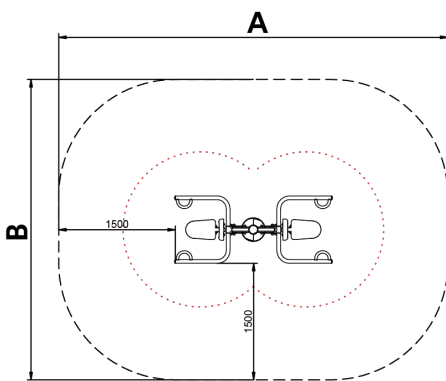


14+

Certified
EN16630
product



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 x B

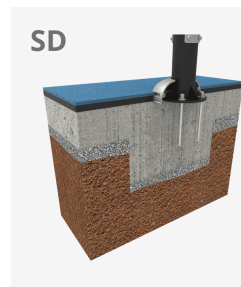
189.44
ft²

19.29"

2

A=197.24"

B=152.36"



Materials:

Benefits : Strengthens and also develops the muscles of the upper limbs. Dorsals, deltoids and biceps.

Instructions for use: Sit on the seat with your back against the backrest and grab the handles with both hands, pulling them slowly and returning to the initial position.

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): 4400x90x90 / Heaviest piece (kg): 44

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 - Courts

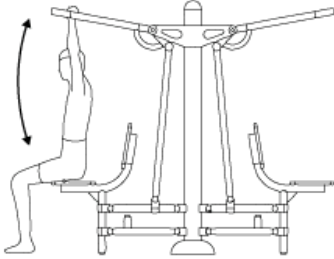
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Pull down

JSA010N

+14

DORSALES | DORSAUX | PULL DOWN



CONFORME A LAS EXIGENCIAS DE SEGURIDAD EN16630	CONFORME AUX EXIGENCES DE SÉCURITÉ EN16630	ACCORDING TO SAFETY REQUIREMENTS EN16630
<p>Beneficios: Refuerza y también desarrolla la musculatura de los miembros superiores. Dorsales, deltoides y bíceps.</p> <p>Instrucciones de uso: Colóquese en el asiento con la espalda apoyada en el respaldo y agarre las asas con ambas manos, tirando de ellas lentamente y volviendo a la posición inicial.</p>	<p>Avantages: Renforce et développe les muscles des membres supérieurs, dorsaux, deltoides et les biceps.</p> <p>Instructions d'utilisation: Placez-vous sur le siège, le dos collé au dossier, et tenez les anses à deux mains en tirant sur elles lentement et en revenant à la position de départ.</p>	<p>Benefits: It strengthens and develops the upper limbs. Dorsal, deltoid and bicep muscles.</p> <p>Use instructions: Sit with your back against the equipment and take hold of the handgrip with both hands, then pull it down with your full strength. Revert slowly. Suitable for people of all ages. Limited to only two persons at a time.</p>
<p>LOW level</p> <p>3 SERIES 3 SÉRIE 3 SERIES</p> <p>5 rep.</p>	<p>MEDIUM level</p> <p>3 SERIES 3 SÉRIE 3 SERIES</p> <p>10 rep.</p>	<p>HIGH level</p> <p>3 SERIES 3 SÉRIE 3 SERIES</p> <p>15 rep.</p>
<p>1 MINUTO DE PAUSA 1 MINUTE DE PAUSE 1 MINUTE PAUSE</p>		

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

Projects:

