

# Flex Wheel

FSW226



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. For really

challenging exercises it can be used standing on one foot using one hand – either front facing or sideways.

Item no. FSW22600-0902	
General Product Information	
Dimensions LxWxH	80x33x165 cm
Age group	13+
Play capacity (users)	1
Colour options	



See KOMPAN Fit app for more



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The ø800x19mm 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.



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 ø80mm and are made from black, vacuum formed polycarbonate (PC). Polycarbonate is extremely strong and can withstand a very high impact.

Item no. FSW22600-0902	
Installation Information	
Max. fall height	0 cm
Safety surfacing area	8.8 m²
Total installation time	3.1
Excavation volume	0.03 m³
Concrete volume	0.02 m³
Footing depth (standard)	90 cm
Shipment weight	43 kg
Anchoring options	In-ground ✓ Surface ✓
Warranty Information	
Bearing construction	5 years
EcoCore HDPE	Lifetime
Hot dip galvanised steel	Lifetime
Post	10 years
Spare parts guaranteed	10 years



Post are made of Ø101.6 x 2mm, pre-galvanized carbon steel and powder coated, a great protection to all conditions.



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.



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

FSW226



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	%
FSW22600-0902	74.90	2.55	62.90

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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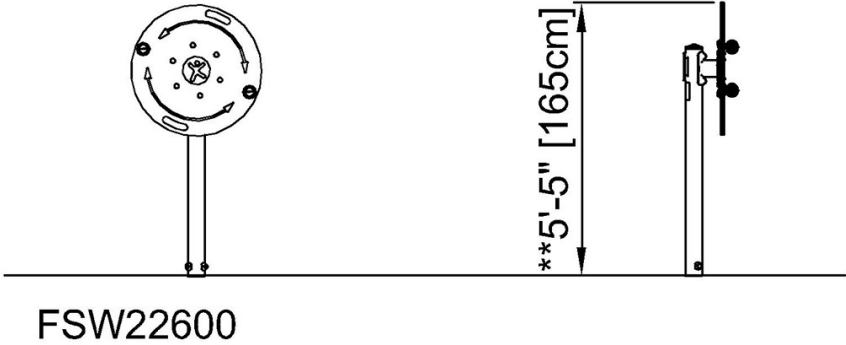
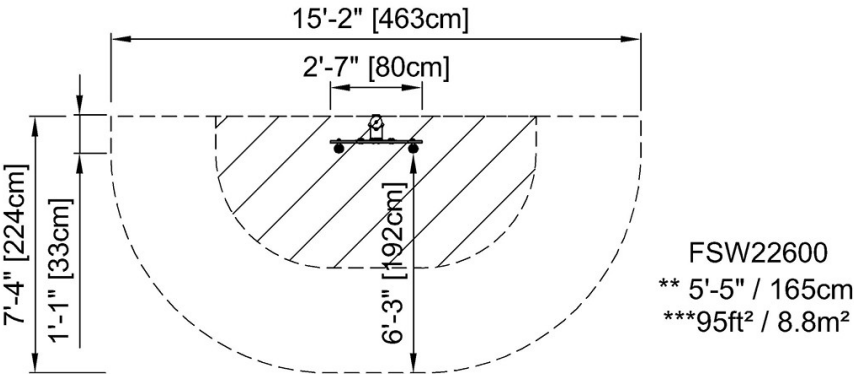


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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

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



[Click to see TOP VIEW](#)

[Click to see SIDE VIEW](#)