

# Balance Station

FSW227



Item no. FSW22700-0902

## General Product Information

Dimensions LxWxH 6'8"x6'6"x4'1"

Age group 13+

Play capacity (users) 4

Color options



See KOMPAN Fit App for More Information



The Balance station trains ankle strength and stability. The four items in the station will have different difficulty levels that allows for progression and a challenge for every user type. At the same time, the placement of the four stations around the ring invites to moderate social interaction. Wobble trains ankle control and flexibility. It is present in two

difficulty levels. One that is stable and limited in its range of motion and one that is livelier and more dynamic. Rotation can be used for rotational flexibility of the torso and for lower limb balance and control standing on one or two feet. Half ball provides a fixed and stable platform to train ankle strength and flexibility.

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The double ROSTA element is made of casted iron and hot dip galvanized before painted. This ensures that the ROSTA element is a maintenance free, elastic joint which can be move in range of motion is 250 in any direction. Both wobbles have a different stiffness, difference is 45%.



The bearings used in the Twist are slide bearings made of polyoxymethylene, a material that has all the properties needed for a strong bearing: extremely low wear, high mechanical strength, Low moisture absorption and High abrasion resistance.



The half ball is  $\varnothing 500 \times 250$ . The material is SBR granular rubber, recycled SBR (Styrene Butadiene Monomer, Synthetic Rubber) UV stabilized to a maximum without use of heavy metal stabilities, for optimal grip during jumping and step on step off exercises under all weather circumstances.

| Item no. FSW22700-0902   |  |
|--------------------------|--|
| Installation Information |  |
| Max. fall height         | 0'10"  |
| Safety surfacing area    | 180ft <sup>2</sup>   |
| Total installation time  | 4.7  |
| Excavation volume        | 0.56yd <sup>3</sup>  |
| Concrete volume          | 0.27yd <sup>3</sup>  |
| Footing depth (standard) | 2'11"  |
| Shipment weight          | 476lbs   |
| Anchoring options        | In-ground <input checked="" type="checkbox"/><br>Surface <input checked="" type="checkbox"/> |
| Warranty Information     |  |
| Bearing construction     | 5 Years  |
| Hot dip galvanized steel | Lifetime   |
| Post                     | 10 Years   |
| ROSTA element            | 2 Years  |
| Spare Parts Availability | 10 Years   |



The  $\varnothing 414$ 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 +/- 90°, with a EPDM rubber stop at each end.



Handrail intended as grips during exercises are made of hot-dip galvanized steel  $\varnothing 38$ mm, a great diameter for a good grip and to support the wrist. The height of the handrail is 940mm from the top of the HPL plate. The distance between the rails is 900mm.



The information sign is made of a PA6 (Polyamide) and shows the most relevant exercise and a QR code. When scanned the QR code will link to an animated illustration of the exercise and offers the possibility of downloading the KOMPAN sport & fitness App, which will provide a large amount of exercises and workouts.

**ASTM  
F3101**  
compliant

# Sustainability Data

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| 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>FSW22700-0902</b> | 333.58                         | 2.05                    | 62.10              |

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 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**

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

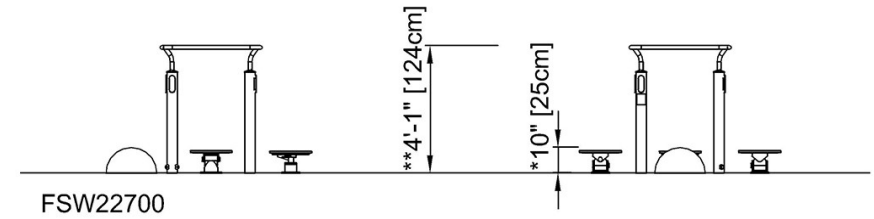
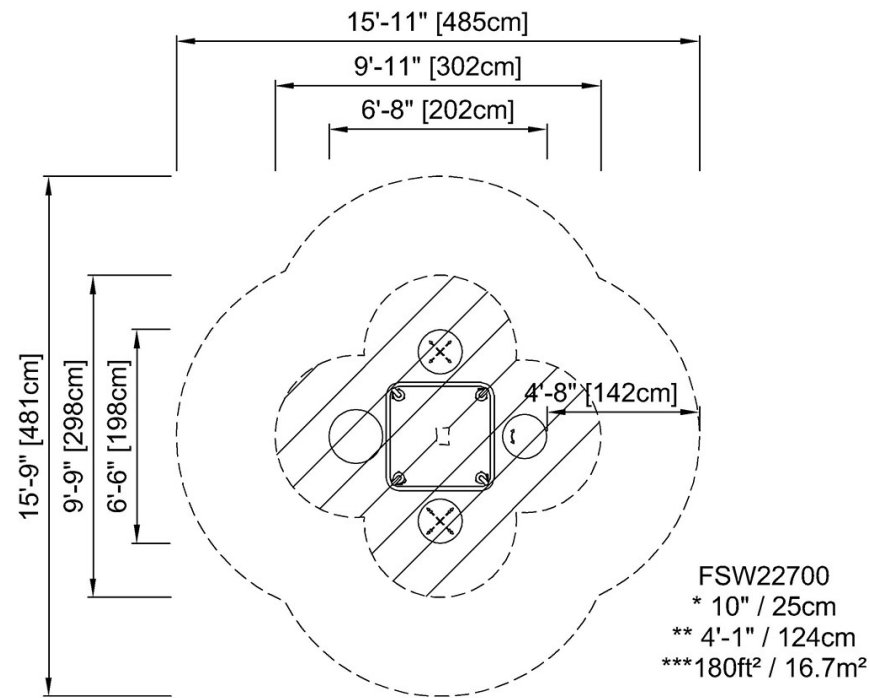


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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

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



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[Click to see SIDE VIEW](#)