

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



12.40m²

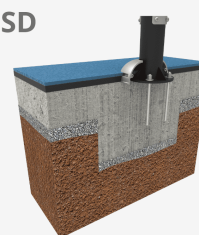


0.18m

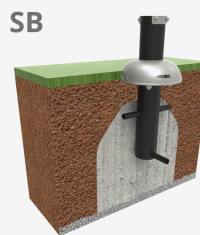


1

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:





BENITO
BENITO - Urban - Light - Play - Courts

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ELIPTICA | ELIPTIC | ELIPTIC

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.

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

CONFORME AUX EXIGENCES DE SÉCURITÉ EN16630

Avantage:
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

Benefits:
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 <small>(level)</small>	MEDIUM <small>(level)</small>	HIGH <small>(level)</small>
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