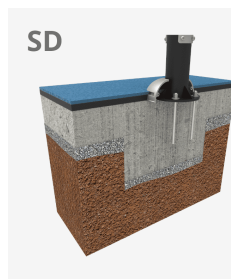


The healthy elements manufactured by BENITO enable people to exercise in both public and private spaces, increasing their well-being and quality of life while boosting health and social relations.

- **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=4370mm 15.20m2 0.18m 3  
B=4530mm



## Materials:

**Benefits:** work out and relax waist and back muscles. Enhance waist agility and flexibility.

**Use instructions:** grasp the handle with both hands, keep your balance and move your body from one side to the other. Do not take your hands off the handle until the end of the exercise.

**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): 1530 x 1370 x 1256 / Heaviest part (kg): 44,5

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

Spare parts availability: 10 years.

## Playful features:



## Alternatives:





**BENITO**  
BENITO -Urban -Light -Play -Covers

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**Waist**  
JSA001N

**+14**

CINTURA | CEINTURE | WAIST

**CONFORME A LAS EXIGENCIAS DE SEGURIDAD EN16630**

**Beneficios:**  
Ejercita la cintura y ayuda a relajar la musculatura de cintura y espalda. Aumenta la agilidad y la flexibilidad de la zona lumbar.

**Instrucciones de uso:**  
Agarre las manillas con ambas manos, mantenga el equilibrio y gire sobre su propio cuerpo de un lado a otro. No suelte la manilla hasta el final del ejercicio.

**CONFORME AUX EXIGENCES DE SÉCURITÉ EN16630**

**Avantages:**  
Fait travailler la ceinture et aide à décontracter les muscles de la ceinture et du dos. Augmente l'agilité et la souplesse de la zone lombaire.

**Instructions d'utilisation:**  
Tenez une poignée à deux mains, maintenez l'équilibre et faites pivoter votre corps d'un côté et de l'autre. Ne lâchez pas la poignée jusqu'à la fin de l'exercice.

**ACCORDING TO SAFETY REQUIREMENTS EN16630**

**Benefits:**  
Works out waist and back muscles, relaxes previously mentioned muscle groups. Enhances waist agility and flexibility.

**Use instructions:**  
Take hold of the handle with both hands, keep your equilibrium and move your body from one side to side. Keep hold of the handle all through the process.

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 RUSSA | 1 MINUTE DE RUSSA | 1 MINUTE RUSSA

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

## Projects:

