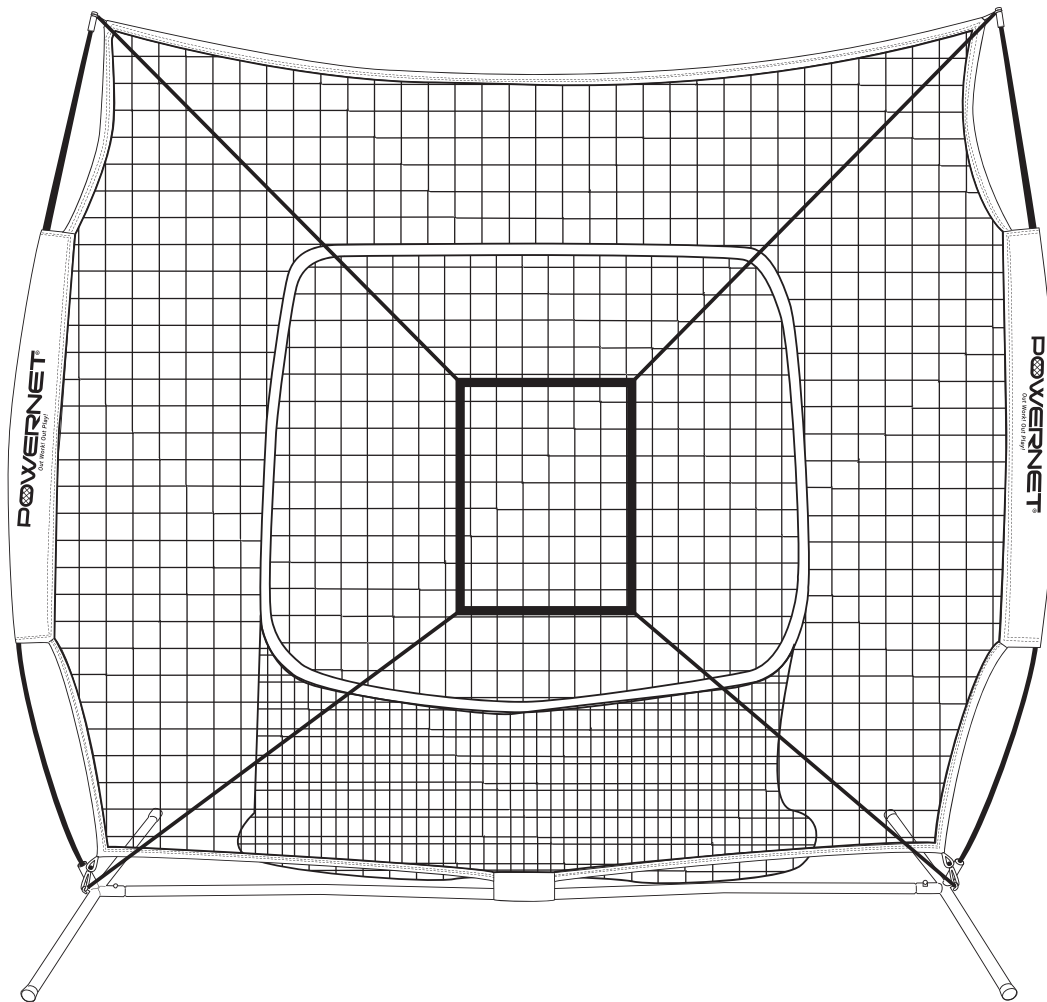


# POWERNET®

*Out Work! Out Play!*

## **7x7 DLX PRACTICE NET BUNDLE**



**Model 1009**

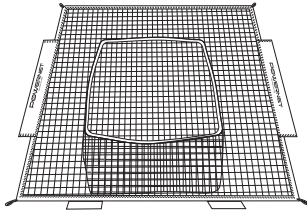
### **⚠ WARNING**

- Read all instructions before use.
- Poles are under tension. Use caution during assembly and disassembly. Failure to do so may result in injury.
- Use caution around sliding / moving parts to avoid pinching.
- Store equipment after use. Do not leave outdoors.

**FOR VIDEO INSTRUCTIONS VISIT:  POWERNET  TrainingNets.com**

## PARTS LIST

(1) NET



(2) UPPER POLE



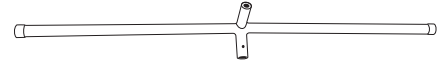
(2) LOWER POLE



(1) CENTER POLE (M/M)



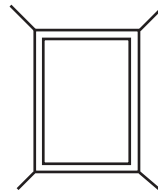
(2) SIDE LEG



(1) CENTER POLE (M/F)



(1) STRIKE ZONE



(1) WEIGHTED BALL

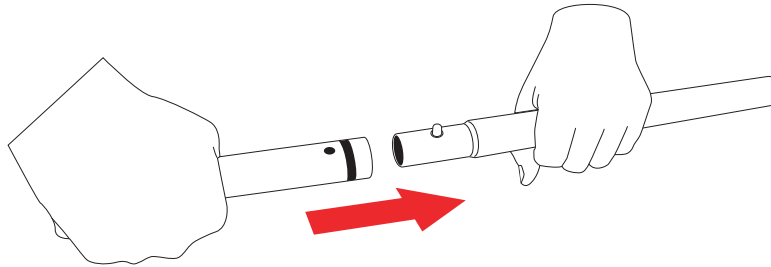


(1) CARRY BAG



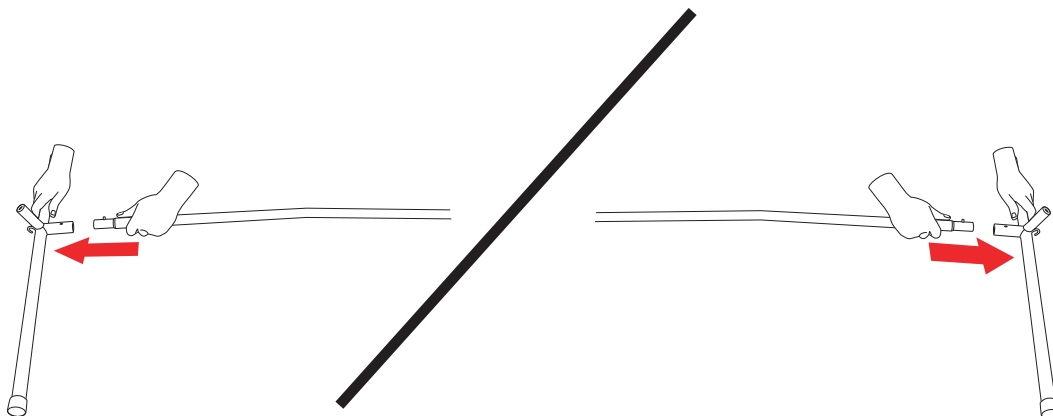
1

Connect **Center Pole (M/M)** and **Center Pole (M/F)** together.



2

Connect **Center Pole** assembly to each **Side Leg**.

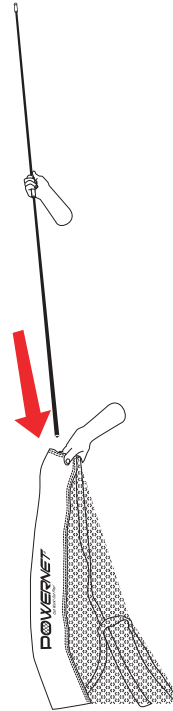


**3**

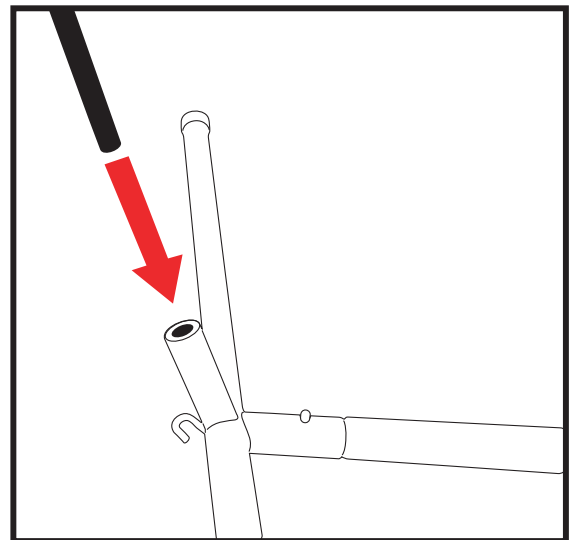
Connect an **Upper** and a **Lower Pole**.

**4**

Slide connected **Poles** through a **Net** sleeve.

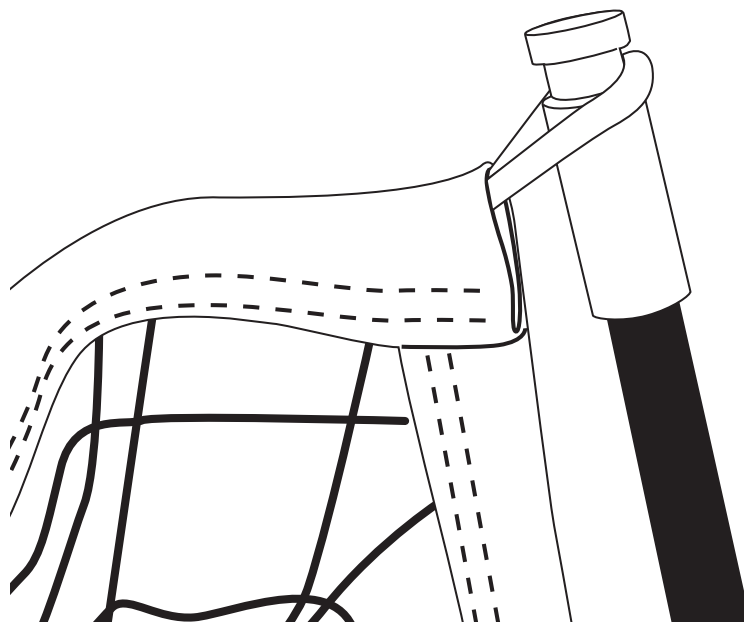
**5**

Insert connected **Poles** into the pole holder on **Side Leg**. Repeat Step 3 - 5 on opposite side.

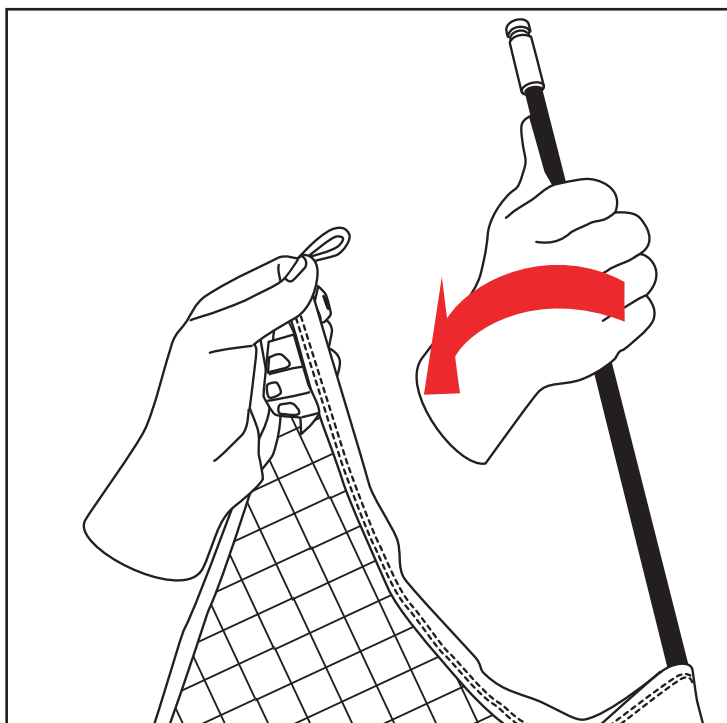


6

Attach white loop at top of **Net** to silver notch located on **Upper Pole**. Repeat on opposite side.

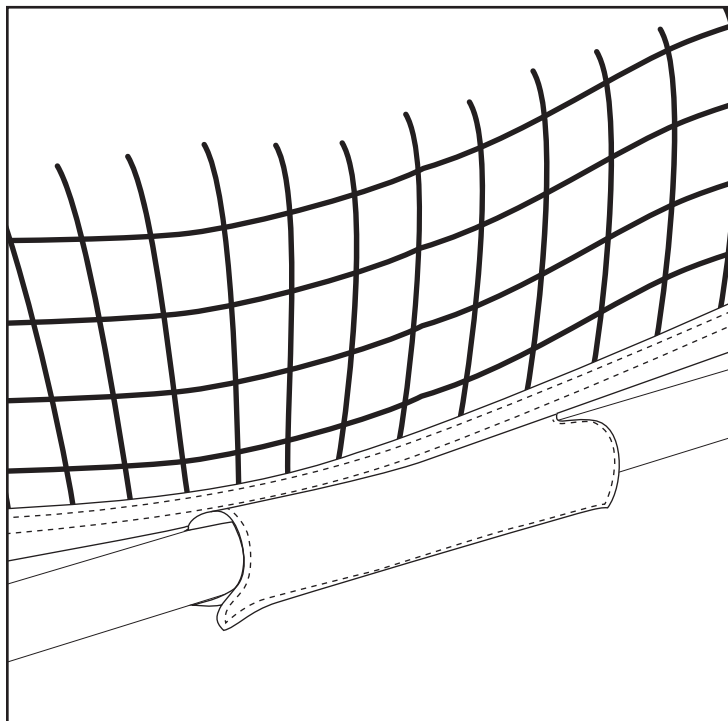
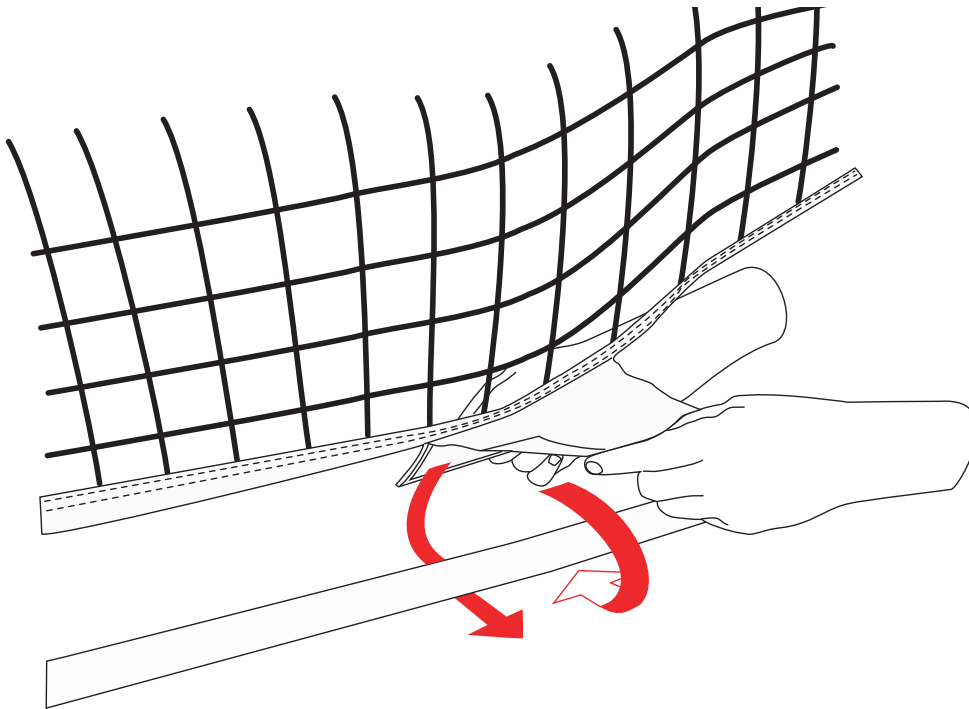


NOTE: You may bend the **Upper Pole** inward to make this step easier.



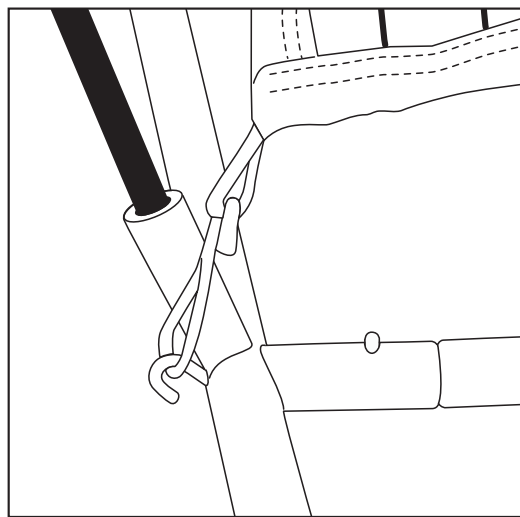
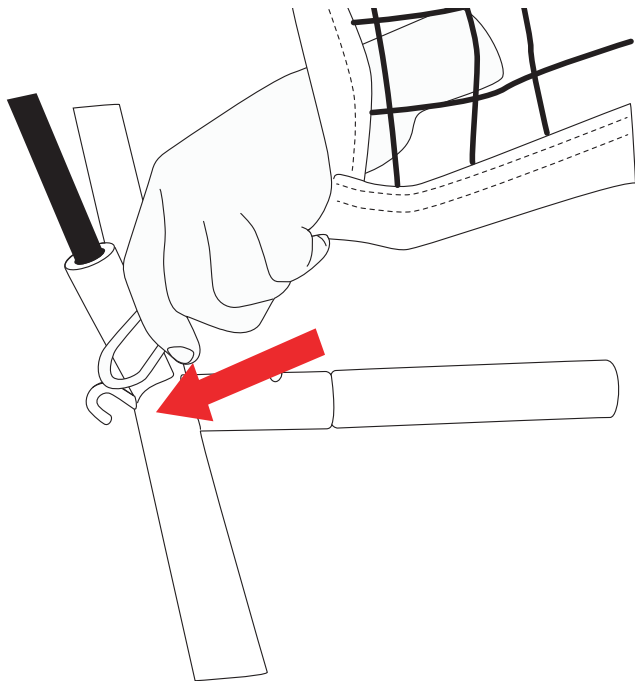
7

Attach both red securing flaps on bottom of the **Net** around the **Center Pole**.



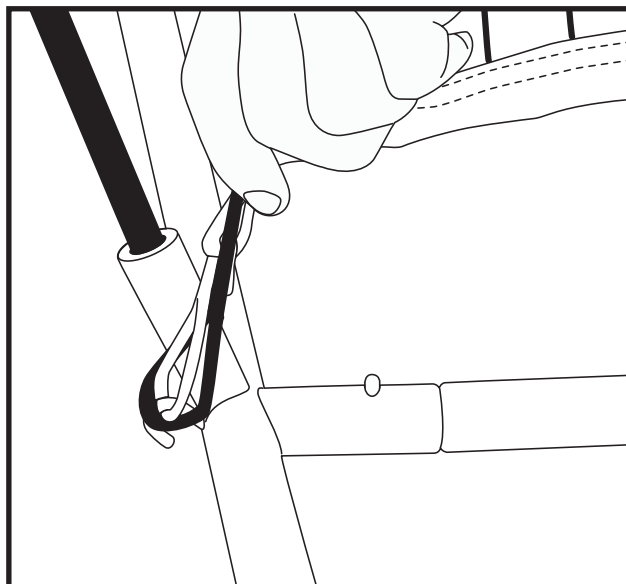
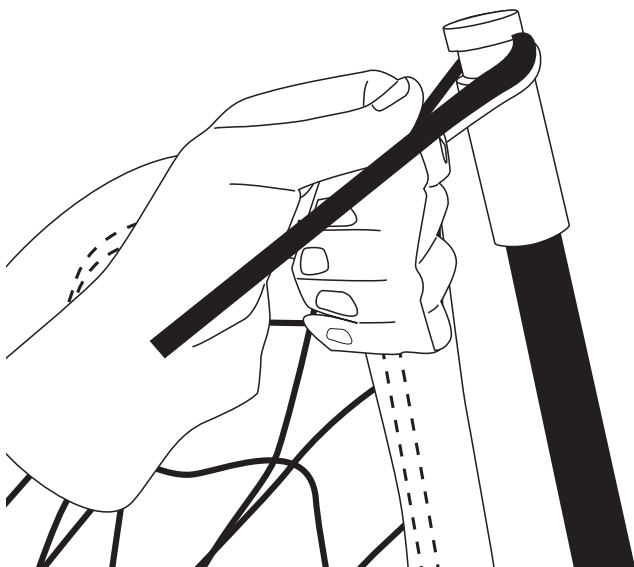
8

Attach loop at bottom of **Net** to hook on **Side Leg**. Repeat on opposite side.

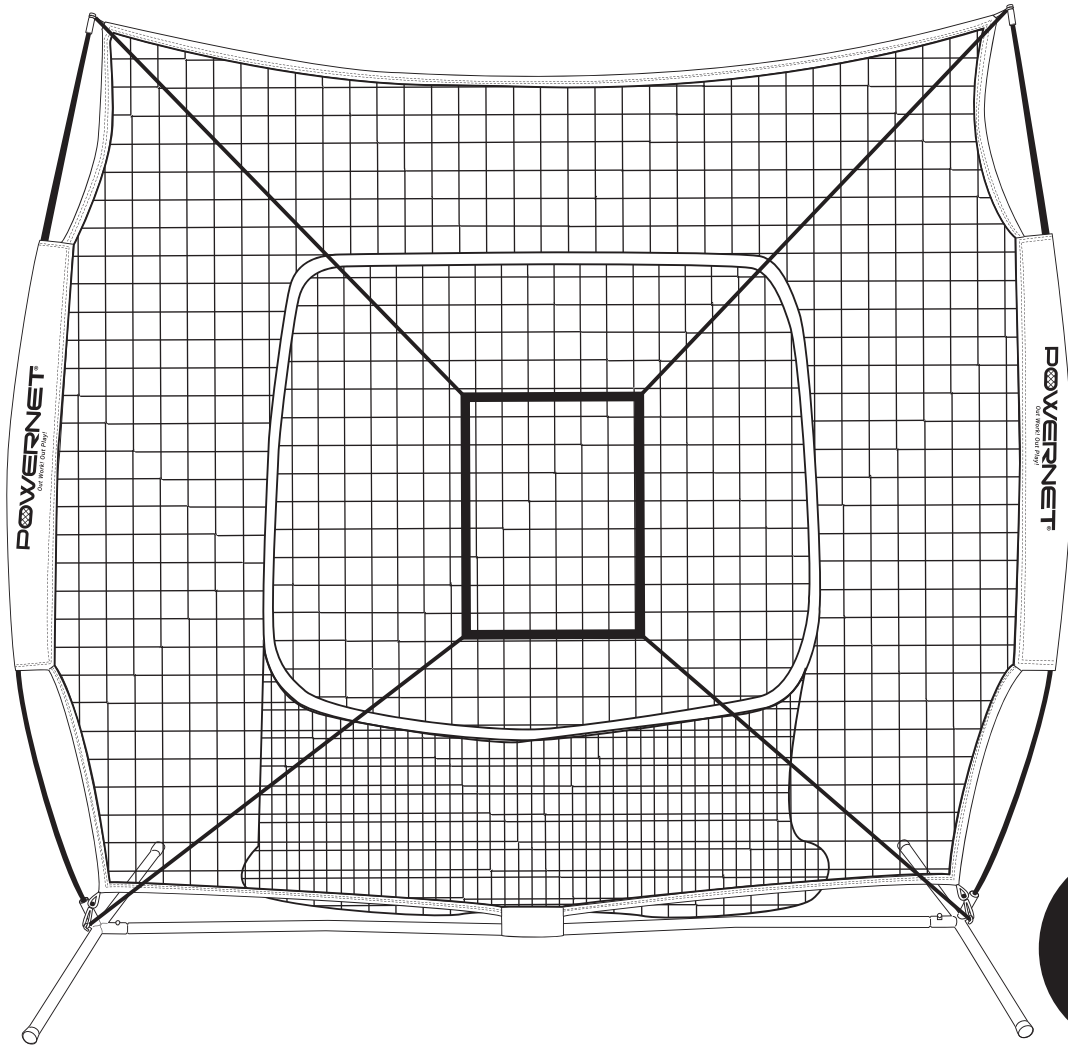


9

**STRIKE ZONE:** Loop over the white **Net** loops at the corners:



**NOTE:** Adjust straps to raise or lower height.  
You can also wrap excess cord around the side legs to make taut.



# POWERNET®

*Out Work! Out Play!*

## OUR VISION

Building confidence through sports is a far-reaching achievement that takes time and repetition.

Winners aren't built overnight. Individuals who challenge themselves to excel in sports walk away with something even greater than the game; pride, confidence and self-respect. This places them in a position to experience sustained success in all areas. Our driving force is to get PowerNet gear in the hands of the player. We trust in the process of training and hard work as we know it leads to success on and off the field. Our hope is to play a role in building winners in sports and in life.

**PLAY LIKE  
THE PROS.**

**GERMAN  
MARQUEZ**

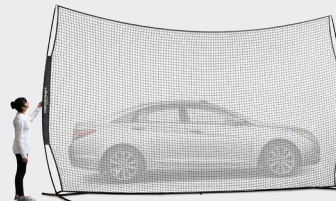
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LLOYD**

**JARED  
WALSH**

**CHECK OUT MORE  
POWERNET GEAR**  
***TrainingNets.com***



7x7 PRACTICE NET



16x10 BARRIER NET



TRIPLE THREAT NET

FOR VIDEO INSTRUCTIONS VISIT:



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