

## TECHNICAL SPECIFICATION USER MANUAL

### Jumping ability hurdle

PP16-S505

PP16-S506



File: 2017-07-26

**PRODUCT SUPPORT**

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**Thank you for choosing Polanik training hurdles.**

### I. General description and use

The training hurdle is designed to develop and improve a jumping ability in a wide height range, and for use in sports rehabilitation and sports injury recovery programs. The hurdle has got a divided crossbar equipped with soft lining, so if the person who is jumping hits the crossbar, it will part to enable the person to land safely without harm on the ground. The hurdle feet are made of flat sheet which is safer than profiles in case of landing on them after faulty jumps. A spring-loaded catch system of height adjustment is reliable and fast. The wide range of the height adjustment lets you use the hurdle in training programs of various sports disciplines. The telescopes are equipped with the synthetic guide inserts, so the height adjustment is smooth and precise.

### II. Parts (parts set) list





Item	Description	Q-ty	Image
1	Left foot	1	
2	Right foot	1	
3	Left telescope	1	
4	Right telescope	1	


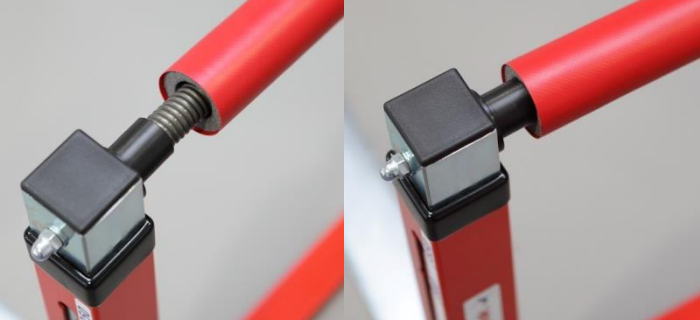
Item	Description	Q-ty	Image
5	Feet connector	1	
6	Crossbar	2	
7	Screw M10x25 countersunk head, hex key no 6	2	
8	Screw M8x20 countersunk head, hex key no 5	4	

### III. Technical specification

Product code	PP16-S505	PP16-S506
Type	training	
Crossbar	parted, spring , padded	
Telescope – inner profile	steel, galvanized	
Telescope – outer profile	steel, galvanized and powder painted	
Feet connector	steel, galvanized and powder painted	
Feet	steel, galvanized	
Height adjustment system	spring-loaded catch	
Height range [mm]	850, 950, 1050, 1150, 1200, 1250, 1300, 1350, 1400, 1450, 1500	500,600,700,850
Dimensions [mm]	1070 x 700 x 850	1070 x 700 x 500
Net weight [kg]	13,5	11

#### IV. Assembly

No	Description	Image
1	The hurdle is delivered in parts.	
2	Hurdle feet (item 1 and 2) are fastened to feet connector (item 5) with screws M8x20 (item 8).	
3	Use hex key no. 5 to screw each foot with two screws.	
4	Screw telescopes (item 3 and 4) to the construction with screws M10x25 (item 7), one screw for each telescope.	

No	Description	Image
5	Use hex key no. 6 to screw telescopes.	
6	Screw crossbars (item 6) on springs of telescopes clockwise.	

#### Attention!

The main goal of the hurdle collapsible construction is to assure easy and cheap transport. Therefore we do not recommend dismounting the hurdle during idle periods.

#### V. Operation

How to adjust the height:

1. Pull and hold the knob to release the catch (see below).
2. While holding the knob, slide it up or down to position the crossbar at the desired height, and then let the knob go.
3. Repeat the action at the other telescope.



How to use the hurdle:

1. Train only according to the runway direction marked on the hurdle feet (see below), **otherwise the hurdle may fall over and may be damaged.**



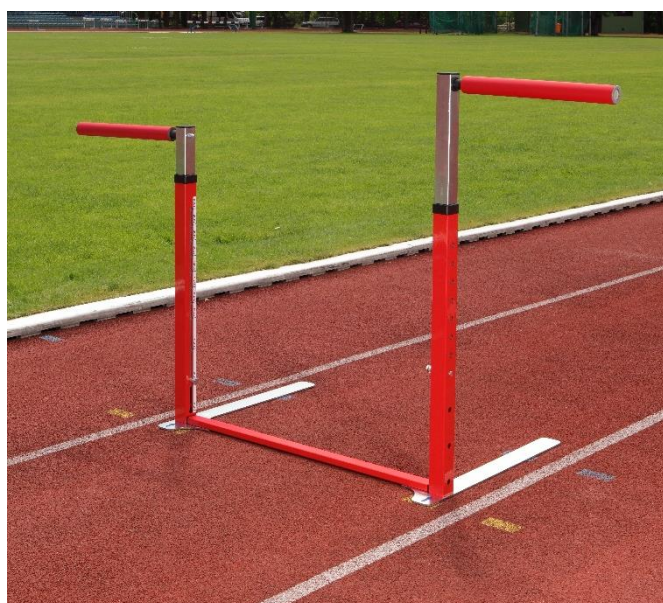
2. The crossbar will part when it is hit (see below).



3. Due to the implemented flexible materials (soft lining and springs) the two crossbars may not form an ideally straight line.



4. It is possible to rotate telescopes over 180° and linked like that more than one hurdles.





#### **VI. Packing and transport**

The hurdle is packed in a flat carton box.

#### **VII. Remarks on maintenance**

The hurdles must be stored in a roofed and dry place. They do not require any special maintenance measures apart from keeping them clean. Use commonly available cleaning agents. Before you start wiping the crossbar covering, please try to clean a small spot on its bottom side in order to check the reaction with the PVC fabric.

## VIII. Declaration

1) No. 2017-07-26

2) Issuer's name: POLANIK  
Issuer's address: Życzliwa 11, 97-300 Piotrkow Tryb.

3) Object of declaration:

No.	Description of goods	Code
1	Jumping ability hurdle 850-1500 [mm]	PP16-S505
2	Jumping ability hurdle 500-850 [mm]	PP16-S506

4) The object of declaration described above is in conformity with the requirements of the company's production norms.

### Additional Information

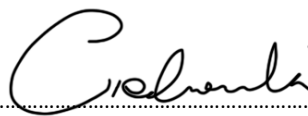
5) Declaration for:  
Buyer/Distributor/User

Signed for and in behalf of:

POLANIK  
2017-07-26 Piotrkow Tryb.  
(Date and place of issue)

6) Pawel Ciechanowski  
Product Manager

.....  
(Name, function)



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