

Twist & Flex Wheel

FSW236



Item no. FSW23600-0902

General Product Information

Dimensions LxWxH	80x118x165 cm
Age group	13+
Play capacity (users)	2
Colour options	



See KOMPAN Fit app for more



This station is focused on mobility and improving the range of motion of the upperbody and core. The Flex Wheel is simple to use and requires little experience beforehand. The turning movement has a mild resistance suitable for users at all levels. The ergonomically designed handles allow for natural wrist position and gives the user the

opportunity to do exercises from multiple positions. The wheel will train shoulder and upper body mobility. The twist can be used for rotational flexibility of the torso and for lower limb, the user can add balance as part of the training by standing on one leg and closing the eyes while doing the exercises.



Data is subject to change without prior notice.

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The bearings used in the twist are slide bearings. These are made from extremely strong polyoxymethylene which is low wearing, highly mechanical, moisture absorbant and provides high abrasion resistance.



The $\varnothing 414\text{mm}$ top plate is made from 15mm Ekogrip®, a 15mm PE plate with a 3mm top-layer of thermoplastic rubber with non-skid effect. The height is 217mm and the range of motion is $\pm 90^\circ$, with a EPDM rubber stop at each end.



The information sign is made of a PA6 (Polyamide) and shows the most relevant exercises. When users scan the QR code, this will link them to an animated illustration of the exercise and offers the possibility of downloading the KOMPAN Fitness App, which is programmed with many more exercise alternatives.

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Installation Information

Max. fall height	21 cm
Safety surfacing area	12.9 m ²
Total installation time	4.0
Excavation volume	0.28 m ³
Concrete volume	0.14 m ³
Footing depth (standard)	90 cm
Shipment weight	94 kg
Anchoring options	In-ground ✓ Surface ✓

Warranty Information

Bearing Construction	5 years
EcoCore HDPE	Lifetime
Galvanised Steel	Lifetime
Post	10 years
Spare Parts Guarantee	10 years



The bearing house is made from hot-dip galvanised steel. The bearing shaft is made from stainless steel AISI304. The bearing itself is made from polyoxymethylene (POM), an engineering thermoplastic with high stiffness, low friction, and excellent dimensional stability.



The ball grips are $\varnothing 80\text{mm}$ and are made from black vacuum formed polycarbonate (PC) which is extremely strong and can withstand high impact.

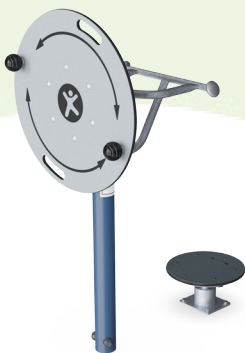


The $\varnothing 800 \times 19\text{mm}$ wheel is manufactured from HDPE EcoCore™, which is a highly durable, eco-friendly material, that is recyclable after use and produced from 100% recycled material. The core has a thickness of 15mm and is representing 80% of the total material.



Sustainability Data

FSW236



Cradle to Gate A1-A3	Total CO ₂ emission	CO ₂ e/kg	Recycled materials
	kg CO ₂ e	kg CO ₂ e/kg	%
FSW23600-0902	146.71	2.34	57.36

The overall framework applied for these factors is the Environmental Product Declaration (EPD), which quantifies "environmental information on the life cycle of a product and enable comparisons between products fulfilling the same function" (ISO, 2006). This follows the structure and applies a Life-Cycle Assessment approach to the entire Product stage from raw material through manufacturing (A1-A3))

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



Verification of CO₂ calculation of: Fitness



Data version no. 2023-10-05

The CO₂ calculation and data are in compliance with the principles of a carbon footprint impact according to the GHG protocol (Greenhouse Gas Protocol), Scope 3, cradle to gate related to all individual components in the product category: "Fitness" represented by item no.: FAZ10100-0900.

(Scope 3 emissions include emission sources in the upstream and downstream value chain).

Date: 30. October 2023 | Valid until: 30. October 2025
Verified by:

Julie Marie Vejsgaard Larsen, LCA & EPD Consultant

Verification based on report: Validation of CO₂ calculation of 9 categories of Kompan product line, version 1.0, prepared by: Bureau Veritas HSE, Denmark: Julie M. V. Larsen.

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By Bureau Veritas HSE
www.bureauveritas.dk
+45 7731 1000

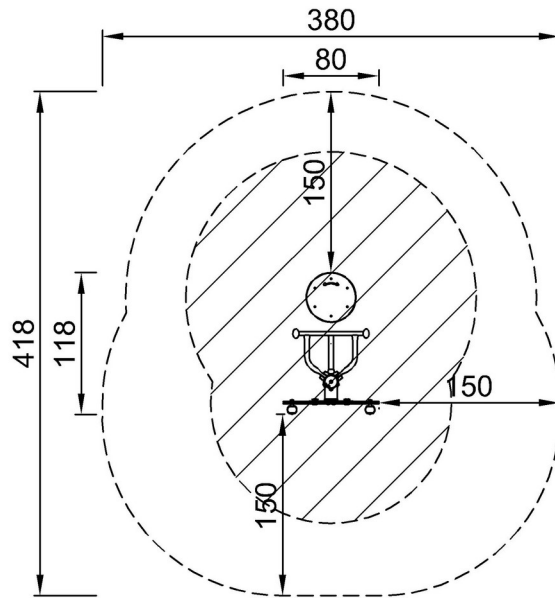


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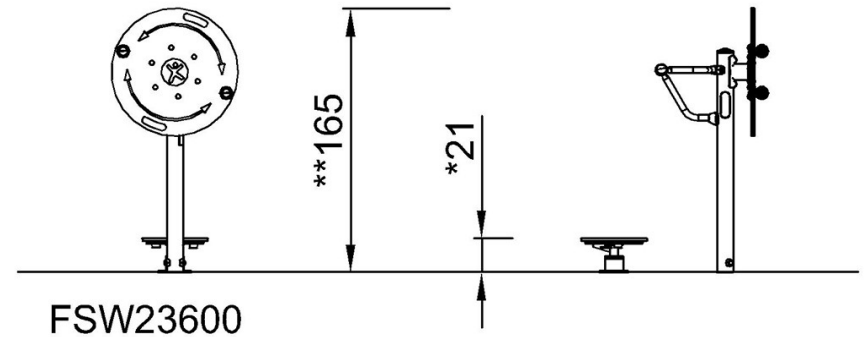
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* Max fall height | ** Total height | *** Safety surfacing area

* Max fall height | ** Total height



FSW23600
*21cm
**165cm
***12.9m²



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[Click to see SIDE VIEW](#)