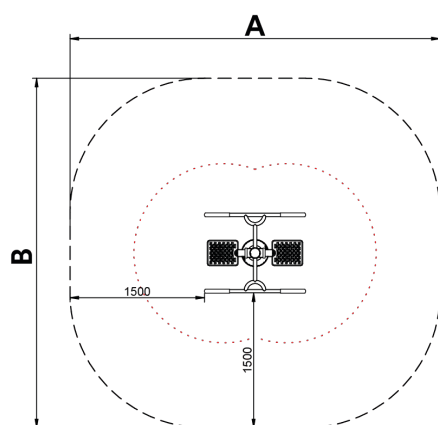


14+

Certified
EN16630
product



The **healthy elements** manufactured by **BENITO** enable people to exercise in both public and private spaces, increasing their well-being and quality of life while boosting health and social relations.

- **Health functions:** improving cardiovascular and respiratory functions, strengthening muscles and enhancing agility, flexibility and coordination of movements.
- **Social functions:** creating leisure activities, promoting social integration and a more intensive recreational use of public spaces.



A=4130mm

B=3900mm



14.10m²

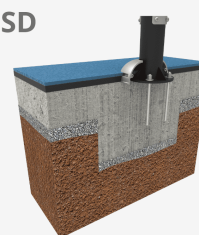


0.60m

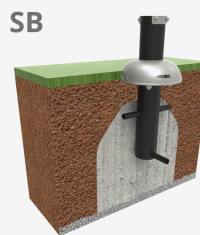


2

SD



SB



Materials:

Benefits: build up waist muscle groups, enhance body coordination and flexibility. Strengthen the column and waist.

Use instructions: grasp handles with both hands, put your feet on the pedal and swing from side to side. Make sure there is nobody within a radius of 1 meter when in use.

Structure, Metal: S235 galvanised and powder-coated steel tube. $\varnothing 114\text{mm} \times 3\text{mm}$ thick. Moving parts: $\varnothing 60\text{mm} / \varnothing 48\text{mm} \times 2\text{mm}$ thick. Connecting tubes: $\varnothing 38\text{mm} / \varnothing 32\text{mm} \times 2\text{mm}$ thick. Paint: 1 coat of powder paint consisting of a mixture of polyester resins, hardeners and pigments, free of lead and with high resistance to bad weather conditions. Colour combination: matte black and metallic grey RAL 9006.

Fixings: AISI 304 stainless steel screws.

Handles: thermoplastic rubber.

Seats / Covers: 6-10mm thick rotomoulded HDPE.

Pedals / Plugs: PP

- None of the materials requires a specific treatment for its disposal.
- If the product is subject to severe use, maintenance should be increased.
- Don't use the product before the installation/maintenance is ready.
- Please check the maintenance instructions.

Biggest part (mm): 1128x900x1310 / Heaviest part (kg): 52

IMPACT ZONE: security area and ground coverings according to the EN1176-1:2017 standard.

Spare parts availability: 10 years.

Ground anchoring screws not included.

Playful features:



Alternatives:





Lleida 10
08500 Vic Barcelona Spain
T +34 938 521 000
info@benito.com
www.benito.com

Skiing

+14

ESQUÍ | SKI | SKIING



CONFORME A LAS
EXIGENCIAS DE SEGURIDAD
EN16630

Beneficiarios

Refuerza la musculatura de la cintura, mejora la flexibilidad y coordinación del cuerpo.
Ejercita la columna y la cadera.

Instrucciones de uso:

Agarre las asas con ambas manos, coloque los pies sobre el pedal y haga movimientos oscilantes de un lado a otro, sin realizar grandes amplitudes en el balanceo.

No permanecer en un radio inferior a 1 metro cuando el aparato esté en uso.

CONFORME AUX
EXIGENCES DE SÉCURITÉ
EN16630

Avantages
Renforce la musculature de la ceinture, améliore la flexibilité et la coordination du corps. Entraîne la colonne vertébrale et les anches.

Instructions d'utilisation:

Tenez les poignées à deux mains, placez les pieds sur la pédale et faites des mouvements oscillatoires d'un côté puis de l'autre, sans trop d'amplitude.

Veillez à ce qu'il n'y ait personne dans un rayon inférieur à un mètre en utilisant l'appareil.

ACCORDING TO
SAFETY REQUIREMENTS
EN16630

Benefits:
Builds up waist muscle groups,
enhances body coordination
and flexibility.

Use instructions:

Hold handles on both sides with hands, put your feet on the pedal and swing from side to side.
Keep 1 meter away of element when in use.

When in Use.

LOW (low)	MEDIUM (med)	HIGH (high)
3 SERIES 3 SÉRIE 3 SERIO 1 min	3 SERIES 3 SÉRIE 3 SERIO 2 min	3 SERIES 3 SÉRIE 3 SERIO 3 min
1 MINUTO DE PAUSA 1 MINUTE DE PAUSE 1 MINUTE PAUSE		

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200	201	202	203	204	205	206	207	208	209	210	211	212	213	214	215	216	217	218	219	220	221	222	223	224	225	226	227	228	229	230	231	232	233	234	235	236	237	238	239	240	241	242	243	244	245	246	247	248	249	250	251	252	253	254	255	256	257	258	259	260	261	262	263	264	265	266	267	268	269	270	271	272	273	274	275	276	277	278	279	280	281	282	283	284	285	286	287	288	289	290	291	292	293	294	295	296	297	298	299	300	301	302	303	304	305	306	307	308	309	310	311	312	313	314	315	316	317	318	319	320	321	322	323	324	325	326	327	328	329	330	331	332	333	334	335	336	337	338	339	340	341	342	343	344	345	346	347	348	349	350	351	352	353	354	355	356	357	358	359	360	361	362	363	364	365	366	367	368	369	370	371	372	373	374	375	376	377	378	379	380	381	382	383	384	385	386	387	388	389	390	391	392	393	394	395	396	397	398	399	400	401	402	403	404	405	406	407	408	409	410	411	412	413	414	415	416	417	418	419	420	421	422	423	424	425	426	427	428	429	430	431	432	433	434	435	436	437	438	439	440	441	442	443	444	445	446	447	448	449	450	451	452	453	454	455	456	457	458	459	460	461	462	463	464	465	466	467	468	469	470	471	472	473	474	475	476	477	478	479	480	481	482	483	484	485	486	487	488	489	490	491	492	493	494	495	496	497	498	499	500	501	502	503	504	505	506	507	508	509	510	511	512	513	514	515	516	517	518	519	520	521	522	523	524	5
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