

FAZ10500
Core Twist



The large shaped structures will make people curious and invite them to do a workout. For inspiration and guidance they can look at signs which display the 14 basic exercises and link to the KOMPAN Sport & Fitness App. The Core Twist offers innovative and resistance adjustable core training. The two poles rotate 360° clockwise and counter clockwise with a resistance that can be determined by speed of movement. The captain's chair 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.

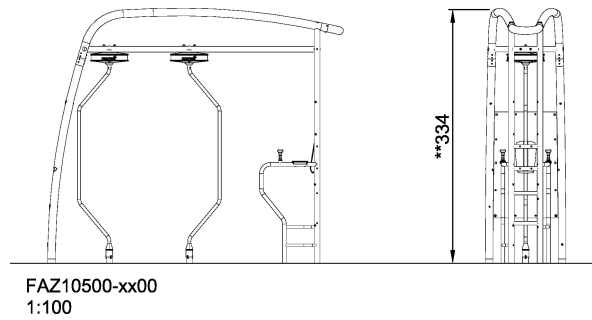
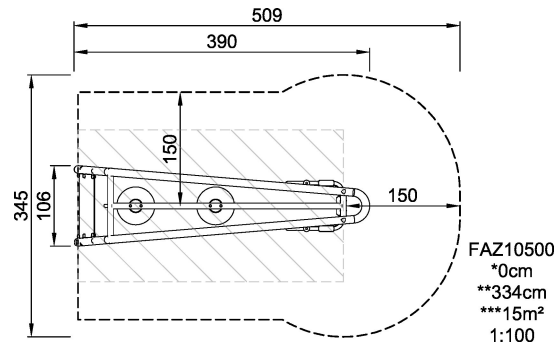
Product Line	Outdoor Fitness
Category	Cross Training
Age group	13+
Total height (CM)	334
Safety Zone	15 m2



**SUR-
FACE**

**IN-
GROU.**





* = Highest designated play surface.
** = Total height of product.

Weight/heaviest parts	kg.	Installation (Manpower)	1 Persons
Concrete required	NaN m ³	Installation (Hours)	10 Hours
Foundation amount/footing	NaN	Excavation	NaN m ³