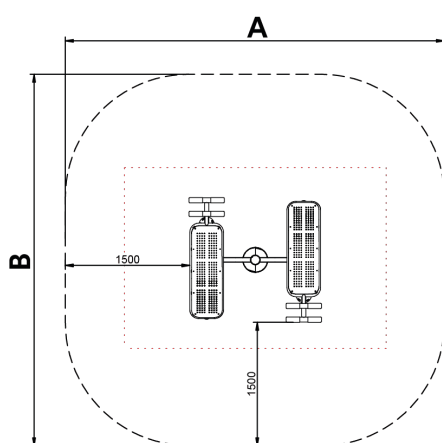




The **healthy elements** manufactured by **BENITO** enable people to exercise in both public and private spaces, increasing their well-being and quality of life while boosting health and social relations.

- **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=4610mm

B=4520mm



18.90m2

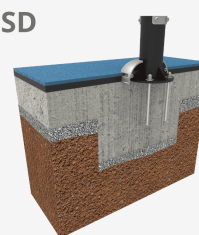


0.56m

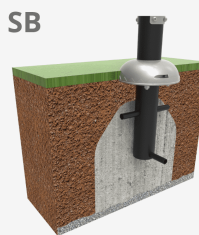


2

SD



SB



Materials:

Benefits: work on the abdominals, reinforce the musculature and make it more flexible.

Use instructions: lie down and lock your feet on the footpads. Interlock your hands behind your head. Raise up and lie down your upper body repeatedly.

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): 1518x1612x710 / Heaviest part (kg): 73

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:



JSA004N



JSA018N



JSA003N



JSA006N



JSA014N



JSA002N



JSA007N



JSA010N



JSA008N



JSA009N



JSA011N



JSA001N



JSA005N



BENITO
BENITO -Urban -Light -Play -Covers

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

Abdominal
JSA015N
+14

ABDOMINAUX DOUBLES | ABDOMINAUX COULE | DOUBLES ABDOMINAL

CONFORME A LAS EXIGENCIAS DE SEGURIDAD EN16630
Beneficios:
Este ejercicio ayuda a trabajar los abdominales además de reforzar los músculos de esta zona, así como la flexibilidad de los mismos.
Instrucciones de uso:
Tumbese y coloque los pies en la zona habilitada para ello. Seguidamente junte las manos detrás de la cabeza. Empezar a subir y a bajar la parte superior de su cuerpo y repita el ejercicio.

CONFORME AUX EXIGENCES DE SÉCURITÉ EN16630
Avantage:
Le travail de la sangle abdominal, son renforcement musculaire et l'assouplissement de la zone de la taille.
Instructions d'utilisation:
Allongez-vous et placez vos pieds dans les emplacements appropriés. Puis joignez vos mains derrière la tête. Relevez la partie supérieure de votre corps par des mouvements répétés et régulier.

ACCORDING TO SAFETY REQUIREMENTS EN16630
Benefits:
It works on the belly muscles, make the muscles more powerful and pliable.
Use instructions:
Lie down and lock your feet on the footpads. Hold your handrail together back your head. Repeat raising up and lying down of your upper body.

LOW level	MEDIUM level	HIGH level
3 SERIES 3 SÉRIE 3 SERIES	3 SERIES 3 SÉRIE 3 SERIES	3 SERIES 3 SÉRIE 3 SERIES
5 rep.	10 rep.	15 rep.

1 MINUTE DE PAUSE | 1 MINUTE DE PAUSE | 1 MINUTE PAUSE

1 2 3 4 5 6 7 8 9 10 11 12 13 14