

**KOMPAN!**

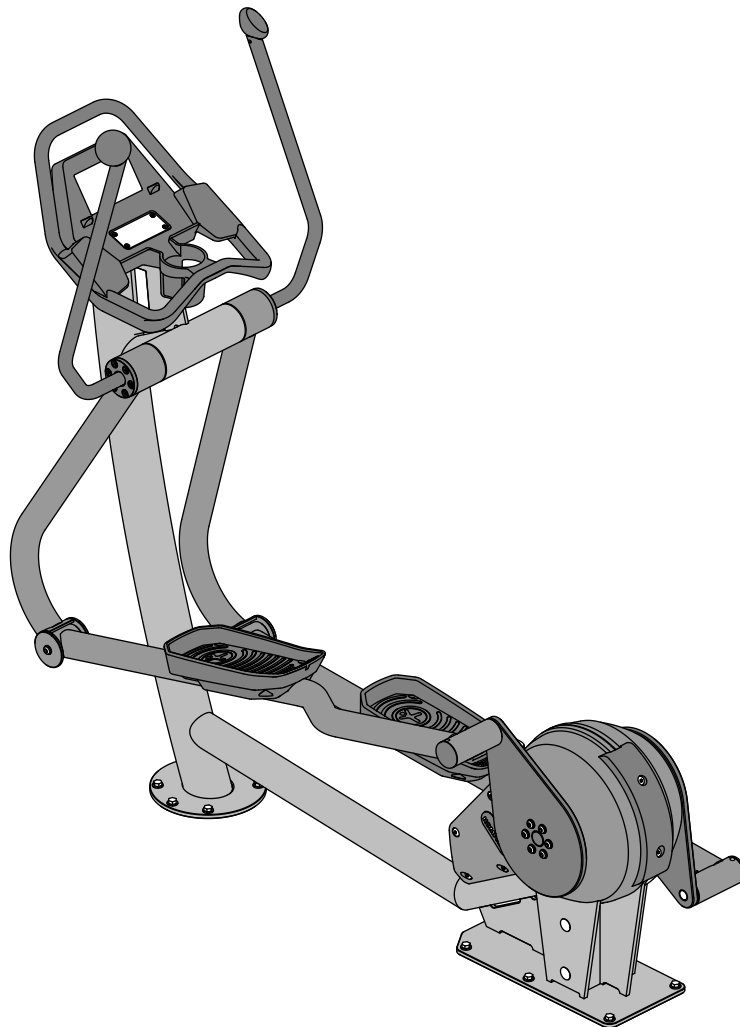
FAZ52100-000X

FAZ52100-080X

FAZ52101-000X

FAZ52101-080X

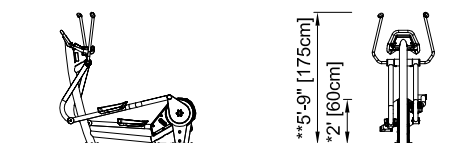
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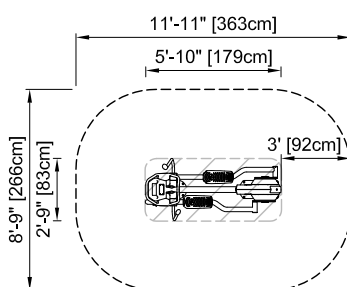




Safety zone in accordance with ASTM F3101  
Sicherheitsabstand gemäß ASTM F3101  
Espace d'évolution selon ASTM F3101  
Zona de seguridad según ASTM F3101  
Distanze di sicurezza in conformità con lo standard ASTM F3101  
Veiligheidsgebied in overeenstemming met ASTM F3101  
Säkerhetsområde enl ASTM F3101  
Sikkerhedsareal iht. ASTM F3101  
Зона безопасности в соответствии с ASTM F3101  
ASTM F3101-normin mukainen turva-alue



FAZ52100  
1:100



\* Free height of fall  
Freie Fallhöhe  
Hauteur de chute libre  
Altura de caída libre  
Altezza di caduta libera  
Vrije valhoogte  
Fri fallhöjd  
Fri faldhøjde  
Высота свободного падения  
Varaa putoamiskorkeus

FAZ52100  
\* 2' / 60cm  
\*\* 5'-9" / 175cm  
\*\*\* 94ft<sup>2</sup> / 8.7m<sup>2</sup>  
1/8" = 1'-0"

Please note: The safety zone shown on this drawing is in accordance with ASTM F3101. There may be some locations where a larger safety zone is required. If in doubt, please contact your play consultant.

Achtung: Der angegebene Sicherheitsabstand entspricht ASTM F3101. Bestimmte Länder schreiben größere Sicherheitsabstände vor. Bitte wenden Sie sich in Zweifelsfällen an Ihren Berater.

Attention : l'espace d'évolution montré est conforme à ASTM F3101. Dans certains pays, un espace d'évolution plus grand peut être exigé. Prière de contacter notre conseiller en cas de doute.

Observe: La zona de seguridad demostrada en este dibujo cumple con ASTM F3101. En algunos sitios puede ser necesaria una zona de seguridad más grande. En caso de tener alguna duda, por favor póngase en contacto con nuestro consultor.

Attenzione: la distanza di sicurezza specificata è conforme ai requisiti ASTM F3101. In alcuni paesi, le norme locali possono richiedere distanze di sicurezza maggiori. In caso di dubbi, contattare il nostro consulente.

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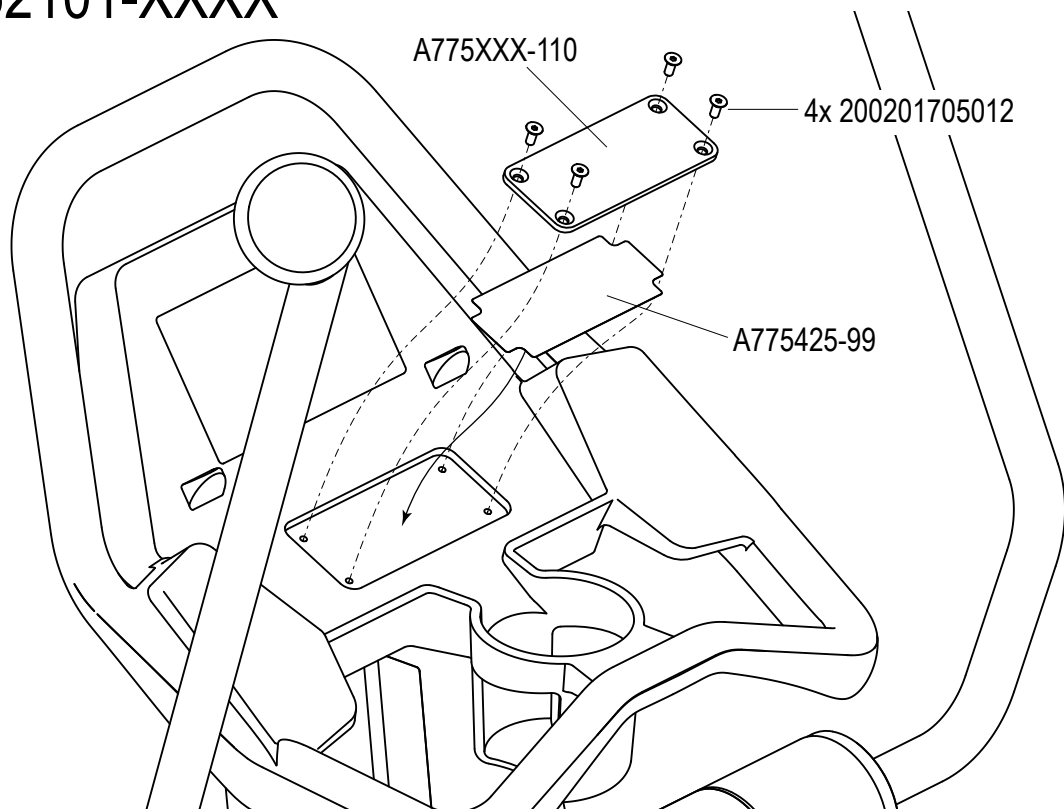
Obs: Det markerade säkerhetsområdet följer ASTM F3101. I vissa länder kan det finnas krav på större säkerhetsområde. Kontakta vänligen vår konsulent om du är osäker.

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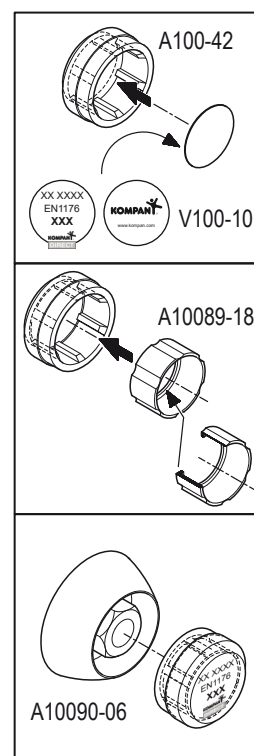
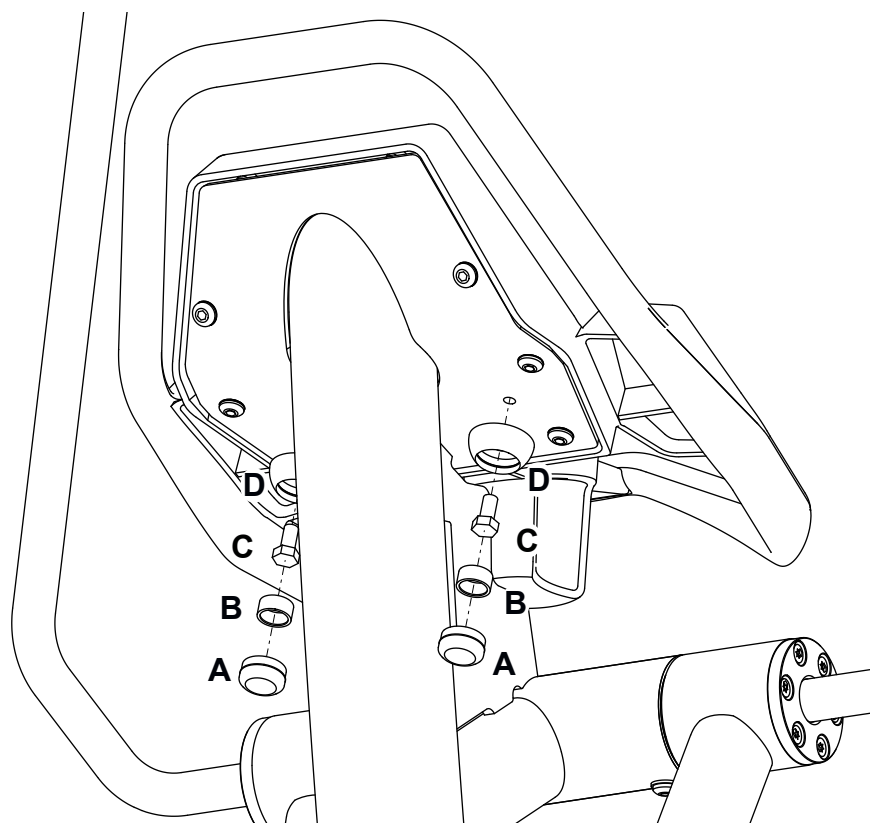
Внимание: Зона безопасности указана в соответствии с ASTM F3101. Возможны случаи, когда требуется увеличение зоны безопасности. В затруднительных случаях обращайтесь к Вашему консультанту.

Huom: Tämän piirustuksen turva-alue on ASTM F3101-normin mukainen. Joissain sijoituspaikoissa saatetaan edellyttää suurempaa turva-alueetta. Jos olet epävarma, otathan yhteyttä KOMPANiin. Copyright©KOMPAN A/S

# FAZ52100-XXXX FAZ52101-XXXX

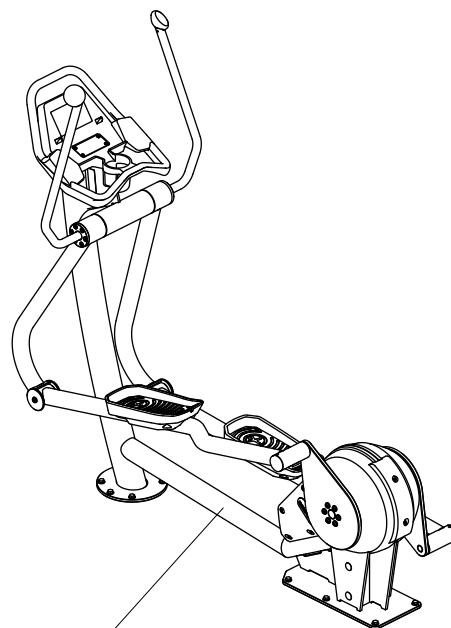
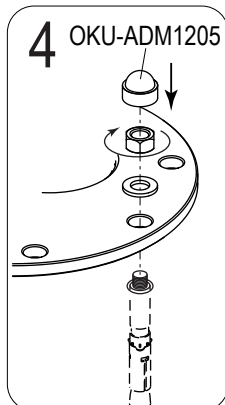
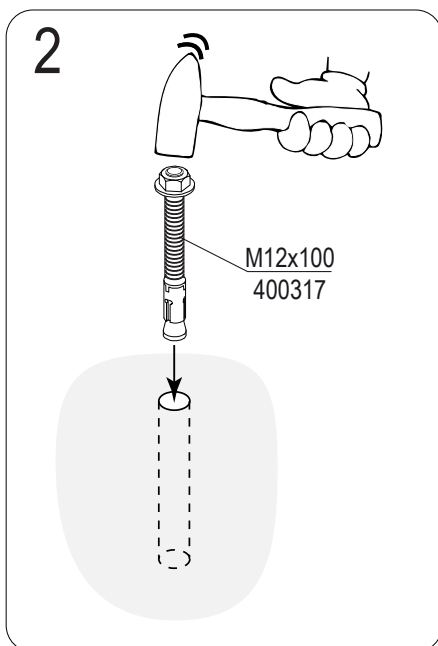
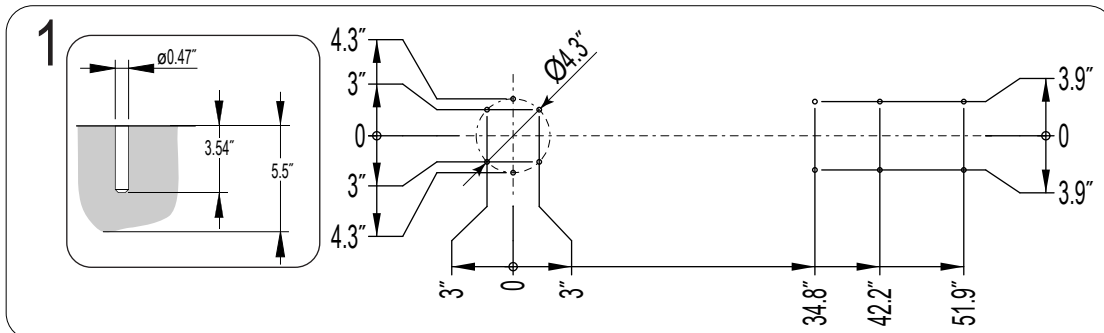


- |          |           |          |           |
|----------|-----------|----------|-----------|
| <b>A</b> | <b>B</b>  | <b>C</b> | <b>D</b>  |
|          |           |          |           |
| A100-42  | A10089-18 | 210020   | A10090-06 |



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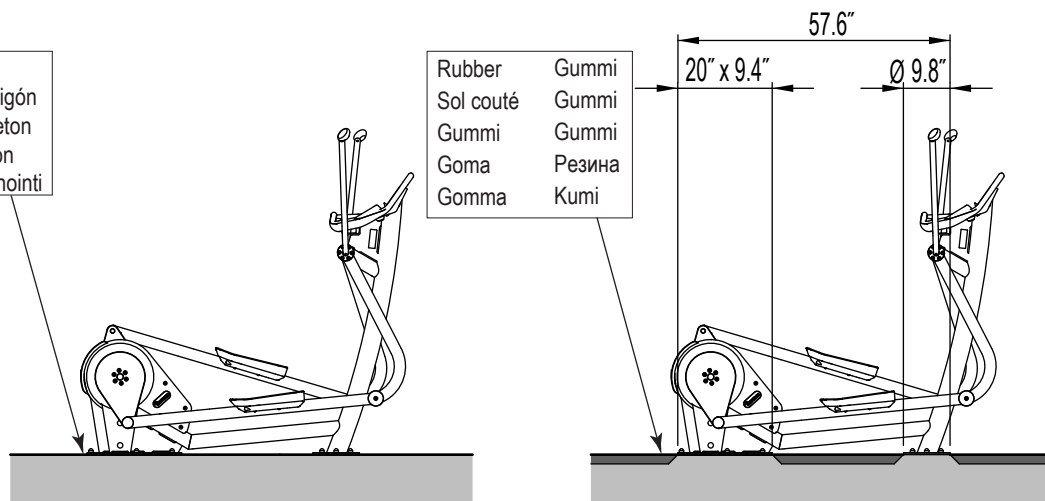
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AC775230-XXXX - FAZ52100-00XX  
 AC775229-XXXX - FAZ52101-00XX

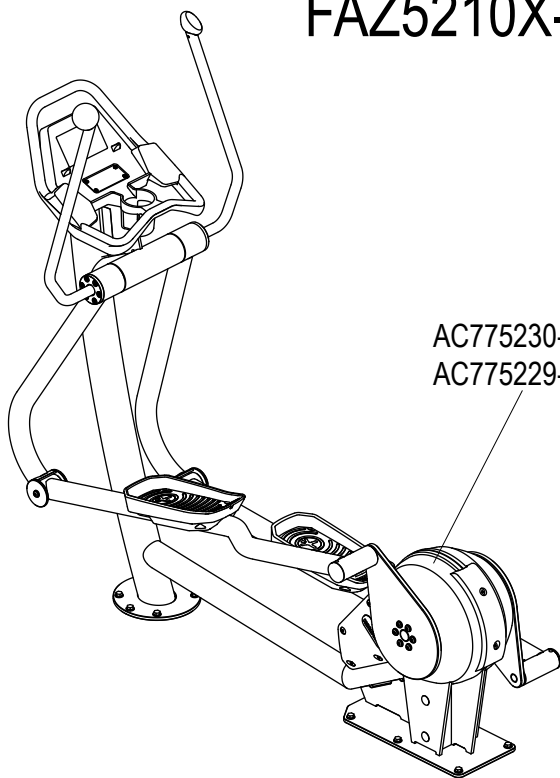
Concrete  
 Béton - Hormigón  
 Cemento - Beton  
 Betong - Beton  
 Бетон - Betonointi

Rubber Gummi  
 Sol couté Gummi  
 Gummi Gummi  
 Goma Резина  
 Gomma Kumi



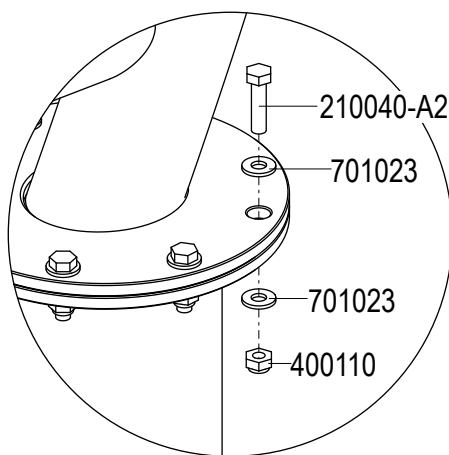
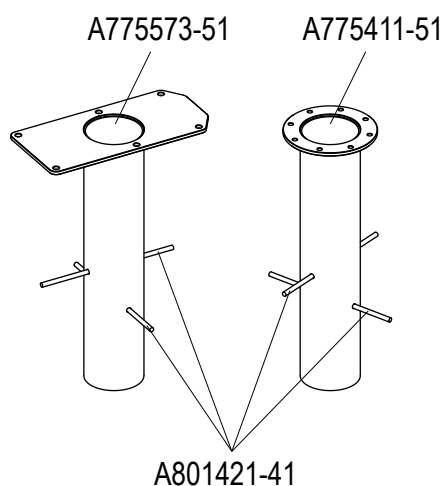


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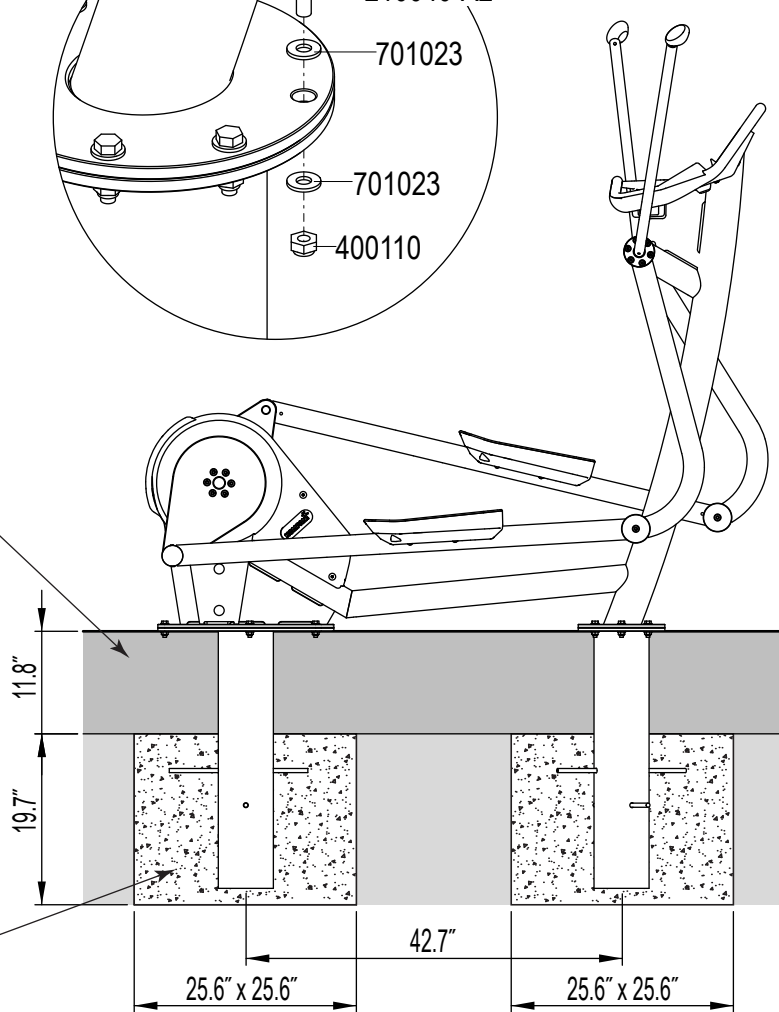


A801421-41

Loose fill  
 Matériaux fluents  
 Lockers material  
 Material suelto  
 Materiale sciolto  
 Lös fyllningsmaterial  
 Løst påfyldningsmateriale  
 Losse bodematerialen  
 Irtomateriaali  
 Амортизационный  
 сыпучий материал

2x

Concrete 0,21 m<sup>3</sup>  
 25.6" x 25.6" x 19.7"  
 Béton - Hormigón  
 Cemento - Beton  
 Betong - Beton  
 Бетон - Betonointi



**KOMPAN!**

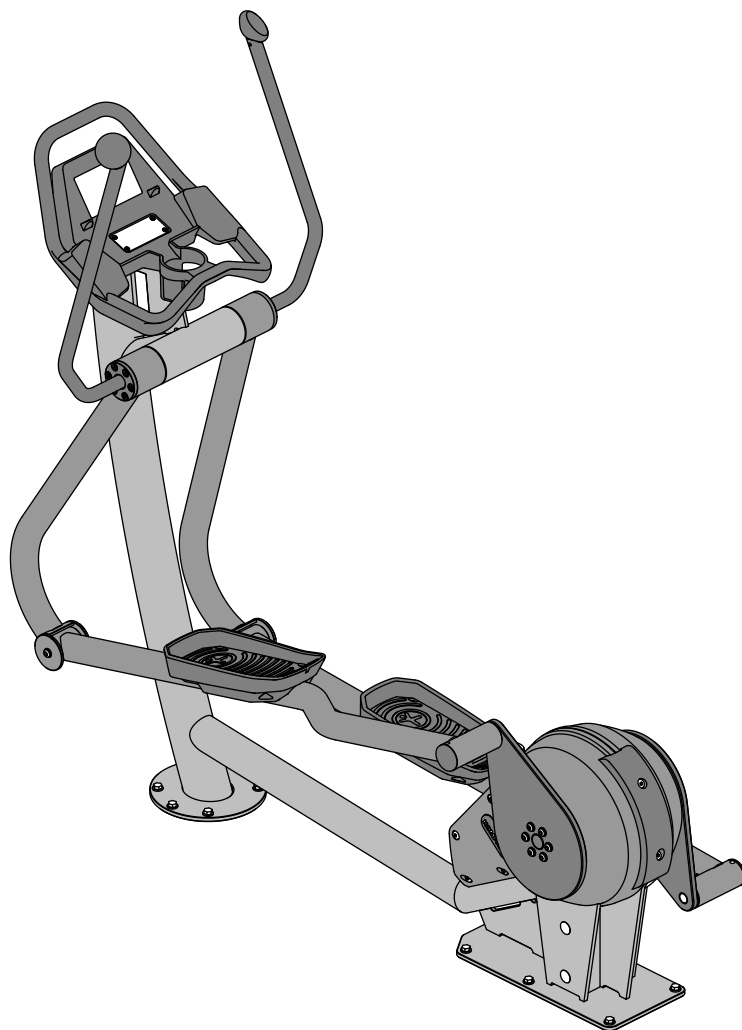
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FAZ52100-080X

FAZ52101-000X

FAZ52101-080X

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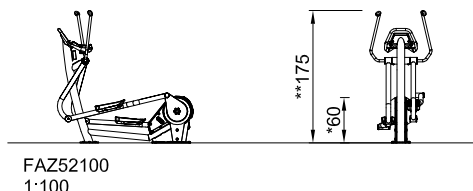
VFAZ521XXE 20191115 PetrJu



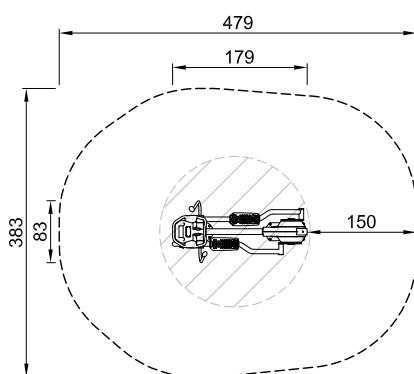




Safety zone in accordance with EN 16630  
Sicherheitsabstand gemäß EN 16630  
Espace d'évolution selon EN 16630  
Zona de seguridad según EN 16630  
Distanze di sicurezza in conformità con lo standard EN 16630  
Veiligheidsgebied in overeenstemming met EN 16630  
Säkerhetsområde enl EN 16630  
Sikkerhedsareal iht. EN 16630  
Зона безопасности в соответствии с EN 16630  
EN16630-normin mukainen turva-alue



FAZ52100  
1:100



All measurements are in cm  
Alle Maßangaben in cm  
Toutes les dimensions sont indiquées en cm  
Todas las medidas están indicadas en cm  
Tutte le misure sono in cm  
Alle afmetingen zijn in cm  
Alla mätt är angivna i cm  
Alle mål er angivet i cm  
Все измерения в см.  
Kaikki ohjeessa mainitut mitat ovat senttimetrejä.

FAZ52100  
\*60cm  
\*\*175cm  
\*\*\*15.3m<sup>2</sup>

\* Free height of fall  
Freie Fallhöhe  
Hauteur de chute libre  
Altura de caída libre  
Altezza di caduta libera  
Vrije valhoogte  
Fri fallhöjd  
Fri faldhøjde  
Высота свободного падения  
Vapaa putoamiskorkeus

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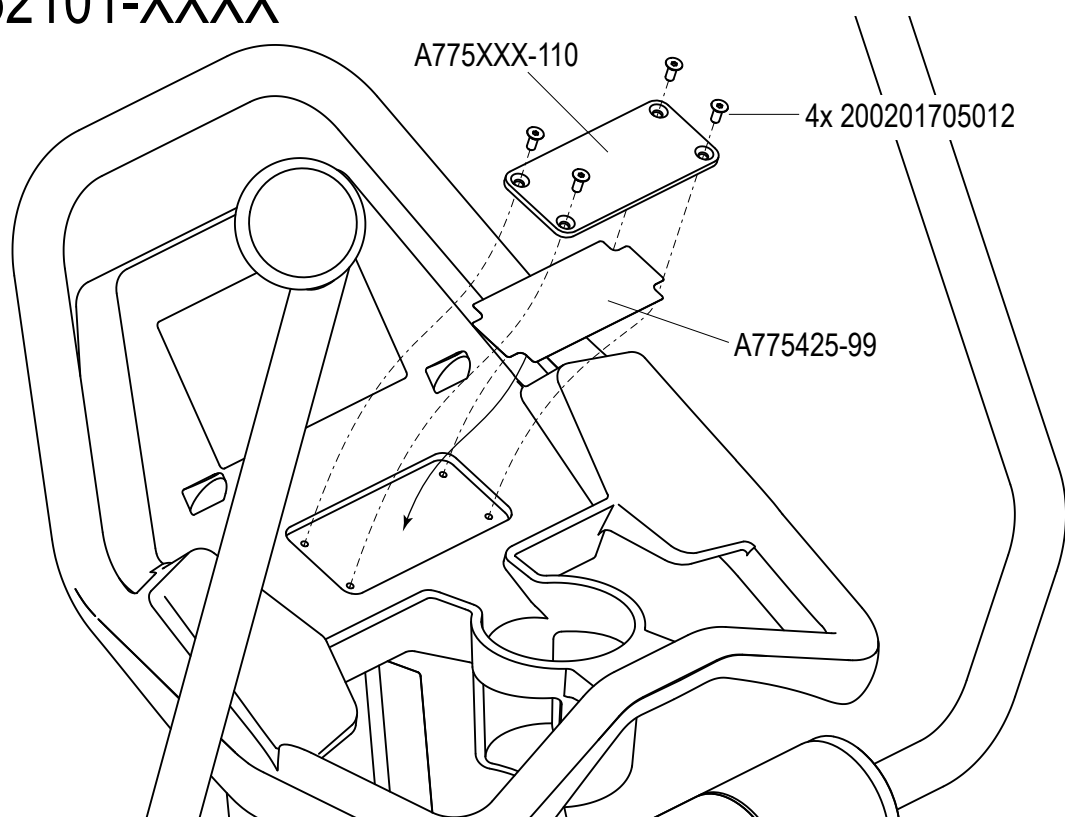
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

Huom: Tämän piirustuksen turva-alue on EN16630-normin mukainen. Joissain sijoituspaikoissa saatetaan edellyttää suurempaa turva-aluetta. Jos olet epävarma, otathan yhteyttä KOMPANiin.

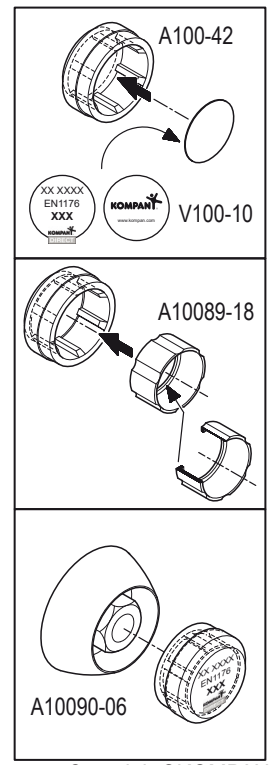
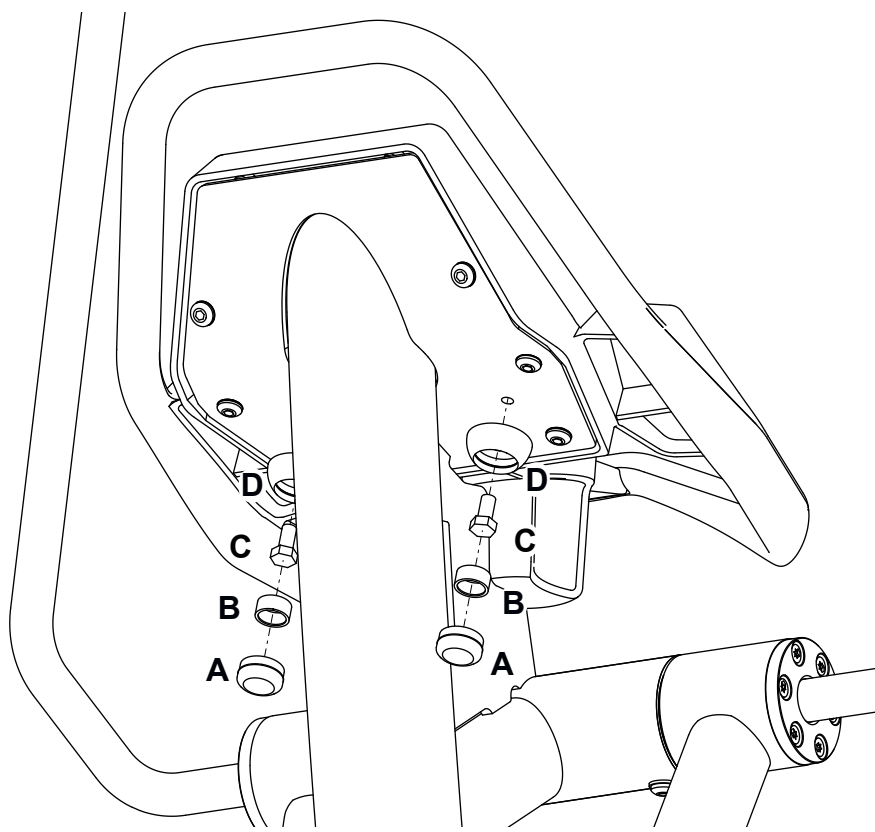
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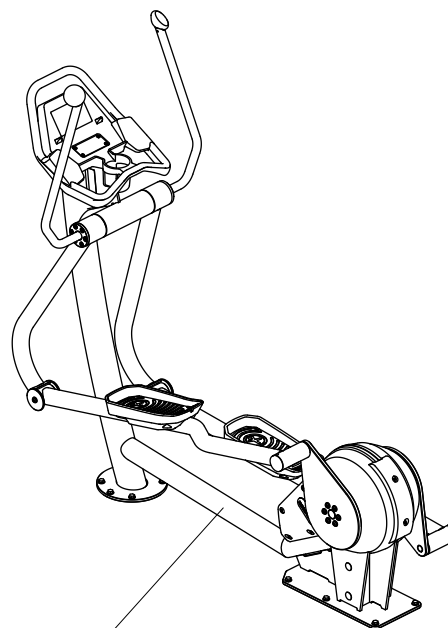
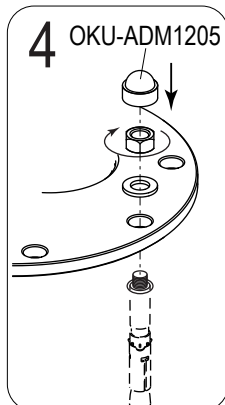
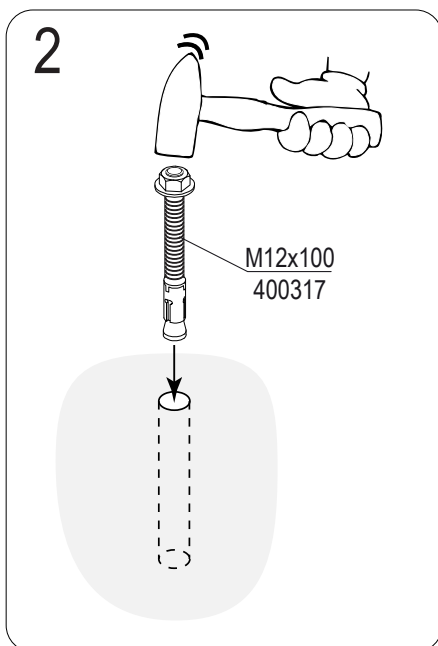
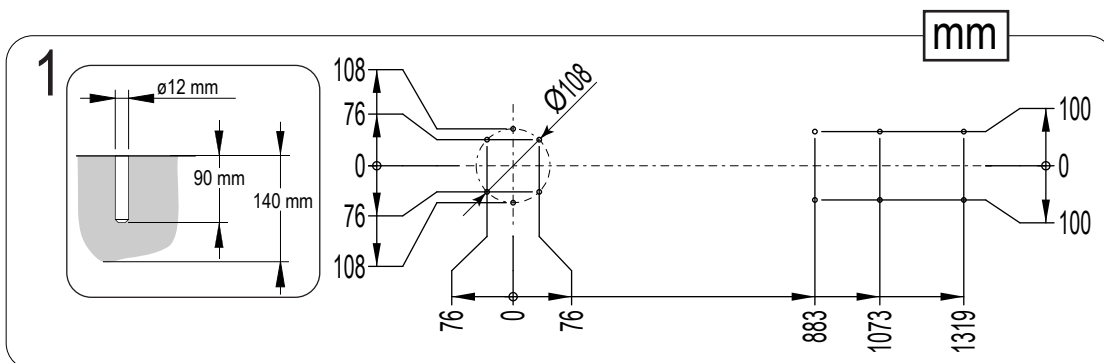
FAZ52100-XXXX  
FAZ52101-XXXX



- A**  
  
 A100-42
- B**  
  
 A10089-18
- C**  
  
 210020
- D**  
  
 A10090-06



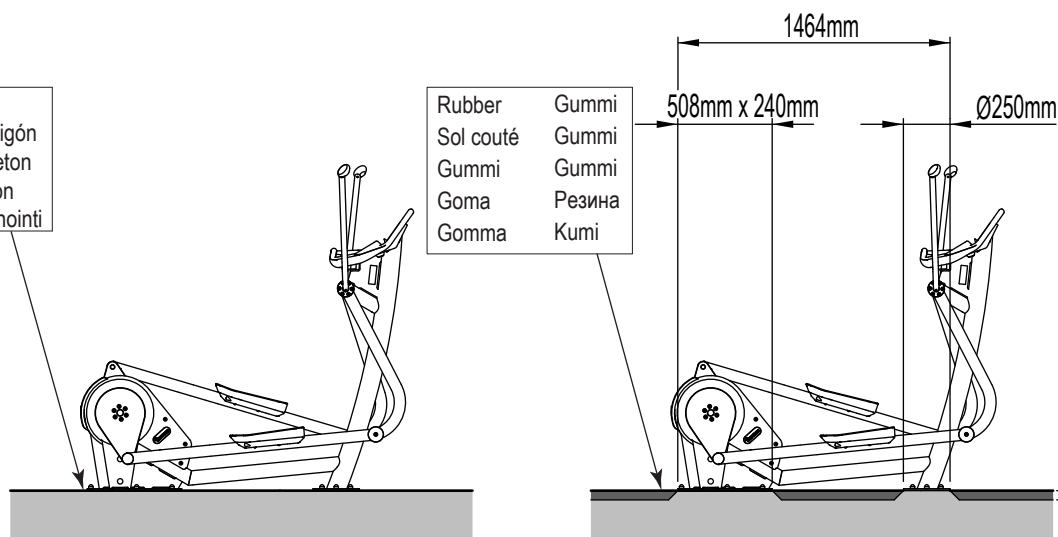
# FAZ5210X-000X



AC775230-XXXX - FAZ52100-00XX  
 AC775229-XXXX - FAZ52101-00XX

Concrete  
 Béton - Hormigón  
 Cemento - Beton  
 Betong - Beton  
 Бетон - Betonointi

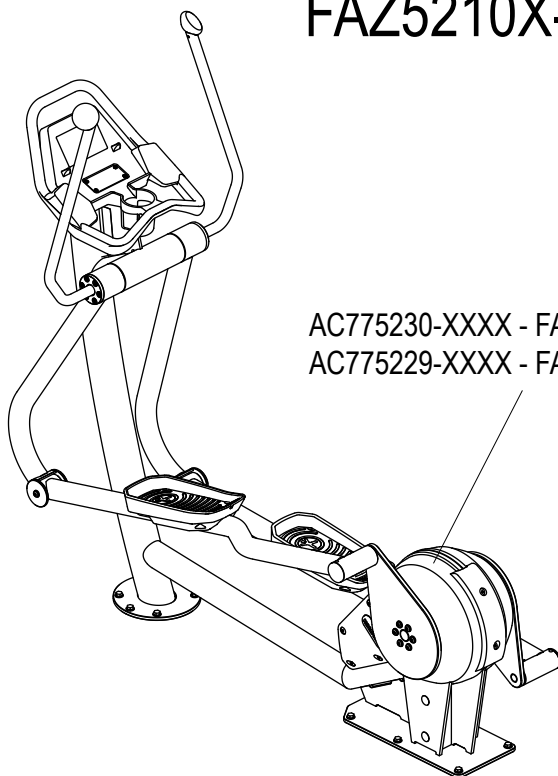
Rubber Gummi  
 Sol couté Gummi  
 Gummi Gummi  
 Goma Резина  
 Gomma Kumi



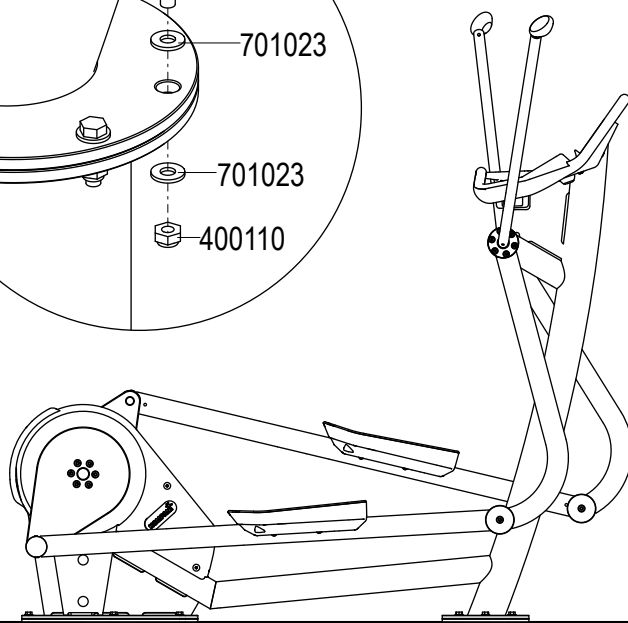
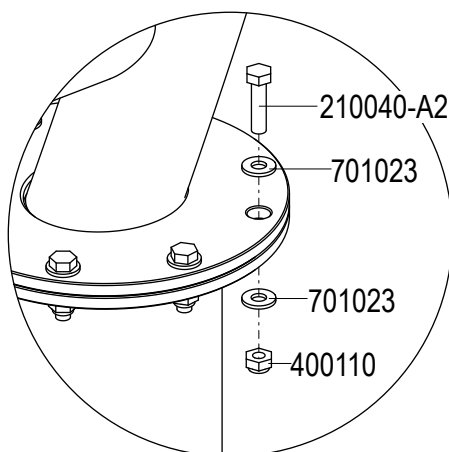
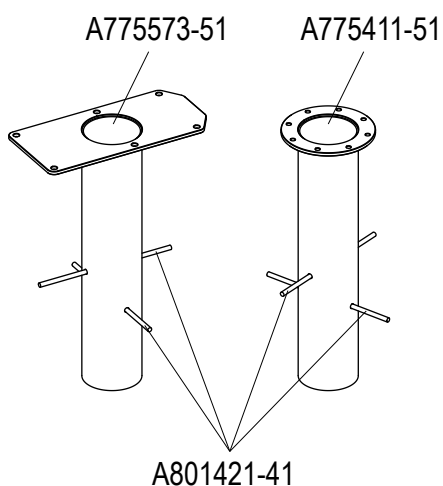
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# FAZ5210X-080X



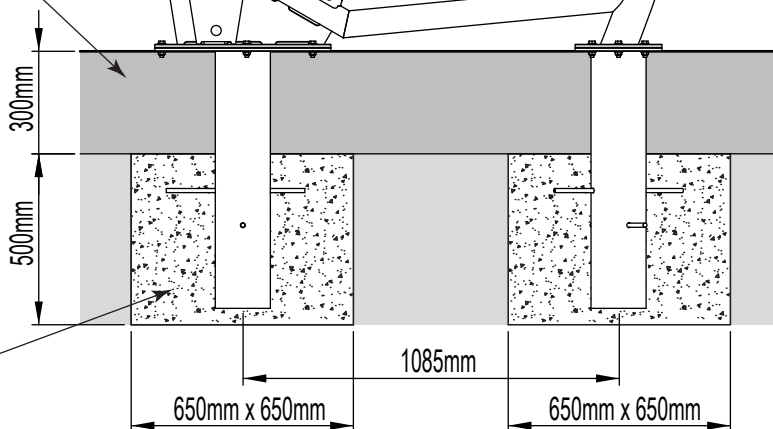
AC775230-XXXX - FAZ52100-08XX  
AC775229-XXXX - FAZ52101-08XX



Loose fill  
Matériaux fluents  
Lockers material  
Material suelto  
Materiale sciolto  
Lös fyllningsmaterial  
Løst påfyldningsmateriale  
Losse bodematerialen  
Irtomateriaali  
Амортизационный сыпучий материал

2x

Concrete 0,21 m<sup>3</sup>  
65 x 65 x 50cm  
Béton - Hormigón  
Cemento - Beton  
Betong - Beton  
Бетон - Betonointi



VFAZ521XXE 20191115 PetruJu

FAZ521XX-XXX





## Contents

Installation instructions .....	3
Important safety instructions .....	3
Operating instructions .....	4
Description of equipment .....	4
Cross Trainer – Normal mode .....	5
Cross Trainer – Sprint mode .....	6
Description of display (Cross Trainer with display) .....	7
Changing units on the display .....	7
Adjusting workload if the Cross Trainer has a display .....	8
Adjusting workload if the Cross Trainer does not have a display .....	8
Bluetooth connection of smartphone and use of app .....	8
Technical Specifications for Cross Trainer .....	9
Resistance .....	10
LCD touch display .....	10
User-maintenance instructions .....	10
EU Declaration of Conformity (DoC) .....	11



## Installation instructions

Find the installation instructions for the current cardio product on KOMPAN homepage:  
[www.kompanmaster.com/kompanmaster](http://www.kompanmaster.com/kompanmaster)

## Important safety instructions

When using an electrical appliance, basic precautions should always be followed, including the following:

**Read all instructions before using this exercise equipment**

**WARNING** - To reduce the risk of burns, fire, electric shock, or injury to persons:

- 1) This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 13 away from this machine.
- 2) Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by KOMPAN.

**SAVE THESE INSTRUCTIONS**



## Operating instructions

### Description of equipment



1. Handlebar with bottleholder
2. Display or instruction sign
3. Handels
4. Foot plates





## Cross Trainer – Normal mode

1. Stand on the foot plates
2. Grab the vertical handles
3. Start moving feet and hands in a diagonal motion





## Cross Trainer – Sprint mode

1. Stand on the foot plates
2. Grab the handlebar and place your elbows on the elbow rests
3. Move your forefeet to back part of the foot plates
4. Start moving feet back and forth





## Description of display (Cross Trainer with display)



1. Time since start of session displayed in minutes and seconds
2. Distance travelled since start of the exercise session. Measured in km or miles
3. Current calorie burn expressed in kcal/h
4. Workload / Power expressed in watts. The combination of cadence and effort level determines the workload
5. Cadance expressed in RPM (revolutions per minute)
6. Calories burned since start of the exercise session (measured in kcal)
7. Adjustable effort level scale

### Changing units on the display

Units can be switched between km and miles by tapping the kcal/h indication in the middle of the screen (7) or at distance (2).



## Adjusting workload if the Cross Trainer has a display

1. Start using the Cross Trainer. After 5 seconds the display will turn on and workload can be adjusted by using the slider.

## Adjusting workload if the Cross Trainer does not have a display

1. Start pedaling at a moderate pace
2. As you pedal faster the bike will automatically increase the workload
3. The session starts at level 3, changes to level 4 at 120 rpm, and last to level 5 at 125 rpm.

At increased rpm, the Level shift up, - never down when rpm is decreased.

Or download the KOMPAN Cardio app and follow instructions on your phone.

## Bluetooth connection of smartphone and use of app

1. Download KOMPAN Cardio to your phone or tablet, then turn on Bluetooth, start pedaling, pair up with the KOMPAN bike and get going.
2. When connecting to the Cardio product, you find product ID on the handlebar.
3. With the app, you can easily control resistance in 10 levels, and get feedback.





## Technical Specifications for Cross Trainer

- Height: 1751 mm
- Width: 823 mm
- Length: 1789 mm
- Access height: 350 mm
- Stride length/Flywheel diameter:  $\varnothing$ 500 mm
- A-weighted sound pressure level is below 70 dB





## Resistance

- Self-powering system – no grid connection needed
- Flywheel: Virtual
- Resistance levels: Adjustable in 10 steps
- Minimum resistance for start-up: 47 W at 35 RPM / Level 2
- Continues resistance (20 min): 150 W at 50 RPM / Level 3
- Peak resistance (Sprint): 750 W at 85 RPM / Level 10
- Bluetooth connectivity: Standard Bluetooth LE protocol

## LCD touch display

- Display size: 7"
- Resolution: 800 x 480
- LCD type: TFT, transmissive, anti-glare surface treatment and optical bonding
- Color: 262K
- Display brightness: 650 cd/m<sup>2</sup>
- Vandalism proof protection glass rating: IK8
- Ingress protection class: IPX5

## User-maintenance instructions

Find the general maintenance instructions for KOMPAN products on KOMPAN's homepage:  
[www.kompanmaster.com/kompanmaster](http://www.kompanmaster.com/kompanmaster)



## EU Declaration of Conformity (DoC)

**The undersigned manufacturer:**

KOMPAN A/S  
C. F. Tietgens Boulevard 32C  
DK - 5220 Odense SØ  
Denmark

**Declare that the DoC is issued under our sole responsibility and belongs to the following products:**

CROSS TRAINER Model No.: FAZ521	
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**The object of the declaration described above is in conformity with the relevant Community harmonization legislation:**

Directive No.	Title
2014/35/EU	Low Voltage Directive (LVD)
2014/30/EU	Electromagnetic Compatibility Directive (EMC)
2014/53/EU	Radio Equipment Directive (RED)

**The following harmonized standards and specifications have been applied:**

Harmonized standards	Notified body	Certificate/ technical report
IEC 60335-1:2010, COR1:2010, COR2:2011, AMD1:2013, COR1:2014, AMD2:2016, COR1:2016	UL International Italia S.r.l	LVD: 19-4788935370 CB Certificate No. DK-84480-UL
CISPR 14-1:2016 CISPR 14-2:2015 IEC 61000-3-2:2018 IEC 61000-3-3:2013, AMD1:2017	UL International Italia S.r.l.	EMC: 19-4788664755-2-1-0-EMC CB Certificate No. DK-84824-UL
ETSI EN 301 489-1 V2.1.1:2017 ETSI EN 301 489-17 V3.1.1:2017 ETSI EN 300 328 V2.1.1:016	DEKRA Testing and Certification	RED: 1742067E-RF-CE-P01V01 1742067R-RF-CE-P17V02

**Signed for and behalf of KOMPAN A/S:**

Odense 2020-01-13

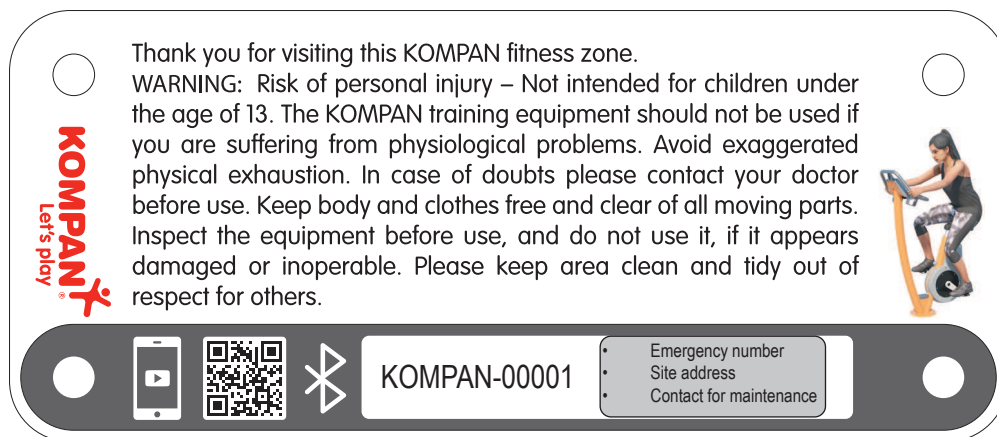
Torben Hundevad – Product Innovation Director

## Outdoor Fitness Equipment

On outdoor fitness equipment we want to point out that according to EN 16630 it is the responsibility of the owner to provide information about:

- Emergency phone call number
- Address of the site
- Contact info - phone number or URL - to maintenance staff.

This information can either be available on a separate sign or it can be placed on the KOMPAN safety sign:





For USA / Canada only:

## Installation Instruction for Warning Labels

NOTE: IF FITNESS SITE REQUIRES COMPLIANCE  
TO THE U.S. STANDARD ASTM F3101, INSTALLATION OF  
THE WARNING LABEL IS MANDATORY.

Install the Label on your play structure such that it is visible from a distance of 8 feet and apparent to anyone approaching the structure. Select a smooth surface. The surface must be clean and dry to insure reliable adhesion.

If a label becomes unreadable for any reason, contact us to receive a new one free of charge.

KOMPAN, Inc.  
930 Broadway  
Tacoma, WA 98501  
Tel: (800)426-9788 Fax: (360)943-6254

Uniquement destiné aux Etats-Unis et au Canada:

## Instructions de pose des étiquettes d'avertissement

NOTE: SI VOTRE SITE DOIT ETRE EN CONFORMITE  
AVEC LA NORME AMERICAINE ASTM F3101, L'INSTALLATION DE  
L'ETIQUETTE D'AVERTISSEMENT EST OBLIGATOIRE.

Placez l' étiquette sur l' équipement de jeux de manière à ce qu'elle soit visible à partir d'une distance de 8 pieds et apparente à quiconque s'approche de l'équipement. La surface doit être propre et sèche afin d'assurer une bonne adhésion.

Si pour une raison quelconque une étiquette devient illisible, prière de nous contacter afin de recevoir une nouvelle étiquette gratuitement.

KOMPAN, Inc.  
930 Broadway  
Tacoma, WA 98501  
Tél: (800)426-9788 Fax: (360)943-6254

Sólo para EE.UU. / Canadá:

## Instrucciones de colocación de las etiquetas de advertencia

NOTA: SI SU ZONA DE RECREO TIENE QUE CUMPLIR LA NORMA ASTM F3101 ESTADOUNIDENSE, ENTONCES ES OBLIGATORIO COLOCAR LA ETIQUETA DE ADVERTENCIA.

Coloque la etiqueta en la estructura de juego de modo que sea visible a 8 pies (unos 2,5 m) de distancia y que sea apreciable para cualquiera que se acerque a la estructura. Elija una superficie lisa. La superficie debe estar limpia y seca para garantizar que se pegue bien.

Si por cualquier motivo una etiqueta ya no fuera legible, contacte con nosotros y le enviaremos una nueva gratis.

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