

Twist & Flex Wheel

FSW236



This station is focused on mobility and improving the range of motion for the upper body and core. The Flex Wheel is simple to use and requires little experience beforehand. The turning movement has low-level resistance achievable for users at all levels. The ergonomically designed handles allow for natural wrist rotations and give 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. For the lower limbs, the user can add balance as part of the training by standing on one leg and closing their eyes while doing the exercises.

Item no. FSW23600-0902

General Product Information

Dimensions LxWxH	2'7"x3'10"x5'5"
Age group	13+
Play capacity (users)	2
Color options	



See KOMPAN Fit App for More Information



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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 $\varnothing 414\text{mm}$ 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 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.

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Installation Information

Max. fall height	0'8"
Safety surfacing area	161ft ²
Total installation time	4.0
Excavation volume	0.37yd ³
Concrete volume	0.18yd ³
Footing depth (standard)	2'11"
Shipment weight	178lbs
Anchoring options	In-ground ✓ Surface ✓

Warranty Information

Bearing construction	5 Years
EcoCore HDPE	Lifetime
Hot dip galvanized steel	Lifetime
Post	10 Years
Spare Parts Availability	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 a 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). Polycarbonate is extremely strong and can withstand a very high impact.

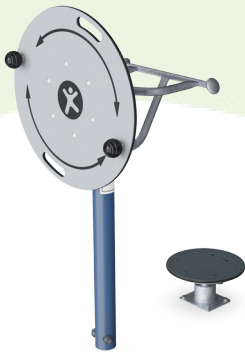


The $\varnothing 800 \times 19\text{mm}$ wheel is made from HDPE EcoCore™ plate. EcoCore™ is a highly durable, ecofriendly material, which is not only recyclable after use, but is also made of +95% recycled post-consumer material from e.g., food packing waste in both core and colorful outer layer.

**ASTM
F3101**
compliant

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	170.50	2.77	52.70

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 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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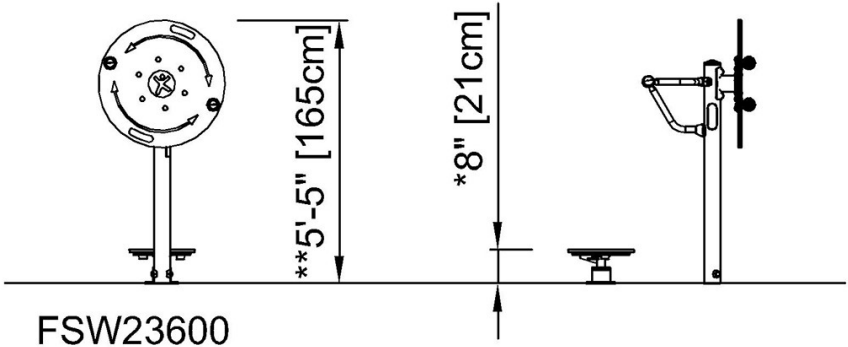
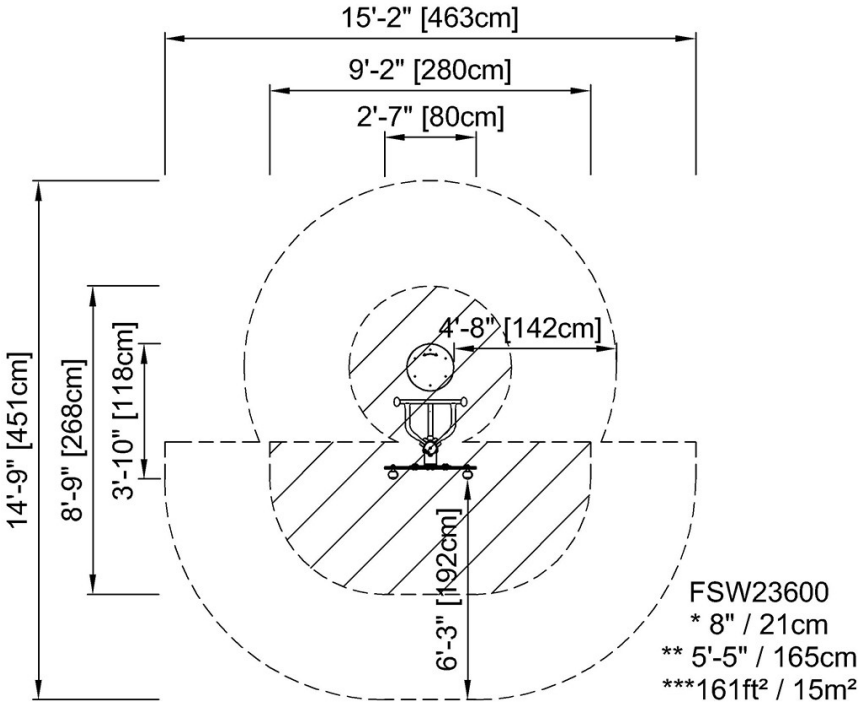


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* Max fall height | ** Total height | *** Safety surfacing area

* Max fall height | ** Total height



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[Click to see SIDE VIEW](#)