

# Core Twist Compact

FAZ109



The Core Twist Compact combines 3 powerful ab and upper body exercises stations. For inspiration and guidance they can look at signs which display the 11 basic exercises and link to the KOMPAN Sport & Fitness App. The Core Twist offers innovative and resistance adjustable core training. The pole rotates 360°

clockwise and counter clockwise with a resistance that can be determined by speed of movement. The Leg Lift Station 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. Pull ups are an essential part of a strength training. The Pull

Up bar offers a range of exercises, featuring multiple grips for different hand positions. By placing the feet on the horizontal bars beginners can decrease their bodyweight during pull ups and work their way up to advanced training. To make sure that everyone can reach the pull up bar there is a stepping pod.

Item no. FAZ10900-0900	
General Product Information	
Dimensions LxWxH	280x218x291 cm
Age group	13+
Play capacity (users)	3
Colour options	

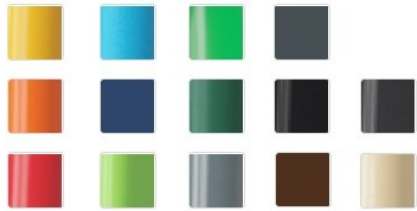


See KOMPAN Fit app for more



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KOMPAN fitness products are standard available in Orange, Anthracite Grey, Medium Grey, Dark Grey, Night Sky Blue, Light Blue, Yellow, Red, Black, Moss Green, Lime Green, Medium Green, Sand and Nut Brown. All other RAL colours are available on request. It will always be possible to match the surroundings or colour theme!



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



The Sign is made from a 15mm Polycarbonate and supported by Ø38.2mm top bar. This is an extremely solid assembly which provides great structural stability. The sign shows the 11 main exercises and has a QR code which refers users to the Kompan Fit APP that offers extended support on exercises and training.

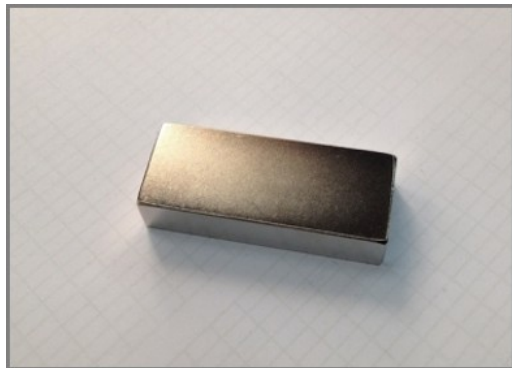
Item no. FAZ10900-0900

## Installation Information

Max. fall height	232 cm
Safety surfacing area	16.7 m²
Total installation time	6.3
Excavation volume	0.37 m³
Concrete volume	0.18 m³
Footing depth (standard)	90 cm
Shipment weight	323 kg
Anchoring options	In-ground ✓ Surface ✓

## Warranty Information

Coated steel parts	10 years
EcoCore HDPE	Lifetime
Hot dip galvanised steel	Lifetime
Movable parts	2 years
Spare parts guaranteed	10 years



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.



The pull up bar is made from Ø32 mm HDG steel bar. The bar is 1080mm wide and 2300mm above ground



The frame of the leg lift is made from Ø38 x 2mm HDG steel tube. The support plates are made from 15mm Ekogrip®, a 15 mm PE plate with a 3 mm top-layer of thermoplastic rubber with non-skid effect. The arm supports are 110 x 195mm, 580mm apart, and 1315mm above ground. The back support is 335 x 500mm. The opening in the back is 30 x 350mm.

**ASTM  
F3101**  
compliant

# Sustainability Data

FAZ109



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	%
FAZ10900-0900	685.00	3.54	43.10

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**  
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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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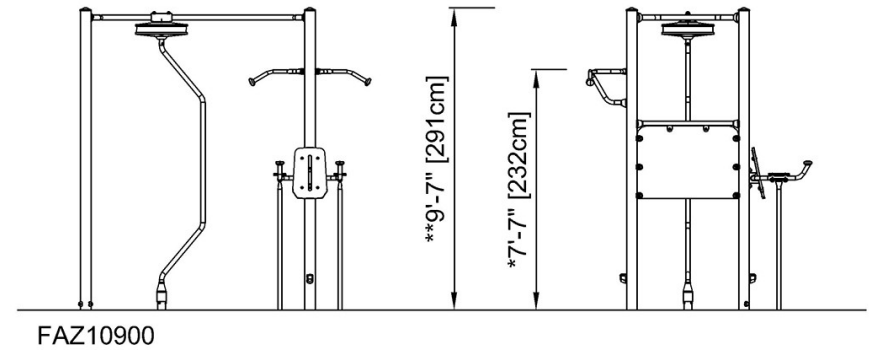
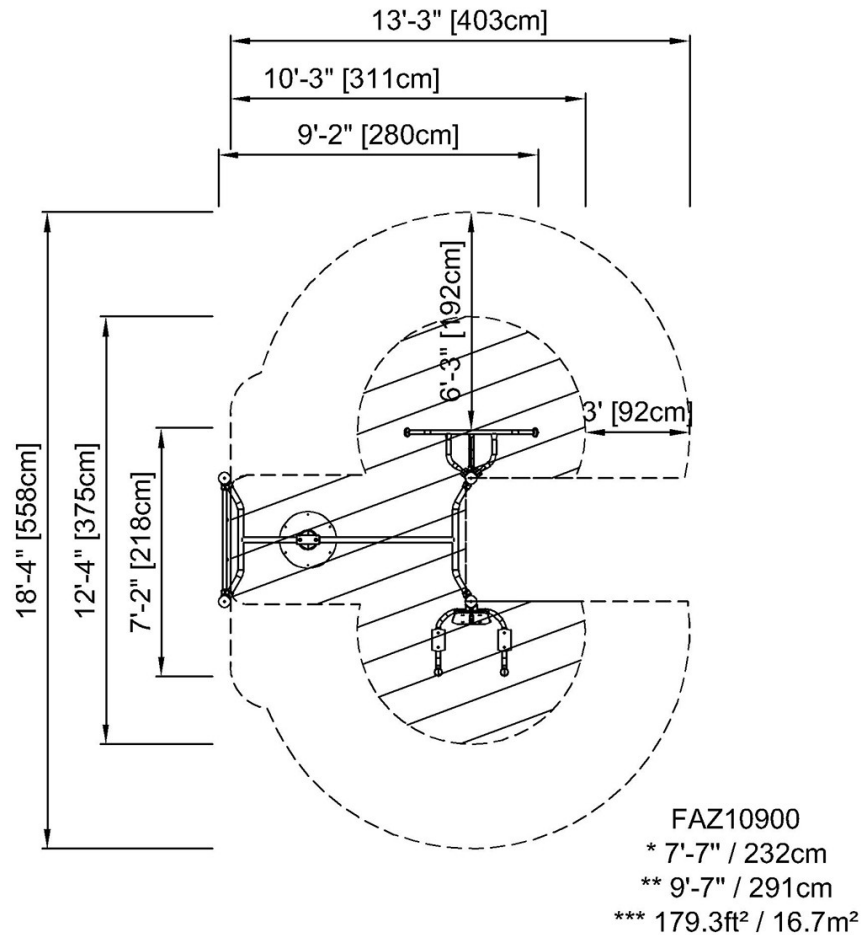


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\* Max fall height | \*\* Total height | \*\*\* Safety surfacing area

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



[Click to see TOP VIEW](#)

[Click to see SIDE VIEW](#)