

# Core Twist Pro

FAZ105



Item no. FAZ10500-0900	
<b>General Product Information</b>	
Dimensions LxWxH	12'10"x3'6"x10'11"
Age group	13+
Play capacity (users)	3
Color options	



See KOMPAN Fit App for More Information



These curiously-shaped structures will invite people in to do a workout. For inspiration and guidance they can look at signs that 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.

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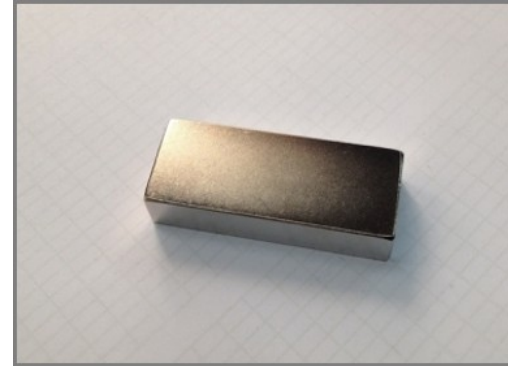
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The Polyurea Coating, used on all grips, is highly durable against wear and tear, offers isolation and simultaneously gives users an outstanding grip during their workout.



The big instruction signs are made as a sandwich construction consisting of 2 x 6mm polycarbonate sheets with clear instructions printed on the inside of the panels. This gives 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 a training item.

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Installation Information	
Max. fall height	0'0"
Safety surfacing area	127ft <sup>2</sup>
Total installation time	8.6
Excavation volume	1.1yd <sup>3</sup>
Concrete volume	0.55yd <sup>3</sup>
Footing depth (standard)	2'11"
Shipment weight	952lbs
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 Availability	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.



For ensuring the integrity of the main frame, the orange colored main posts are made of  $\varnothing 101.6$  x 3mm steel posts, which are hot dip galvanized and powder coated Orange (RAL2010). The supportive posts receive the same surface treatment and are made of  $\varnothing 76.1$  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.

**ASTM  
F3101  
compliant**

# 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>	1,111.81	3.10	44.45

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))

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## 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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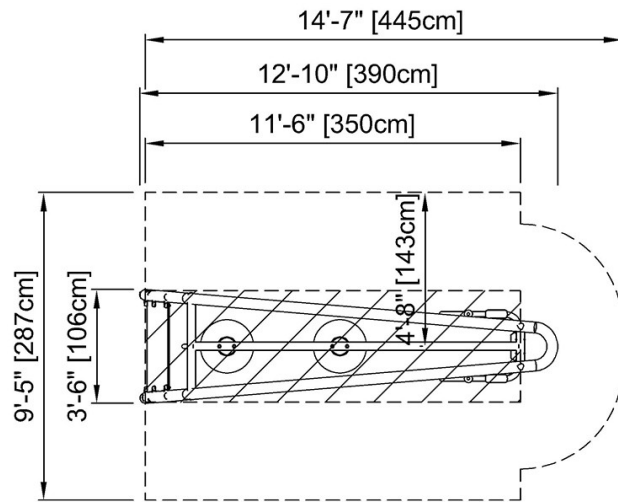


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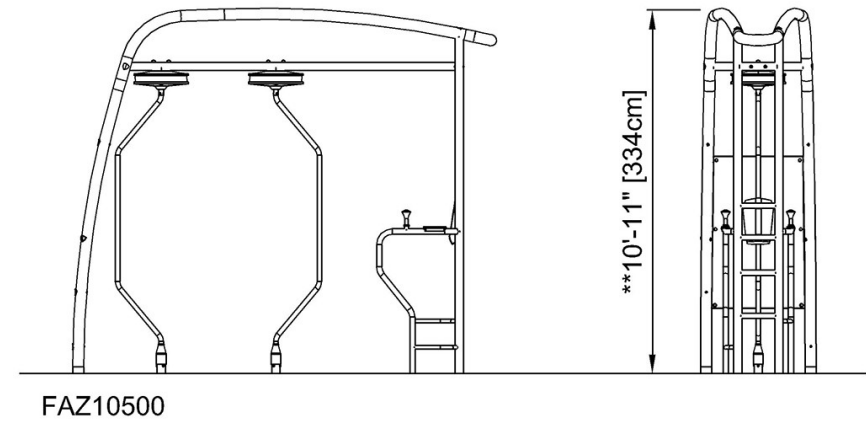
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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

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



FAZ10500  
\*\* 10'-11" / 334cm  
\*\*\* 127ft<sup>2</sup> / 11.8m<sup>2</sup>



[Click to see TOP VIEW](#)

[Click to see SIDE VIEW](#)