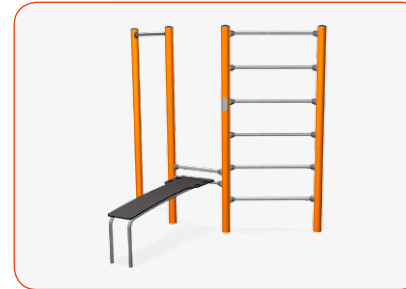


SHADING SOLUTIONS AVAILABLE

## WORKOUT SYSTEMS

FSW101

NEW



13+ - 5 hrs. (0,858 | 0,25) 233 cm 240 cm 25 m<sup>2</sup> 563x630 cm

Combi 1  
Combi 1

FSW10100-0901  
FSW10100-0900

● Combi 2  
● Combi 2

FSW10200-0901  
FSW10200-0900

FSW102

NEW



13+ - 6 hrs. (0,9 | 0,44) 233 cm 240 cm 31 m<sup>2</sup> 671x682 cm

FSW103

NEW



13+ - 8 hrs. (1,18 | 0,63) 233 cm 240 cm 45 m<sup>2</sup> 713x1080 cm

Combi 3  
Combi 3

FSW10300-0901 ● Parallel Bars  
FSW10300-0900 ● Parallel Bars

FSW201

NEW



13+ - 3 hrs. (0,43 | 0,25) 107 cm 107 cm 15,5 m<sup>2</sup> 356x489 cm

FSW20100-0901 ● Dip Bench  
FSW20100-0900 ● Dip Bench

FSW202

NEW



13+ - 3 hrs. (0,43 | 0,25) 73 cm 73 cm 15,5 m<sup>2</sup> 351x495 cm

FSW20200-0901 ● Bench  
FSW20200-0900 ● Bench

FSW203

NEW



13+ - 3 hrs. (0,36 | 0,25) 63 cm 81 cm 14 m<sup>2</sup> 387x453 cm

FSW20300-0901 ● Bench  
FSW20300-0900 ● Bench

# WORKOUT SYSTEMS

FSW204

NEW



13+ 3 hrs. (0,36 | 0,25)   
 63 cm 81 cm 14 m<sup>2</sup> 387x453 cm

Decline Bench FSW20400-0901 ● Overhead Ladder  
 Decline Bench FSW20400-0900 ● Overhead Ladder

FSW205

NEW



13+ 5 hrs. (0,73 | 0,25)   
 133 cm 240 cm 18 m<sup>2</sup> 387x527 cm

Overhead Ladder FSW20500-0901 ● Incline Press  
 Overhead Ladder FSW20500-0900 ● Incline Press

FSW206

NEW



13+ 2 hrs. (0,221 | 0,13)   
 133 cm 240 cm 11 m<sup>2</sup> 310x418 cm

Incline Press FSW20600-0901 ● Multi Net  
 Incline Press FSW20600-0900 ● Multi Net

FSW207

NEW

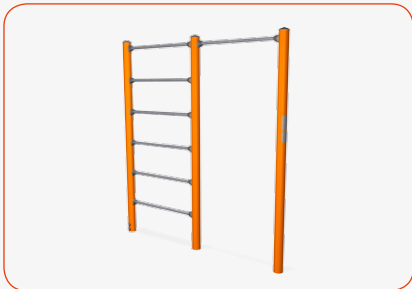


13+ 2 hrs. (0,21 | 0,13)   
 233 cm 240 cm 18.5 m<sup>2</sup> 422x530 cm

Multi Net FSW20700-0901 ●  
 Multi Net FSW20700-0900 ●

FSW208

NEW

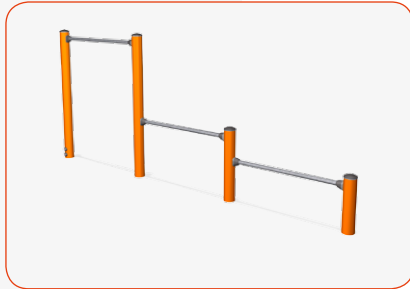


13+ 3 hrs. (0,32 | 0,19)   
 233 cm 240 cm 20 m<sup>2</sup> 422x583 cm

Pull Up Station FSW20800-0901 ● Push Up Bars  
 Pull Up Station FSW20800-0900 ● Push Up Bars

FSW209

NEW



13+ 3 hrs. (0,43 | 0,25)   
 133 cm 140 cm 18 m<sup>2</sup> 310x635 cm

Push Up Bars FSW20900-0901 ● Bootcamp Base  
 Push Up Bars FSW20900-0900 ● Bootcamp Base

FST930

NEW

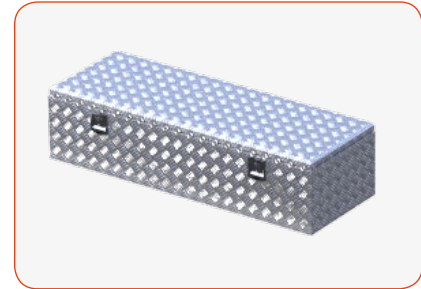


13+ 16 hrs. (4 | 4)   
 150 cm 260 cm 47.9 m<sup>2</sup> 885x492 cm

Bootcamp Base FST93000-0801

FST931

NEW



13+ 0,5 hrs. (0,15 | 0,15)   
 - cm 60 cm - m<sup>2</sup> - cm

Bootcamp Box & Gear FST93100-0001



# ADJUSTABLE EXERCISE EQUIPMENT

FST103

NEW



13+  
 -  
 1 hrs.  
 (0,51 | 0,51)

- cm  
 130 cm  
 15.4 m<sup>2</sup>  
 399x468 cm

Squat + Shoulder Press +  
Lat Pull Down FST10300-0801

FST104

NEW



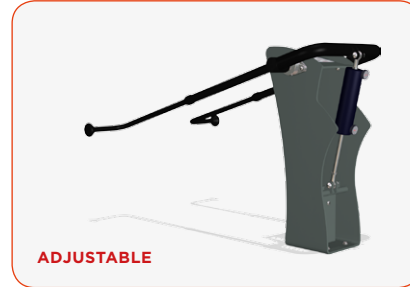
13+  
 -  
 1 hrs.  
 (0,51 | 0,51)

- cm  
 147 cm  
 13.9 m<sup>2</sup>  
 381x415 cm

Chest Press +  
Horizontal Row FST10400-0801

FST105

NEW



13+  
 -  
 1 hrs.  
 (0,51 | 0,51)

- cm  
 145 cm  
 14.9 m<sup>2</sup>  
 403x453 cm

Upright Row + Press Down FST10500-0801

FST108

NEW



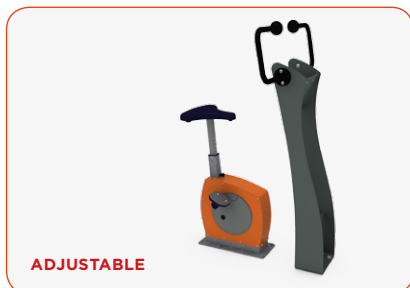
13+  
 -  
 4 hrs.  
 (0,6 | 0,38)

55 cm  
 184 cm  
 13.1 m<sup>2</sup>  
 365x449 cm

Cross Trainer FST10800-0801

FST118

NEW



13+  
 -  
 2 hrs.  
 (0,68 | 0,68)

100 cm  
 143 cm  
 12.5 m<sup>2</sup>  
 380x411 cm

Fitness Bike FST11800-0801

FST128

NEW



13+  
 -  
 0,5 hrs.  
 (0,2 | 0,2)

- cm  
 48 cm  
 3.9 m<sup>2</sup>  
 300x164 cm

Crank FST12800-0801

FST220

NEW



13+  
 -  
 1 hrs.  
 (0,6 | 0,6)

27 cm  
 137 cm  
 15.9 m<sup>2</sup>  
 380x514 cm

Twist + Step FST22000-0801

FST221

NEW



13+  
 -  
 1 hrs.  
 (0,6 | 0,6)

25 cm  
 137 cm  
 15.5 m<sup>2</sup>  
 380x505 cm

Twist + Wobble FST22100-0801

# ADJUSTABLE EXERCISE EQUIPMENT

FST222

NEW



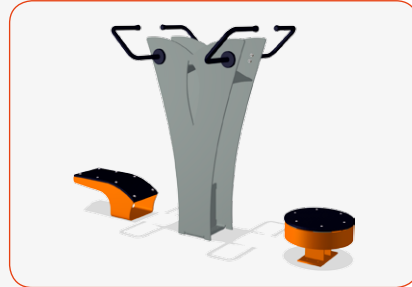
1 hrs. (0,48 | 0,48)  
 72 cm 137 cm 14.7 m<sup>2</sup>  
 380x475 cm

Twist + Swing

FST22200-0801

FST224

NEW



1 hrs. (0,6 | 0,6)  
 25 cm 137 cm 15.9 m<sup>2</sup>  
 380x514 cm

Wobble + Step

FST22400-0801

FST225

NEW



1 hrs. (0,48 | 0,48)  
 72 cm 137 cm 15.1 m<sup>2</sup>  
 380x481 cm

Step + Swing

FST22500-0801

FST227

NEW



1 hrs. (0,48 | 0,48)  
 72 cm 137 cm 14.7 m<sup>2</sup>  
 380x473 cm

Wobble + Swing

FST22700-0801

FST228

NEW



1,5 hrs. (0,73 | 0,73)  
 72 cm 137 cm 17.9 m<sup>2</sup>  
 514 x 475 cm

Wobble, Swing,  
Step & Twist

FST22800-0801

FST513

NEW



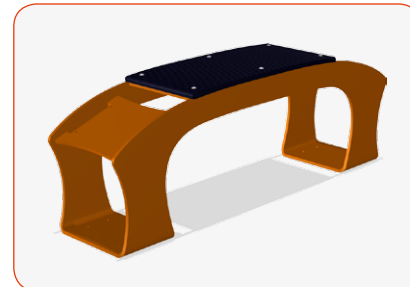
2 hrs. (1,1 | 1,1)  
 183 cm 190 cm 16.2 m<sup>2</sup>  
 445 x 420 cm

Stretch Bar

FST51300-0801

FST518

NEW



0,5 hrs. (0,25 | 0,25)  
 40 cm 40 cm 11.6 m<sup>2</sup>  
 414 x 328 cm

Sit-Up Bench

FST51800-0801



# EXERCISE EQUIPMENT

**KPX125**



13+  
 4 hrs. (0,6 | 0,38)  
 55 cm 184 cm 13,1 m<sup>2</sup> 365x449 cm

**Cross Trainer** KPX125-3617  
**Powder Coated Grey** KPX125-3617G

**KPX126**



13+  
 4 hrs. (0,35 | 0,21)  
 109 cm 159 cm 14,8 m<sup>2</sup> 453x372 cm

**Push Up Bars** KPX126-3617  
**Powder Coated Grey** KPX126-3617G

**KPX128**



13+  
 3 hrs. (0,35 | 0,21)  
 104 cm 204 cm 14,4 m<sup>2</sup> 405x407 cm

**Upper Body Trainer** KPX128-3617  
**Powder Coated Grey** KPX128-3617G

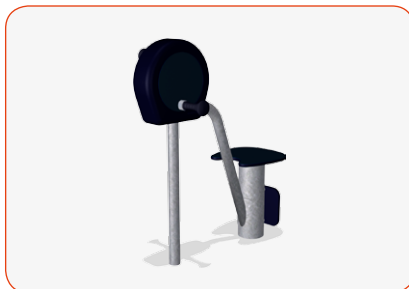
**KPX129**



13+  
 4 hrs. (0,6 | 0,38)  
 36 cm 159 cm 13,6 m<sup>2</sup> 379x465 cm

**Power Bike** KPX129-3617  
**Powder Coated Grey** KPX129-3617G

**KPX130**



13+  
 2 hrs. (0,52 | 0,29)  
 51 cm 120 cm 11 m<sup>2</sup> 400x348 cm

**Hand Bike** KPX130-3617  
**Powder Coated Grey** KPX130-3617G

**KPX131**



13+   
 3 hrs. (0,38 | 0,21)  
 44 cm 159 cm 16,4 m<sup>2</sup> 463x403 cm

**Double Chest Press** KPX131-3617  
**Powder Coated Grey** KPX131-3617G

**KPX132**



13+  
 2 hrs. (0,38 | 0,13)  
 63 cm 81 cm 17 m<sup>2</sup> 387x453 cm

**Triple Bars** KPX132-3617  
**Powder Coated Grey** KPX132-3617G

**KPX220**



13+  
 4 hrs. (0,35 | 0,21)  
 22 cm 161 cm 11,5 m<sup>2</sup> 392x360 cm

**Flex Wheel & Body Flexer** KPX220-3617  
**Powder Coated Grey** KPX220-3617G



## EXERCISE EQUIPMENT

**KPX120**



13+  
 80 cm 159 cm 17.9 m<sup>2</sup> (0,69 | 0,42)

**Free Runner** KPX120-3617  
**Powder Coated Grey** KPX120-3617G

**KPX122**



13+  
 - cm 161 cm 9.4 m<sup>2</sup> (0,35 | 0,21)

**Flex Wheel** KPX122-3617  
**Powder Coated Grey** KPX122-3617G

**KPX121**



13+  
 43 cm 159 cm 12.5 m<sup>2</sup> (0,35 | 0,21)

**Sit Up Bench** KPX121-3617  
**Powder Coated Grey** KPX121-3617G

**KPX123**

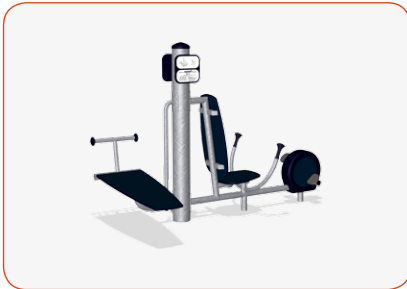


13+  
 22 cm 159 cm 12.3 m<sup>2</sup> (0,35 | 0,21)

**Body Flexer** KPX123-3617  
**Powder Coated Grey** KPX123-3617G

# EXERCISE EQUIPMENT

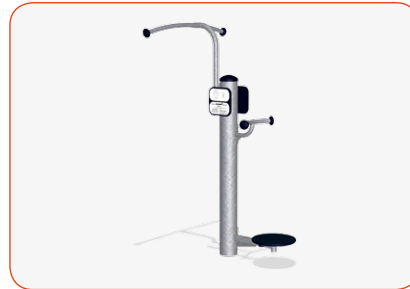
**KPX222**



13+  
 4 hrs. (0,6 | 0,38)  
 43 cm 159 cm 17,6 m<sup>2</sup> 416x524 cm

**Sit Up Bench & Power Bike** KPX222-3617  
**Powder Coated Grey** KPX222-3617G

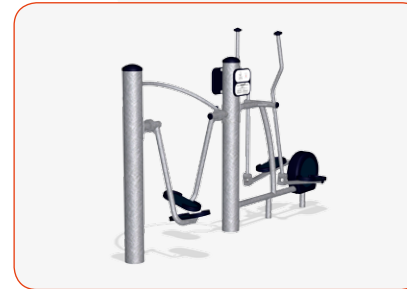
**KPX224**



13+  
 4 hrs. (0,35 | 0,21)  
 54 cm 204 cm 13,5 m<sup>2</sup> 421x407 cm

**Body Flexer & Upperbody Trainer** KPX224-3617  
**Powder Coated Grey** KPX224-3617G

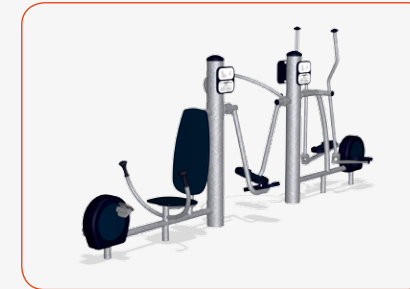
**KPX225**



13+  
 6 hrs. (0,95 | 0,59)  
 80 cm 184 cm 21,9 m<sup>2</sup> 480x575 cm

**Free Runner & Cross Trainer** KPX225-3617  
**Powder Coated Grey** KPX225-3617G

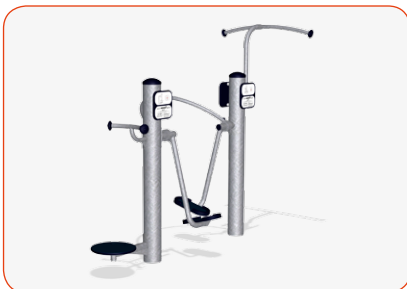
**KPX320**



13+  
 7 hrs. (1,21 | 0,76)  
 80 cm 184 cm 26,4 m<sup>2</sup> 480x724 cm

**Free Runner, Cross Trainer & Power Bike** KPX320-3617  
**Powder Coated Grey** KPX320-3617G

**KPX323**



13+  
 6 hrs. (0,69 | 0,42)  
 80 cm 204 cm 21,1 m<sup>2</sup> 480x547 cm

**Upper Body Trainer, Free Runner & Body Flexer** KPX323-3617  
**Powder Coated Grey** KPX323-3617G

**PX7701**

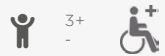


-  
 2 hrs. (0 | 0)  
 - cm - cm - m<sup>2</sup> - cm

**Roof** PX770100-00  
**Powder Coated Grey** PX770100-00G

# PLAY SPORTS

## FRE2110



- hrs.  
(- | -)

- cm

- cm

- m<sup>2</sup>  
- cm

- COSMOS Pitch 12 x 20m
- COSMOS Pitch 12 x 24m
- COSMOS Pitch 15 x 30m
- COSMOS Pitch 16 x 28m
- COSMOS Pitch 16 x 32m
- COSMOS Pitch 19 x 36m

- FRE2110-3317
- FRE2111-3317
- FRE2113-3317
- FRE2114-3317
- FRE2115-3317
- FRE2116-3317

## FRE2210



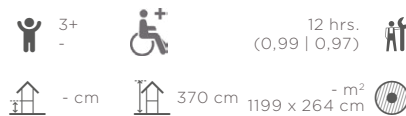
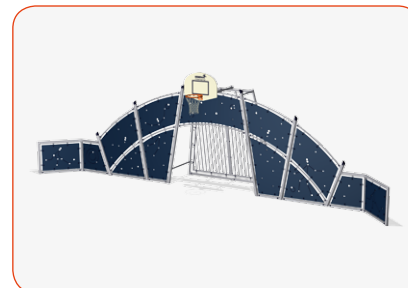
COSMOS Multi Goal, 3m FRE2210-3317

## FRE2211



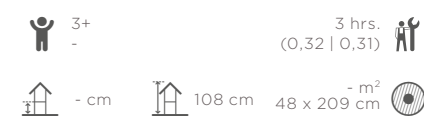
COSMOS Multi Goal, 5m FRE2211-3317

## FRE2213



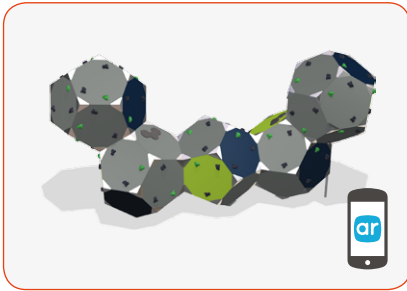
COSMOS Multi Goal, 12m FRE2213-3317

## FRE2214



COSMOS Freestanding Mini Goal FRE2214-3317

**BLX4105**



8+  
8-15

31 hrs.  
(1,85 | 0,5)

300 cm 300 cm

50,7 m<sup>2</sup>  
668 x 1013 cm

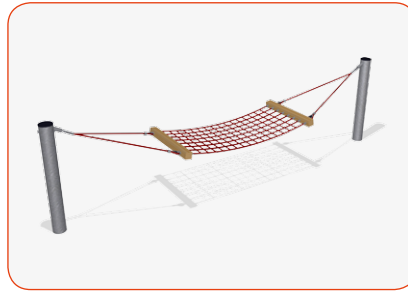
**BLOQX 5**  
**BLOQX 5**

BLX410501-3717  
BLX410502-3717

**Hammock with Rope Area**  
**& Steel Posts**

COR20500101

**COR20500**



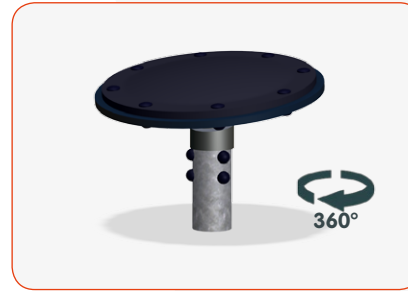
3+  
3-8

4 hrs.  
(1,82 | 1,4)

150 cm 140 cm

34,4 m<sup>2</sup>  
536 x 837 cm

**ELE500007**



6+  
6-15

2 hrs.  
(0,11 | 0,09)

44 cm 44 cm

10,1 m<sup>2</sup>  
358 x 359 cm

**Wacky Spinner**  
**Wacky Spinner**

ELE500007-3717BL  
ELE500007-3717E

**GXY8014**



6+  
6-12

1 hrs.  
(0,38 | 0,3)

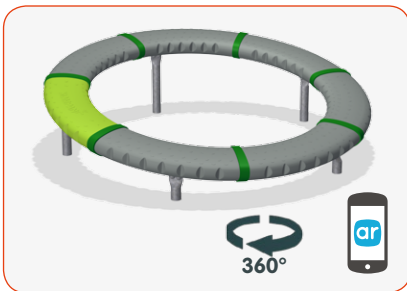
100 cm 169 cm

9,7 m<sup>2</sup>  
351 x 351 cm

**Spica 1**

GXY801421-3717

**GXY916**



6+  
6-15

2 hrs.  
(0,61 | 0)

100 cm 60 cm

28,9 m<sup>2</sup>  
606 x 606 cm

**Supernova, Lime**  
**Supernova, Blue**

GXY916012-3417  
GXY916000-3417

**Miram**

GXY926000-3717

**GXY926**



6+  
6-15

9 hrs.  
(3,17 | 1,02)

150 cm 201 cm

45,8 m<sup>2</sup>  
553 x 1122 cm

**GXY935**



6+  
6-15

3 hrs.  
(0,5 | 0)

70 cm 56 cm

14,6 m<sup>2</sup>  
467 x 419 cm

**Starsurfer, Lime**  
**Starsurfer, Blue**

GXY935012-01  
GXY935000-01

**PCM704**

**NEW**



4+  
4-15

13 hrs.  
(0,33 | 0)

59 cm 290 cm

33 m<sup>2</sup>  
645 x 630 cm

**Double Meeting Point with**  
**Movable Hammocks**

PCM704-0902

# TRAINING FOR EVERYONE - ENJOY THE BENEFITS OF PLAY AND MOVEMENT

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Play, movement, health and wellbeing are at the root of KOMPAN's DNA. For over 45 years KOMPAN has been designing unique play solutions for children of all ages.

It has always been KOMPAN's ambition, that as children and adolescents evolve into adulthood, they preserve the joy and health benefits of movement. With happy and healthy adults as role models, the children of the future will be more likely to follow their lead, creating an on-going legacy of movement.

KOMPAN'S mission is for all members of our society to enjoy the benefits of play and movement. A mission shared with governments, local authorities and organisations all over the world. It is a common understanding that the world needs a collective approach to health and fitness and KOMPAN is excited to be part of this.

Expert knowledge of play, movement and training, combined with comprehensive market insights, makes KOMPAN the ideal partner in co-creating training solutions that will enable communities to become and stay active throughout all stages of life.



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