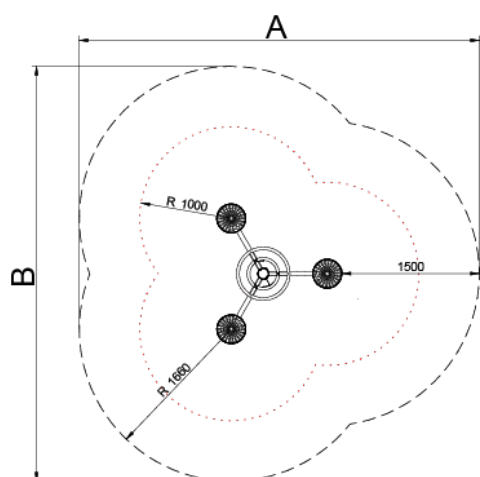




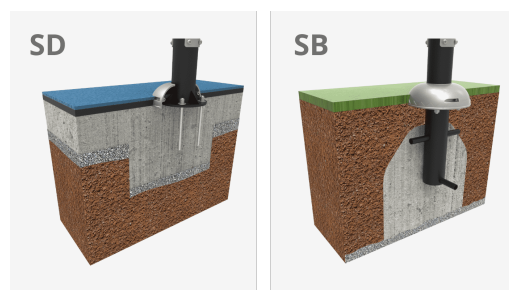
BENITO's healthy elements allow older people and adults to practice sports in both public and private spaces, allowing people to increase their well-being and quality of life, promoting health and social relationships.

- **Health functions** , cardiovascular and respiratory improvement, muscle strengthening, agility, flexibility and coordination of movements.
- **Social functions** , creation of leisure activities, promoting social integration, and greater recreational use of public spaces.



A=172.05" 163.61 ft² 7.09" 3

B=178.35"



Materials:

Benefits : Exercises the waist and helps relax the muscles of the waist and back. Increases agility and flexibility of the lumbar area.

Instructions for use: Grab the handles with both hands, keep your balance and turn your body from side to side. Do not let go of the handle until the end of the exercise.

Structure, Metal: Galvanized and oven-painted S235 steel tube. Its dimensions are $\varnothing 114\text{mm} \times 2.5\text{mm}$ thick. Moving parts and connecting tubes: $\varnothing 60\text{mm} / \varnothing 48\text{mm} \times 2\text{mm}$ thick. $\varnothing 38\text{mm} / \varnothing 32\text{mm} \times 2\text{mm}$ thick. Paint: 1 coat of powder coating made from a mixture of polyester resins, hardeners and pigments, lead-free and highly resistant to weathering. Color combination: Matt black and metallic grey RAL9006

AISI304 stainless steel screws

Handles : Thermoplastic rubber

Seats/Trims: Rotomolded HDPE with a thickness of 6-10mm.

Pedals/Pegs: PP

- None of the materials require special treatment for disposal.
- If the equipment is subject to severe use, the maintenance schedule should be increased.
- Do not use the product before completing installation/maintenance.
- See maintenance instructions.

Largest piece (mm): 1530 x 1370 x 1256 / Heaviest piece (kg): 44.5

IMPACT ZONE: Required safety surface. Floor covering according to EN16630:2015 is recommended.
Spare parts availability: 10 years

Ground anchoring screws not included.

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:



