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INSTRUCTION MANUAL

Training step hurdles S22-629...638



File: 2022-04-25
PRODUCT SUPPORT
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Warning!

The sports equipment produced by POLANIK is designed for athletics training and use in sports competitions only. Please pay special attention using the equipment, misuse of athletics equipment can cause serious injury. In no event shall POLANIK be liable for any special, incidental, indirect or consequential damages in connection with the purchase or use of POLANIK products or costs over the original cost of the product. Concerning our permanent efforts to improve our products i.e. their quality and aesthetic values, we reserve the right to introduce, without prior notice, constructional changes as well as other modifications in standard colours of the equipment and implements.

I. General description and use

Polanik step hurdles are designed for running drills, agility training and plyometric drills (the aim of which is to achieve explosive strength and power by an athlete).

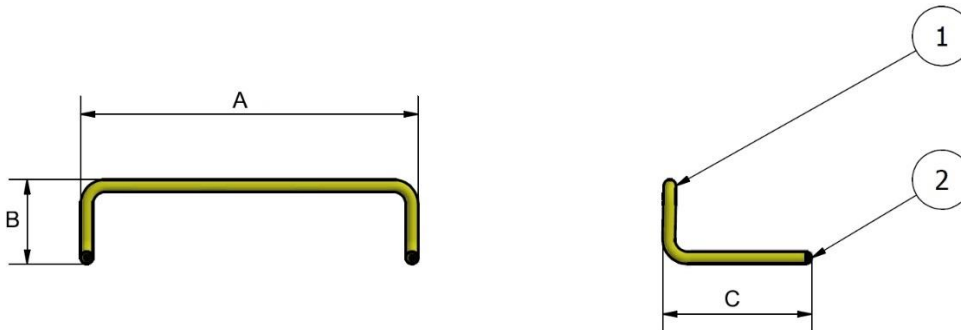
II. Technical specification

Product code	S22-629	S22-630	S22-631	S22-632	S22-633
Hurdle type	step training				
Design	one-piece, steel powder painted, plastic plugs				
Standard colour*	yellow (006)				
(A) Height** [mm]	150	200	250	300	350
(B) Width** [mm]	600	600	600	600	600
(C) Foot length** [mm]	265	157	187	199	221
Net weight [kg]	0,96	0,92	1	1,13	1,25

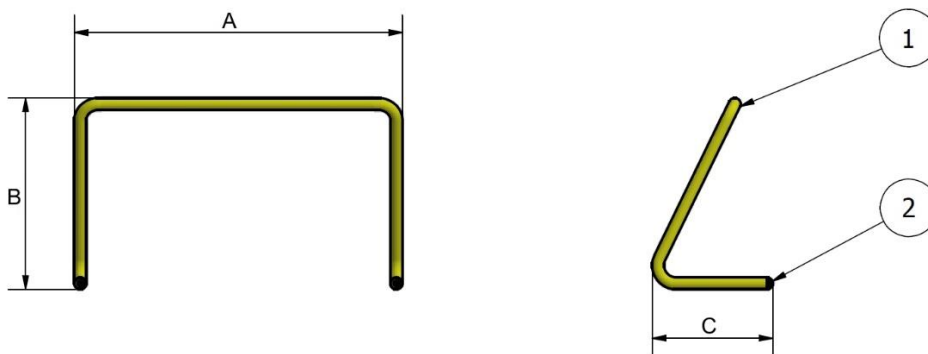
*non-standard colours are available on request

**allowance +/- 3 mm

S22-629



S22-630...S22-633



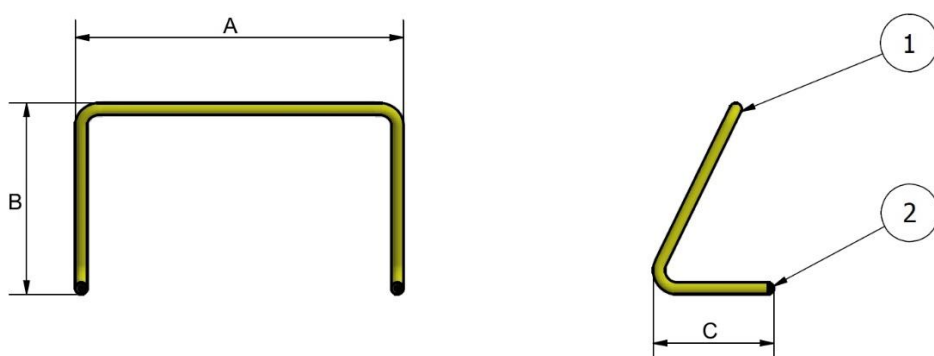
- (1) – steel tube powder painted
- (2) – plastic plug

Product code	S22-634	S22-635	S22-636	S22-637	S22-638
Hurdle type	step training				
Design	one-piece, steel powder painted, plastic plugs				
Standard colour*	yellow (006)				
(A) Height** [mm]	400	450	500	550	600
(B) Width** [mm]	600	600	600	600	600
(C) Foot length** [mm]	233	255	286	317	337
Net weight [kg]	1,34	1,45	1,57	1,70	1,87

*non-standard colours are available on request

**allowance +/- 3 mm

S22-634...S22-638



(1) – steel tube powder painted

(2) – plastic plug

III. Packing and transport

Hurdles are put on pallets in parts and wrapped with foil.

IV. Operation and maintenance

The product does not require any special maintenance measures. The hurdle must be stored in a roofed and dry place. Use commonly available cleaning agents to remove dirt from the hurdle. After cleansing dry the hurdle with soft cloth.

V. Waste disposal information

A used product should not be put in household waste. It must be delivered to a designated collection points for recycling of metal and synthetic materials.



VI. Declaration

1) No. 2022-04-25

2) Issuer's name: POLANIK Sp. z o. o.

Issuer's address: Życzliwa 11, 97-300 Piotrków Tryb.

3) Object of declaration:

No.	Name	Code
1	Training step hurdle 15 cm	S22-629
2	Training step hurdle 20 cm	S22-630
3	Training step hurdle 25 cm	S22-631
4	Training step hurdle 30 cm	S22-632
5	Training step hurdle 35 cm	S22-633
6	Training step hurdle 40 cm	S22-634
7	Training step hurdle 45 cm	S22-635
8	Training step hurdle 50 cm	S22-636
9	Training step hurdle 55 cm	S22-637
10	Training step hurdle 60 cm	S22-638

4) The object of declaration described above is in conformity with the factory's internal engineering standards

5) Declaration for:

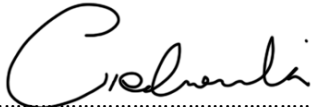
Buyer/Distributor/User

Signed for and in behalf of:

POLANIK Sp. z o.o.
2022-04-25 Piotrków Tryb.
(Date and place of issue)

6) Pawel Ciechanowski
Product Manager

.....
(Name, function)


.....
(Signature or equivalent authorized by the issuer)