

# Core Twist Pro

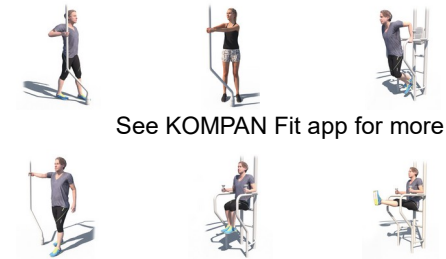
FAZ105



The large shaped structures will make people curious and invite them to do a workout. For inspiration and guidance they can look at signs which display the 14 basic exercises and link to the KOMPAN Sport & Fitness App. The Core Twist offers innovative and resistance adjustable core training. The two poles rotate 360° clockwise and counter clockwise with a

resistance that can be determined by speed of movement. The captain's chair is an excellent piece of equipment for ab workouts. it allows users to exercise their abdominal muscles by performing leg lifts while holding themselves up in the chair. Exercising in this manner targets all of the abdominal muscles.

Item no. FAZ10500-0900	
<b>General Product Information</b>	
Dimensions LxWxH	390x106x334 cm
Age group	13+
Play capacity (users)	3
Colour options	



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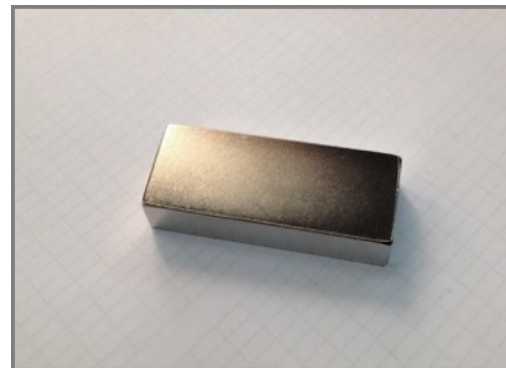
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The Polyurea Coating, used on all grips, is highly durable against wear and tear, offers isolation and simultaneously gives users an outstanding grip during their workout.



The big instruction signs are made of a 8mm polycarbonate sheets with clear instructions printed directly on the panels. The polycarbonate is extremely strong and provides a vandalism proof construction.



The magnets which are used are High Strength Neodymium magnets. The magnetic radiation is under strict control, the radiation level never exceeds 5 Gauss (0.5mT), which makes them perfectly safe to use as an training item.

Item no. FAZ10500-0900

### Installation Information

Max. fall height	0 cm
Safety surfacing area	15.0 m <sup>2</sup>
Total installation time	8.6
Excavation volume	0.84 m <sup>3</sup>
Concrete volume	0.42 m <sup>3</sup>
Footing depth (standard)	90 cm
Shipment weight	447 kg
Anchoring options	In-ground ✓ Surface ✓

### Warranty Information

Bearing construction	5 years
Coated steel parts	10 years
PUR components	10 years
Signs	10 years
Spare parts guaranteed	10 years



The ergonomically shaped PUR elements on the captain's chair secure a good posture and creates a good isolation in order to make the exercise as comfortable as possible.



To ensure the integrity of the main frame, the orange coloured main posts are made of ø101.6 x 3mm steel posts, which are hot dip galvanised and powder coated Orange (RAL2010). The supportive posts receive the same surface treatment and are made of ø76.1 x 3.6mm steel tubes, powder coated grey (RAL7012).



All KOMPAN fitness products are compliant with the ASTM F3101 & EN16630 Outdoor Fitness Standards. Load tests are performed as a static test by adding dynamic factors as well as safety factors to the specified load of 78kg per user. A product intended for 1 user is loaded with 420kg.



# Sustainability Data

FAZ105



Cradle to Gate A1-A3	Total CO <sub>2</sub> emission	CO <sub>2</sub> e/kg	Recycled materials
	kg CO <sub>2</sub> e	kg CO <sub>2</sub> e/kg	%
<b>FAZ10500-0900</b>	1,065.16	3.12	44.15

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**  
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 Denmark



## Verification of CO<sub>2</sub> calculation of: Fitness



Data version no. 2023-10-05

The CO<sub>2</sub> 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 CO<sub>2</sub> calculation of 9 categories of Kompan product line, version 1.0, prepared by: Bureau Veritas HSE, Denmark: Julie M. V. Larsen.

**Publication date: 30. October 2023**

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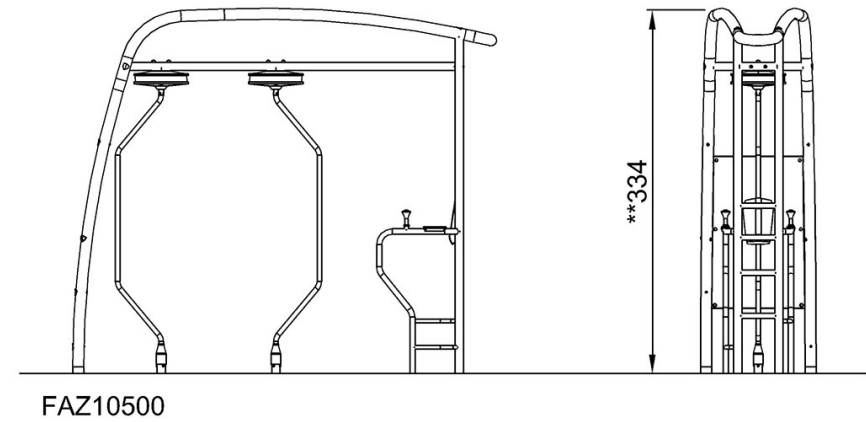
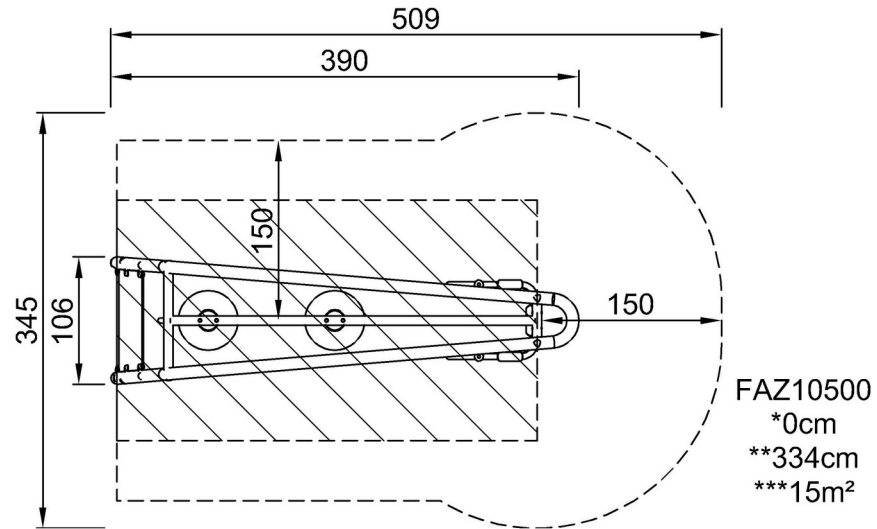


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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

\* Max fall height | \*\* Total height



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[Click to see SIDE VIEW](#)