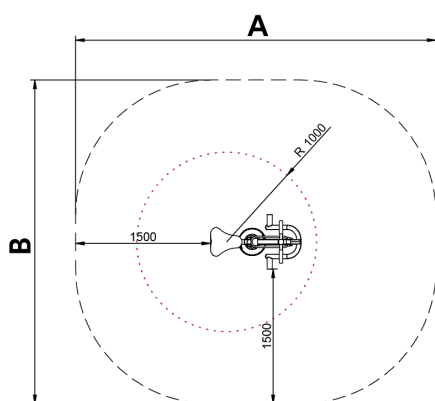




The **healthy elements manufactured by BENITO** enable people to exercise in both public and private spaces, increasing their well-being and quality of life while boosting health and social relations.

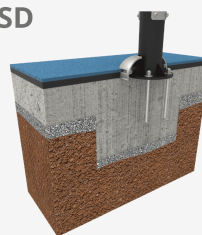
- **Health functions:** improving cardiovascular and respiratory functions, strengthening muscles and enhancing agility, flexibility and coordination of movements.
- **Social functions:** creating leisure activities, promoting social integration and a more intensive recreational use of public spaces.



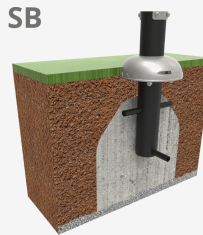
A=157.87" 134.55 ft² 33.46" 1

B=141.97"

SD



SB



Materials:

Benefits: build up leg and chest muscles, improve limb movement, and enhance cardiopulmonary capacity.

Use instructions: sit on the rider, grasp the handles with both hands and push forward.

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): 2670x500x3300 / 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:



JSA015N



JSA004N



JSA018N



JSA003N



JSA006N



JSA014N



JSA002N



JSA007N



JSA010N



JSA009N



JSA011N



JSA001N



JSA005N



BENITO

BENITO –Urban –Light –Play –Covers

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 www.benito.com

Rowing
 JSA008N

+14

REMO | RAMEUR | ROWING

A line drawing of a person in a seated position on a rowing machine. The person is shown from the side, with their legs extended forward and feet on the pedals. Their arms are reaching back, holding the handle of the oar. The machine has a sliding seat and a flywheel mechanism.

**CONFORME A LAS
 EXIGENCIAS DE SEGURIDAD
 EN16630**

Beneficios:

Fortalece la musculatura de piernas y pectoral, permitiendo un completo movimiento de las extremidades.

Mejora la capacidad cardio-pulmonar.

Instrucciones de uso:

Colóquese sobre el asiento, agarre las asas con ambas manos y empuje los pedales hacia delante.

**CONFORME AUX
 EXIGENCES DE SÉCURITÉ
 EN16630**

Avantages:

Renforce la musculature des jambes et des pectoraux en permettant un mouvement complet des extrémités.

Améliore la capacité cardio-pulmonaire.

Instructions d'utilisation:

Placez-vous sur le siège, tenez les poignées à deux main et poussez sur les pédales vers l'avant.

**ACCORDING TO
 SAFETY REQUIREMENTS
 EN16630**

Benefits:

Builds up leg and chest muscles, improves limb movement, and enhances cardio pulmonary capacity.

Use instructions:

Sit on the rider, hold handles with both hands and push forward.

LOW
 level

3 SERIES | 3 SÉRIE | 3 SERIES

6 rep.

MEDIUM
 level

3 SERIES | 3 SÉRIE | 3 SERIES

10 rep.

HIGH
 level

3 SERIES | 3 SÉRIE | 3 SERIES

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

Projects:

