

In the town of San Juan, Puerto Rico, they promote physical activity and a healthy lifestyle by installing areas with fitness elements, providing notable benefits for cardiovascular health, muscle strength, and coordination.



Abdominal JSA015N	Bicycle JSA018N	Chest Press JSA003N	Hockey JSA007N	Rowing JSA008N

Puerto Rico has taken a significant step towards promoting healthy lifestyles and improving the overall well-being of its population by installing circuits equipped with fitness and health elements. This initiative is not only transforming the urban landscape but also leaving a positive impact on cardiovascular health, muscular strength, and coordination for those participating in these activities.

Fitness elements designed to target different muscle groups are part of circuits aimed at strengthening the entire body comprehensively. This approach not only helps prevent injuries but also enhances overall physical endurance. As a result, individuals can enjoy a more active and functional life, benefiting not only in terms of health but also in their ability to engage in various physical activities with greater ease.

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info@benito.com
tel. 93 852 1000