

# Flex Wheel & Leg Lift

FSW237



Item no.	
General Product Information	
Dimensions LxWxH	79x93x167 cm
Age group	13+
Capacity (users)	2
Colour options	

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.

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.



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Steps are made of extruded aluminium with a non-skid surface. Aluminium has high corrosion resistance and ensures durability of the product. Steps have been mounted at heights of 34,7cm and 54,7cm this creates an easy access to reach the overhead activity



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 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.



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 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 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.

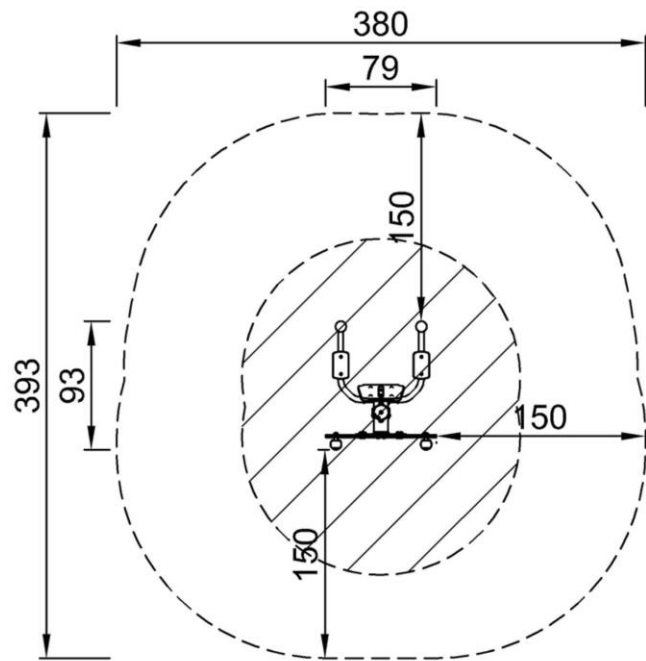
Item no.	
Installation Information	
Max. fall height	132 cm
Safety surfacing area	12,6 m <sup>2</sup>
Number of installers	2
Total installation time	
Excavation volume	
Concrete volume	
Footing depth (standard)	
Shipment weight	
Anchoring options	
Warranty Information	
EcoCore HDPE	Lifetime
Hot dip galvanised steel	Lifetime
Post	10 years
Connector brackets	10 years
Spare parts guaranteed	10 years

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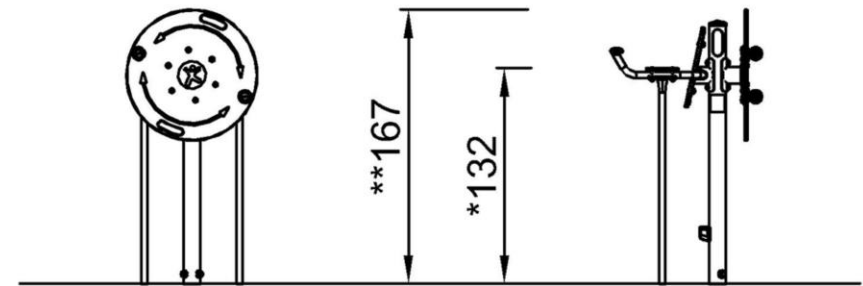
FSW237

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

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



FSW23700  
\*132cm  
\*\*167cm  
\*\*\*12.6m<sup>2</sup>



FSW23700  
1:100

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

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