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How to link the handle S-145 to a Polanik throwing weight **Quick Guide**



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Prepare necessary tools: hex key no. 6 and metric wrench no. 13



Remove the bolt from the throwing weight shackle using the key and the wrench.



Attach the shackle to the connector.



Install the shackle on the swivel, tighten the bolt using the key and the wrench.

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5 Screw down the quick link nut.



6 Tighten the quick link nut with the wrench.



7 The throwing weight is ready for use.

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