



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=4000mm  
B=3580mm



12.40m<sup>2</sup>



0.18m



1

SD



SB



## Materials:

**Benefits:** strengthen the upper and lower limb muscles and improve the mobility of joints.

**Use instructions:** mount on the stirrup and grasp the handles, move limbs as if you were cycling.

**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): 990x560x1475 / Heaviest part (kg): 45

**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:



Increases brain power

Prevents respiratory problems

Réduit les risques cardiaques

Boosts immunity

Reduces obesity

Improves flexibility.

Augmente la masse musculaire et améliore la posture corporelle

Prevents osteoporosis and osteopenia



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ELIPTICA | ELIPTIC | ELIPTICO



**CONFORME A LAS EXIGENCIAS DE SEGURIDAD EN16630**

**Beneficios:**  
Fortalece la musculatura de los miembros superiores y de los inferiores y mejora la flexibilidad de las articulaciones.  
Aumenta y mejora la función cardiopulmonar.

**Instrucciones de uso:**  
Subido en los estribos y sujetándose a las manillas, mueva las piernas y los brazos como si estuviese pedaleando.

**CONFORME AUX EXIGENCES DE SECURITE EN16630**

**Avantages:**  
Favorise la mobilité des membres inférieurs et des supérieurs et améliore la flexibilité des articulations.  
Augmente et améliore la fonction cardio-pulmonaire.

**Instructions d'utilisation:**  
Debout sur les étriers et en vous tenant aux poignées, bougez les jambes et les bras comme si vous étiez pédaler.

**ACCORDING TO SAFETY REQUIREMENTS EN16630**

**Benefita:**  
It strengthens the upper and lower limbs muscles and improves the mobility of joints.

**Use instructions:**  
Mount on the stirrup and grab handles, move limbs as if you were cycling.

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 MINUTO DE PAUSA | 1 MINUTE DE PAUSE | 1 MINUTE PAUSE

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

The constant improvement and evolution of our products may result in some modifications of the technical specifications and characteristics of the products without prior notice.