

# Flex Wheel

FSW226



The Flex Wheel is simple to use and requires little prior experience. The turning movement has a mild resistance suitable for users at all levels and 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 manufactured from HDPE EcoCore™, which is a highly durable, eco-friendly material, that is recyclable after use and produced from 100% recycled material. The core has a thickness of 15mm and is representing 80% of the total material.



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 high stiffness, low friction, and excellent dimensional stability.



The ball grips are ø80mm and are made from black vacuum formed polycarbonate (PC) which is extremely strong and can withstand high impact.

Item no. FSW22600-0902

## Installation Information

Max. fall height	0 cm
Safety surfacing area	10.1 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
Galvanised Steel	Lifetime
Post	10 years
Spare Parts Guarantee	10 years



The post is made of Ø101.6 x 2mm, pre-galvanised carbon steel and powder coated which is a great protection solution for all climate conditions.



The information sign is made of a PA6 (Polyamide) and shows the most relevant exercises. When users scan the QR code, this will link them to an animated illustration of the exercise and offers the possibility of downloading the KOMPAN Fitness App, which is programmed with many more exercise alternatives.



All of KOMPAN's fitness products are compliant with AS 4685:2021, ASTM F3101 & EN16630 Outdoor Fitness Standards. Load tests are performed to the specified load of 78kg per user. A product intended for one user is loaded with 420kg.



# 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.

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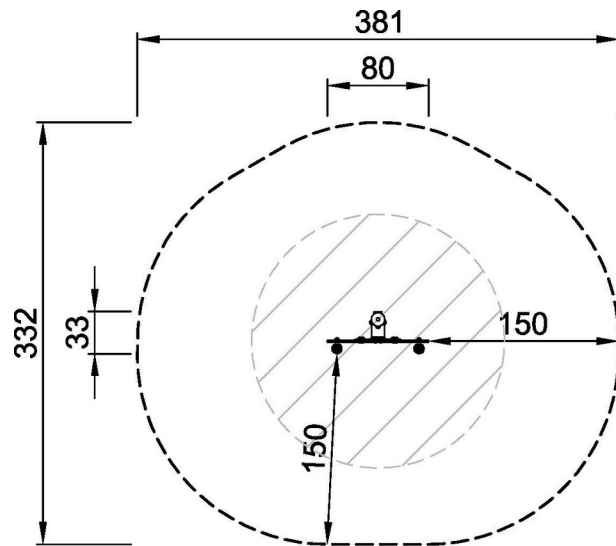
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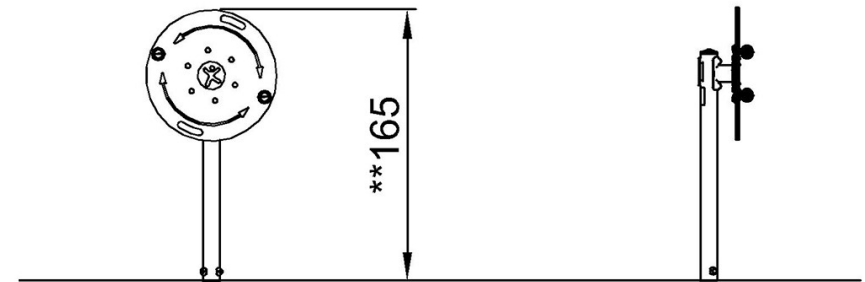
**KOMPAN**<sup>®</sup>  
Let's play

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

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



FSW22600  
\*\*165cm  
\*\*\*10.1m<sup>2</sup>  
1:100



FSW22600

[Click to see TOP VIEW](#)

[Click to see SIDE VIEW](#)