

## **Main advantages**




### **Training steel hammers**

**PM-1**

**PM-2**



- **Cost effective reliable construction**
- **Easy operation and safe**
- **Produced since 1997**

Part name	Construction	Advantage	Part image
Hammer head	-turned steel powder painted -filled with special mixture of lead and fine shot -permanently marked with the Polanik logo and the nominal weight	-strong and durable -maintenance free	
Swivel	-hardened steel galvanized	-long lasting -safe operation	
Hammer handle	- <b>IAAF certified</b> -made of duraluminium and steel wire dia. 4 mm -powder painted -tensile strength over 800kg -permanently marked with the Polanik logo and the product code	-confirmed strength, safe and comfortable	
Hammer wire	-made of steel wire dia. 3 mm, galvanized	-reliable and safe to use	