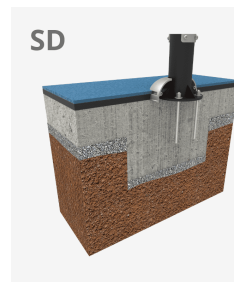


The **healthy elements** manufactured by **BENITO** enable people to exercise in both public and private spaces, increasing their well-being and quality of life while boosting health and social relations.

- **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=4010mm 12.60m<sup>2</sup> 0.70m 1  
B=3610mm



[Maintenance guide](#) | [Project sheet](#) | [CAD](#) | [Certificate](#) | [Catalogue](#) | [3D](#) | [Mounting instructions](#) | [HD image](#)

## Materials:

**Benefits:** increase mobility of lower limbs, and improve body coordination, balance and aerobic capability.

**Use instructions:** grasp of the handle and stand on the pedal. Adjust the centre of gravity of your body, and then walk back and forth. Do not take your hands off the handle when using the equipment in order to avoid accidents.

**Structure, Metal:** S235 galvanised and powder-coated steel tube.  $\varnothing$ 114mm x 3mm thick. Moving parts:  $\varnothing$ 60mm /  $\varnothing$ 48mm x 2mm thick. Connecting tubes:  $\varnothing$ 38mm /  $\varnothing$ 32mm x 2mm 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): 1000x520x1440 / Heaviest part (kg): 43

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

Spare parts availability: 10 years.

## Playful features:



## Alternatives:



Increases brain power

Prevents respiratory problems

Boosts immunity

Réduit les risques cardiaques

Reduces obesity

Improves flexibility.

Augmente la masse musculaire et améliore la posture corporelle

Prevents osteoporosis and osteopenia

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

**Hockey**  
JSA007N

**+14**

HOCKEY | HOCKEY | HOCKEY

**CONFORME A LAS EXIGENCIAS DE SEGURIDAD EN16630**

**Beneficios:**  
Mejora la movilidad de los miembros inferiores, aportando coordinación y equilibrio al cuerpo, aumenta la capacidad cardiopulmonar.

**Instrucciones de uso:**  
Agarre el asa y colóquese sobre los pedales, ajuste su centro de gravedad y realice movimiento de andar, desplazando los pedales hacia delante y hacia atrás.  
Agarre el asa con fuerza para evitar accidentes.

**CONFORME AUX EXIGENCES DE SÉCURITÉ EN16630**

**Avantage**  
Améliore la mobilité des membres inférieurs en apportant coordination et équilibre au corps, augmente la capacité cardio-pulmonaire.

**Instructions d'utilisation:**  
Tenez la poignée et placez vous sur les pédales, ajustez votre centre de gravité et faites comme si vous marchiez en déplaçant les pédales vers l'avant puis vers l'arrière.  
Tenez la poignée avec force pour éviter les accidents.

**ACCORDING TO SAFETY REQUIREMENTS EN16630**

**Benefits:**  
Increases mobility of lower limbs, and improves body coordination, balance and aerobic capability.

**Use instructions:**  
Take hold of the handle and stand on the pedal. Adjust the barycentre of your body, and then walk back and forth. You should get a good grip on the handle when using the equipment in order to avoid accidents.

LOW level	MEDIUM level	HIGH level
3 SERIES   3 SÉRIE   3 SERIES	3 SERIES   3 SÉRIE   3 SERIES	3 SERIES   3 SÉRIE   3 SERIES
1 min	2 min	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