

Twist & Flex Wheel

FSW236



Item no.	
General Product Information	
Dimensions LxWxH	80x118x165 cm
Age group	13+
Capacity (users)	2
Colour options	

This station is focused on mobility and improving the range of motion of the upperbody and core. 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.

The twist can be used for rotational flexibility of the torso and for lower limb, the user can add balance as part of the training by standing on one leg and closing the eyes while doing the

exercises.



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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 ø414mm 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.



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.



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.



The ø800x19mm wheel is made from HDPE EcoCore™ plate. EcoCore™ is a highly durable, ecofriendly material, which is not only recyclable after use, but also consists of a core produced from 100% recycled material. The core has a thickness of 15mm and is representing 80% of the total material.

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Installation Information

Max. fall height	21 cm
Safety surfacing area	12,9 m ²
Number of installers	2
Total installation time	
Excavation volume	
Concrete volume	
Footing depth (standard)	
Shipment weight	
Anchoring options	

Warranty Information

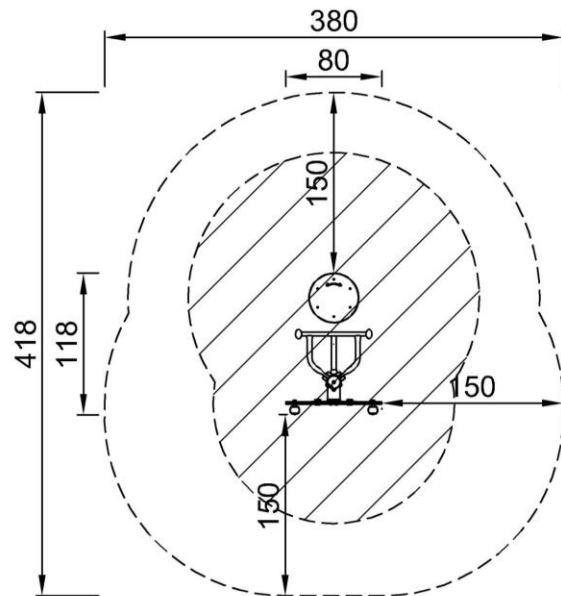
Bearing construction	5 years
Post	10 years
EcoCore HDPE	Lifetime
Hot dip galvanised steel	Lifetime
Spare parts guaranteed	10 years

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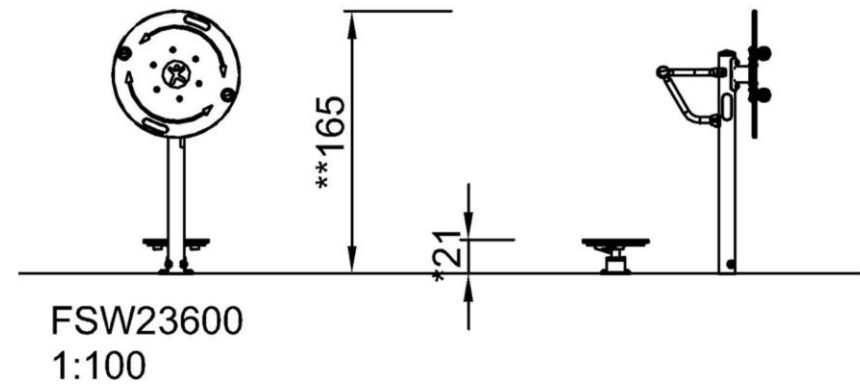
FSW236

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

* Max fall height | ** Total height



FSW23600
*21cm
**165cm
***12.9m²



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[Click to see 1:100 ratio SIDE VIEW](#)