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## **TECHNICAL SPECIFICATION** **INSTRUCTION MANUAL**

### **Polanik adjustable discuses**

DA075-S284    DA100-S247    DA125-S285  
DA150-S248    DA175-S286    DA200-S249



File: 2014-07-15

PRODUCT SUPPORT  
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Thank you for choosing POLANIK adjustable discuses.

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### I. Use

Polanik training adjustable discus is an innovative and unique product. Thanks to our original weight adjustment system and traditional Polanik high quality manufacturing, the discus introduces a new value to discus throw training. The distinctive feature of the system is the idea of the changeable steel flat discs, which are not so heavy and space-consuming as commonly used centre weights. The discs are stored inside a special carrying bag that comes with the product. Our system lets you not only carry the discus more comfortably, but also quickens significantly your training. It also gives you a greater weight selection.



The matchless idea of the changeable discs together with the wide weight range makes Polanik adjustable discus the most versatile and user-friendly training implement. Now you do not need to take eleven discuses to your training meetings. One Polanik adjustable discus is enough.

## II. Technical specification

The discus rim is made of steel. The side plates are manufactured out of synthetic material with high fiberglass content. That makes the sides more rigid and resistant to impacts. All steel elements are galvanized.

Code	Weight (kg) from + 0,005 to + 0,025	Outside diameter of rim (mm) $\pm 1$	Thickness of flat centre area (mm) min-max	Diameter of flat centre area min 50 - max 57
DA075-S284	0,75-1,25	167	34-36	52,7
DA100-S247	1,00-1,50	181	38-39	52,7
DA125-S285	1,25-1,75	190	37-39	52,7
DA150-S248	1,50-2,00	201	38-40	52,7
DA175-S286	1,75-2,25	211	41-43	52,7
DA200-S249	2,00-2,50	220	44-46	52,7

## III. Changing the discus weight



Use the hex key which comes with the product to unscrew the central screw, and remove the side plate.



Inside the discus there is the threaded sleeve which is permanently fastened to one of the central discus plates. The four steel discs: 50g, 100g, 150g and 200g are screwed on that sleeve.



Different disc combinations let you adjust the discus weight within a very wide range (see the table below).

Code	Weight (kg) from + 0,005 to + 0,025	Weight selection range (kg)											
		0,75	0,80	0,85	0,90	0,95	1,00	1,05	1,10	1,15	1,20	1,25	
DA075-S284	0,75-1,25	0,75	0,80	0,85	0,90	0,95	1,00	1,05	1,10	1,15	1,20	1,25	
DA100-S247	1,00-1,50	1,00	1,05	1,10	1,15	1,20	1,25	1,30	1,35	1,40	1,45	1,50	
DA125-S285	1,25-1,75	1,25	1,30	1,35	1,40	1,45	1,50	1,55	1,60	1,65	1,70	1,75	
DA150-S248	1,50-2,00	1,50	1,55	1,60	1,65	1,70	1,75	1,80	1,85	1,90	1,95	2,00	
DA175-S286	1,75-2,25	1,75	1,80	1,85	1,90	1,95	2,00	2,05	2,10	2,15	2,20	2,25	
DA200-S249	2,00-2,50	2,00	2,05	2,10	2,15	2,20	2,25	2,30	2,35	2,40	2,45	2,50	

#### IV. Maintenance

The discuses should be used on grass ground only. During longer idle periods the discus rim and central metal plate ought to be wiped with technical petroleum jelly. It is recommended that the discus, weight plates and hex key should be stored in the original discus carrying bag which is added to the product free of charge.



#### V. Packing and transport

The discuses are packed in foil bags and synthetic fabric carrying bags. Then each discus is packed in a 3-layer cardboard box. The boxes are shipped in master wooden - hardboard cases or on pallets.

Code	Package dimensions (mm)	Package weight (kg)
DA075-S284	180x40x180	1,3
DA100-S247	190x45x190	1,55
DA125-S285	200x45x200	1,8
DA150-S248	210x45x210	2,05
DA175-S286	220x50x220	2,3
DA200-S249	235x50x235	2,55

Even the best technical solutions cannot substitute for common sense. The usage of the product must take place under the supervision of sports facility technical staff. The producer shall not be liable for any incidents caused by the improper assembly or its misuse. The producer reserves the right to introduce without warning changes in product constructions and colours. © 2014 Polanik

## VI. Declaration

- 1) No. 2011-12-16
- 2) Issuer's name: POLANIK Sp. z o. o.  
Issuer's address: Życzliwa 11, 97-300 Piotrkow Tryb.
- 3) Object of declaration:

Item no.	Description of goods	Code
1	Adjustable discus 0,75-1,25 [kg]	DA075-S284
2	Adjustable discus 1,00-1,50 [kg]	DA100-S247
3	Adjustable discus 1,25-1,75 [kg]	DA125-S285
4	Adjustable discus 1,50-2,00 [kg]	DA150-S248
5	Adjustable discus 1,75-2,25 [kg]	DA175-S286
6	Adjustable discus 2,00-2,50 [kg]	DA200-S249

- 4) The object of declaration described above is in conformity with the requirements of the following documents:

Articles	Document title	Issuer	Item no.
Rule 189 Point 1	IAAF Competition Rules 2012-2013	International Association of Athletics Federations 17, rue Princesse Florestine BP 359 – MC 98007 Monaco Cedex Tel. +3377 93 10 88 88 Fax +377 93 15 95 15 www.iaaf.org	1,2,3,4,5,6
Rule 189 Point 1 and 2	IAAF Competition Rules 2012-2013	International Association of Athletics Federations 17, rue Princesse Florestine BP 359 – MC 98007 Monaco Cedex Tel. +3377 93 10 88 88 Fax +377 93 15 95 15 www.iaaf.org	2,4,5,6

### Additional Information

- 5) Declaration for:  
Buyer/Distributor/User

Signed for and in behalf of:

POLANIK Sp. z o.o.  
2014-07-15 Piotrkow Tryb.  
(Date and place of issue)

- 6) Pawel Ciechanowski  
Product Manager

.....  
(Name, function)

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