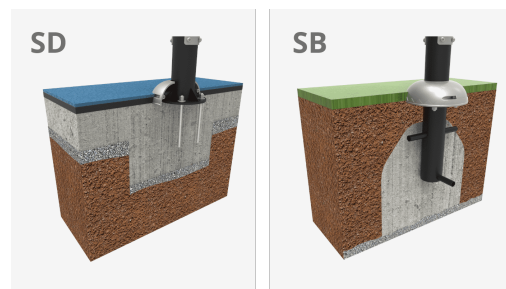


The **healthy elements manufactured by BENITO** enable people to exercise in both public and private spaces, increasing their well-being and quality of life while boosting health and social relations.

- **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 x B			
A=181.50"	203.44 ft <sup>2</sup>	22.05"	2
B=177.95"			



[Maintenance guide](#) | [Project sheet](#) | [CAD](#) | [Certificate](#) | [3D](#) | [Mounting instructions](#) | [HD image](#)

## Materials:

**Benefits:** work on the abdominals, reinforce the musculature and make it more flexible.

**Use instructions:** lie down and lock your feet on the footpads. Interlock your hands behind your head. Raise up and lie down your upper body repeatedly.

**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): 1518x1612x710 / Heaviest part (kg): 73

**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:



JSA004N



JSA018N



JSA003N



JSA006N



JSA014N



JSA002N



JSA007N



JSA010N



JSA008N



JSA009N



JSA011N



JSA001N



JSA005N



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## Abdominal

JSA015N

+14

ABDOMINAUX COULES | ABDOMINAUX COULES | DOUBLES ABDOMINAUX

CONFORME A LAS EXIGENCIAS DE SEGURIDAD EN16630	CONFORME AUX EXIGENCES DE SÉCURITÉ EN16630	ACCORDING TO SAFETY REQUIREMENTS EN16630									
<p><b>Beneficios:</b> Este ejercicio ayuda a trabajar los abdominales además de reforzar los músculos de esta zona, así como la flexibilidad de los mismos.</p>	<p><b>Avantages:</b> Le travail de la sangle abdominale, son renforcement musculaire et l'assouplissement de la zone de la taille.</p>	<p><b>Benefits:</b> It works on the belly muscles, make the muscles more powerful and pliable.</p>									
<p><b>Instrucciones de uso:</b> Tumbese y coloque los pies en la zona habilitada para ello. Seguidamente junte las manos detrás de la cabeza. Empezce a subir y a bajar la parte superior de su cuerpo y repita el ejercicio.</p>	<p><b>Instructions d'utilisation:</b> Allongez-vous et placez vos pieds dans les emplacements appropriés. Puis joignez vos mains derrière la tête. Relevez la partie supérieure de votre corps par des mouvements répétés et réguliers.</p>	<p><b>Use instructions:</b> Lie down and lock your feet on the footpads. Hold your handrail together back your head. Repeat raising up and lying down of your upper body.</p>									
<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="font-size: x-small;">LOW level</th> </tr> </thead> <tbody> <tr> <td style="font-size: x-small;">3 SERIES   3 SÉRIES   3 SERIES</td> </tr> <tr> <td style="font-size: x-small;">5 rep.</td> </tr> </tbody> </table>	LOW level	3 SERIES   3 SÉRIES   3 SERIES	5 rep.	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="font-size: x-small;">MEDIUM level</th> </tr> </thead> <tbody> <tr> <td style="font-size: x-small;">3 SERIES   3 SÉRIES   3 SERIES</td> </tr> <tr> <td style="font-size: x-small;">10 rep.</td> </tr> </tbody> </table>	MEDIUM level	3 SERIES   3 SÉRIES   3 SERIES	10 rep.	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="font-size: x-small;">HIGH level</th> </tr> </thead> <tbody> <tr> <td style="font-size: x-small;">3 SERIES   3 SÉRIES   3 SERIES</td> </tr> <tr> <td style="font-size: x-small;">15 rep.</td> </tr> </tbody> </table>	HIGH level	3 SERIES   3 SÉRIES   3 SERIES	15 rep.
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HIGH level											
3 SERIES   3 SÉRIES   3 SERIES											
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1 MINUTO DE PAUSA   1 MINUTE DE PAUSE   1 MINUTE PAUSE											
<div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span><span>2</span><span>3</span><span>4</span><span>5</span><span>6</span><span>7</span><span>8</span><span>9</span><span>10</span><span>11</span><span>12</span><span>13</span><span>14</span><span>15</span> </div>											

Projects:

