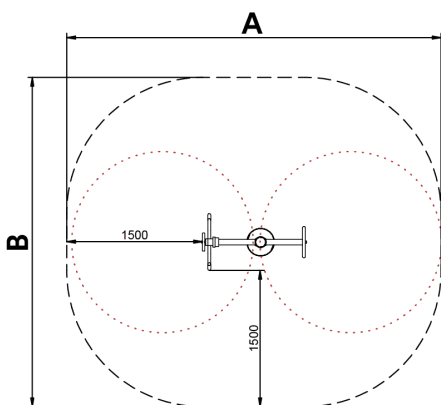


# Biceps AD

JSA019D

14+

Certified  
EN16630  
product



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.

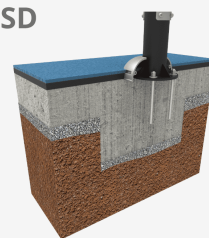
A x B



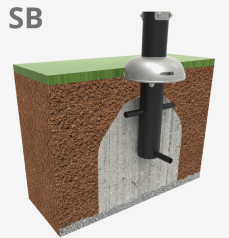
A=4130mm 13m<sup>2</sup> -m 2

B=3640mm

SD



SB



## Materials:

**Benefits:** strengthen and develop upper limbs, pectoral, deltoid and bicep muscles.

## Use instructions:

1. Stand in front of the equipment and grasp the handles with both hands, slowly pushing them and getting back to the initial position with a slow movement of resistance.
2. Stand in front of the equipment and grasp the handles with both hands, slowly pulling them and getting back to the initial position with a slow movement of resistance.

**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): 1310x685x1330 / Heaviest part (kg): 60.5

**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:



JSA018D



JSA003D



JSA009D



JSA005D

