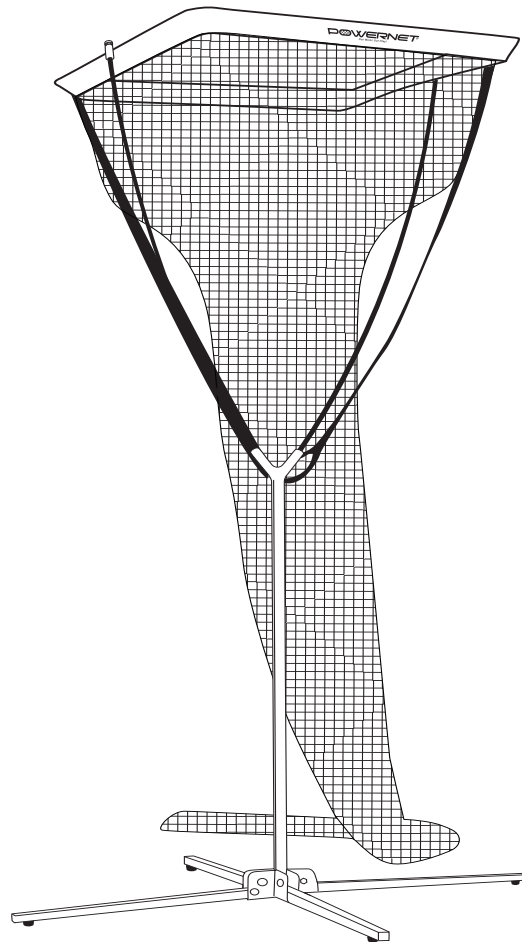


# POWERNET®

*Out Work! Out Play!*

## ***VOLLEYBALL SETTER NET***



**For Model 1145**

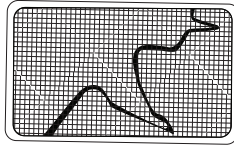
### **⚠ WARNING**

- Read all instructions before using.
- 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



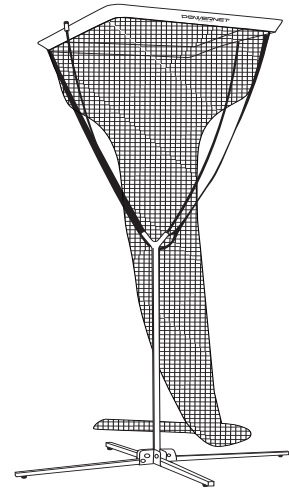
(2) FIBERGLASS POLE



(1) BASE FRAME

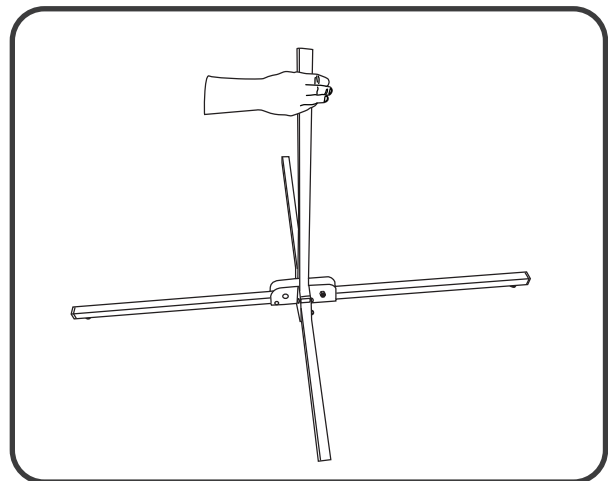
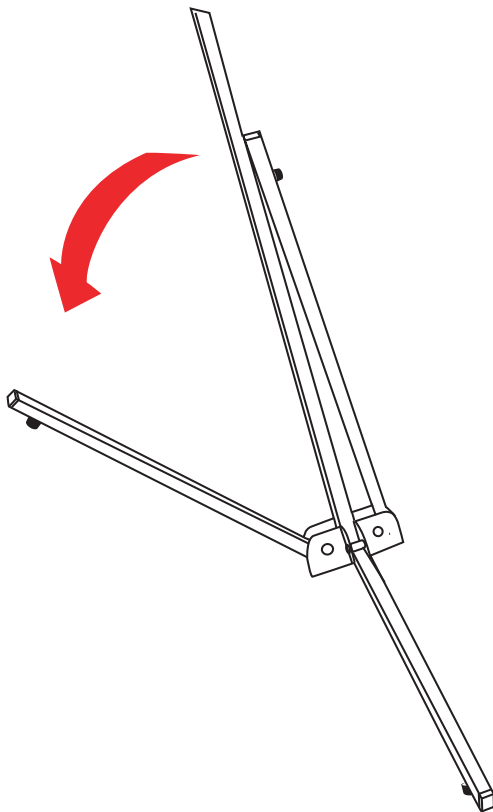


(1) DUAL POLE HOLDER

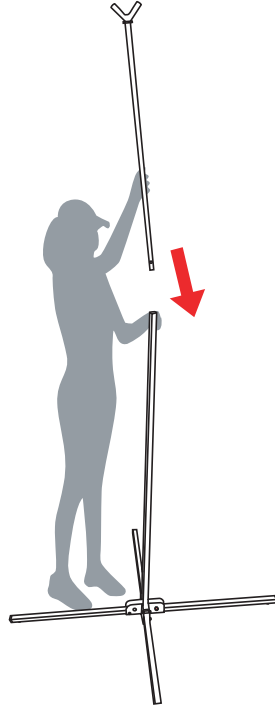


**1**

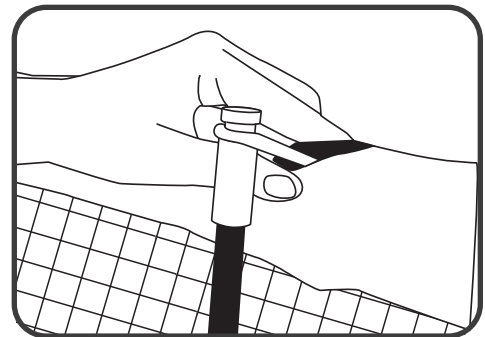
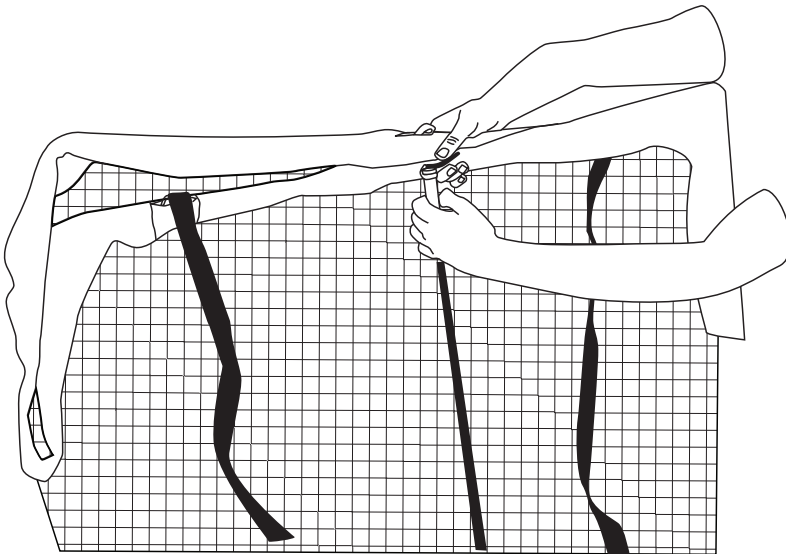
Hold the center of the **Base Frame** and slowly pull a base leg downward until it locks into place. Repeat on each side.



- 2** Insert the **Dual Pole Holder** into the **Base Frame**. Push in the silver button until the bottom hole is reached on the **Base Frame**.



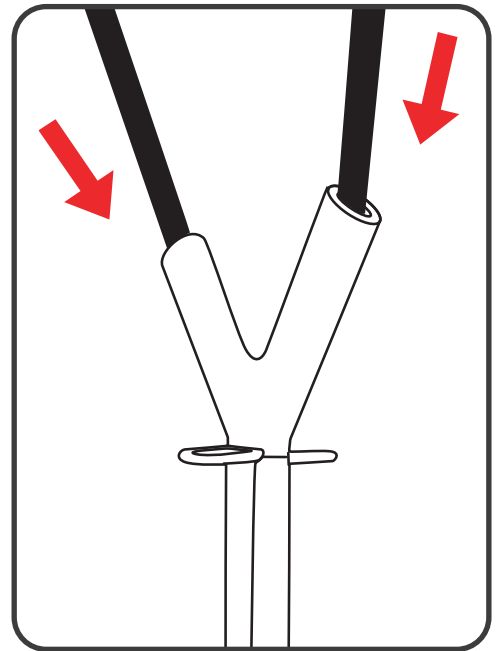
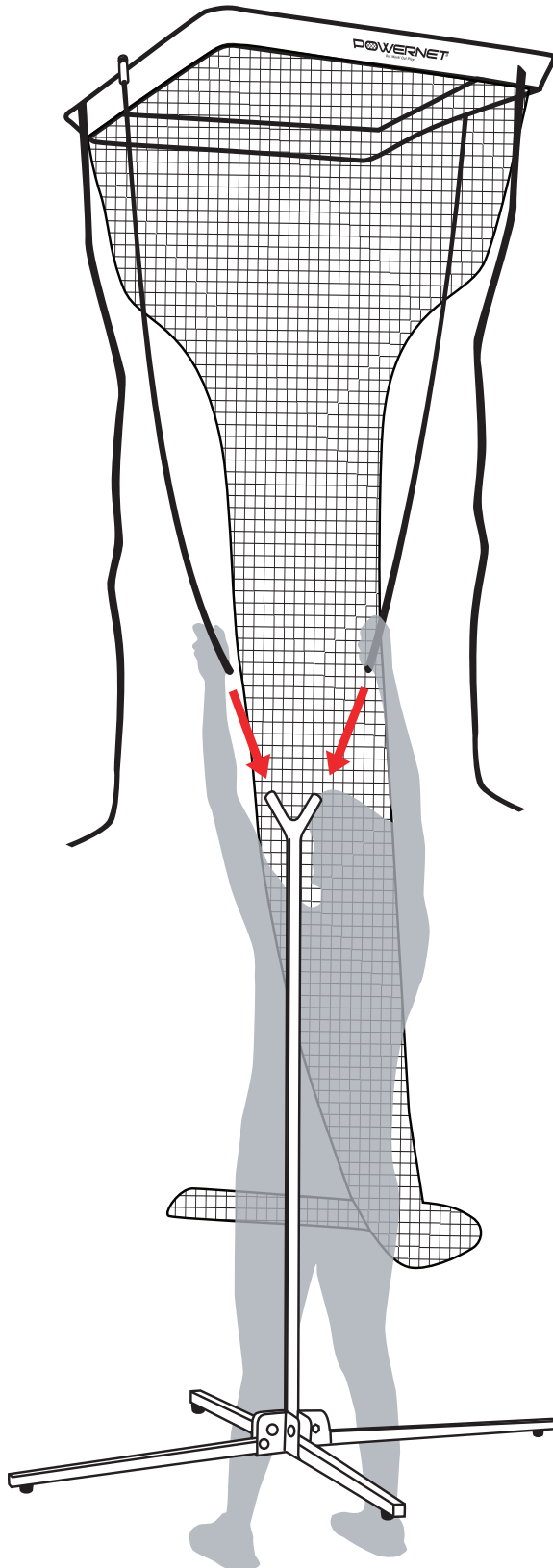
- 3** Connect the white loop on the top side of the **Net** to the silver notch located on the **Fiberglass Pole**. Repeat on opposite side.



**NOTE:** Pinch the top of the **Net** to keep it closed while connecting the **Fiberglass Poles**. This keeps the **Net** from falling to one side while you insert the second **Fiberglass Pole**.

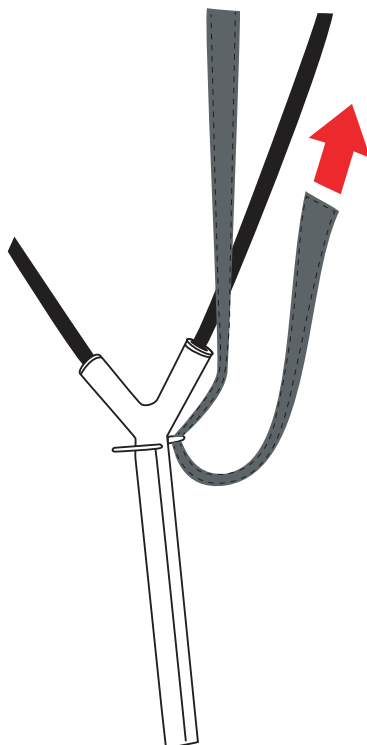
4

Lift and connect the **Net** and **Fiberglass Poles** into the **Dual Pole Holder**.

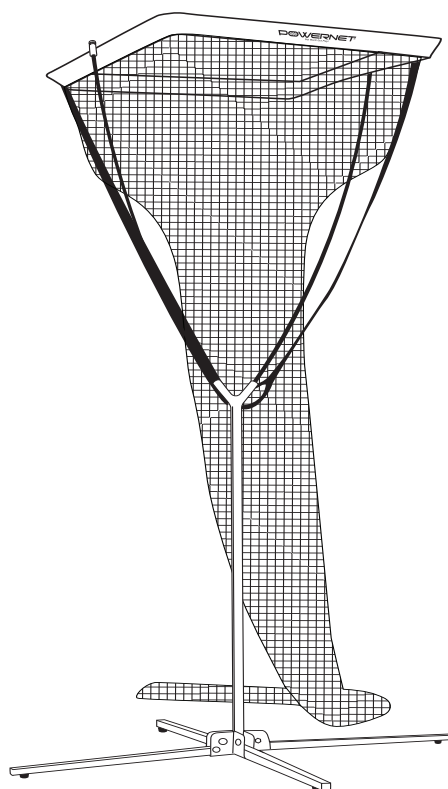


5

Slide the hook and loop strap through the rectangular hook located on the opposite side of the **Dual Pole Holder** and tightly secure it. Repeat on opposite side.



**NOTE:** Once you complete the 5 steps, you can adjust the height to your preference by pushing the silver button on the **Base Frame** and lifting the **Dual Pole Holder** until it locks into place. Reference step 2.



# 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.

**CHECK OUT MORE  
POWERNET GEAR**  
*[TrainingNets.com](http://TrainingNets.com)*



VOLLEYBALL WARM-UP NET



VOLLEYBALL SYSTEM



4-WAY VOLLEYBALL NET

FOR VIDEO INSTRUCTIONS VISIT:



**POWERNET**

[www.PowerNetInc.net](http://www.PowerNetInc.net) | 909.203.5495