

# POWERNET®

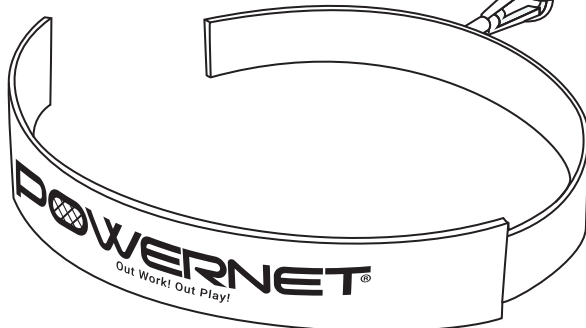
*Out Work! Out Play!*

## **SOLO SOCCER RETURN TRAINER**



**CARLI LLOYD** | TEAM POWERNET

2x OLYMPIC GOLD MEDALIST  
2x WORLD CUP CHAMPION  
2x FIFA PLAYER OF THE YEAR



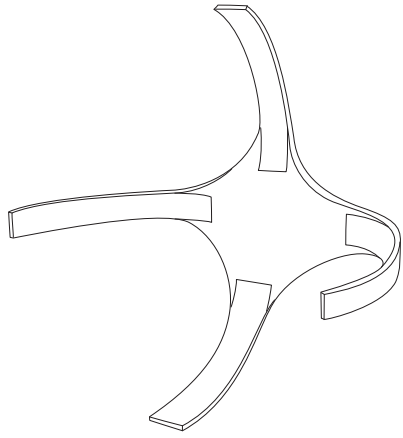
**Model 1148**

### **⚠ WARNING**

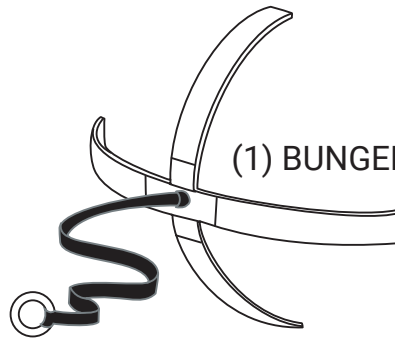
- Read all instructions before using.
- Poles are under tension. Use caution during assembly and disassembly. Failure to do so may result in injury.
- Use caution around sliding / moving parts to avoid pinching.
- Store equipment after use. Do not leave outdoors.

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

## PARTS LIST

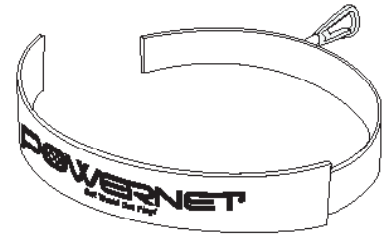


(1) BALL SLEEVE W/ STRAPS



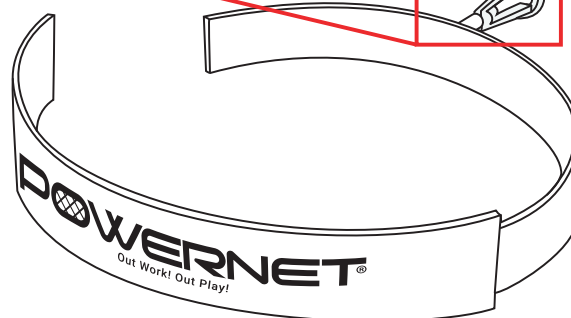
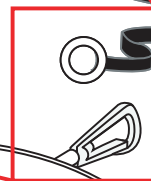
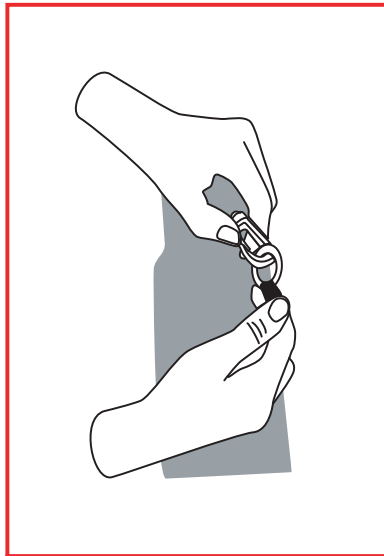
(1) BUNGEE ATTACHMENT W/ STRAPS

(1) WAISTBAND

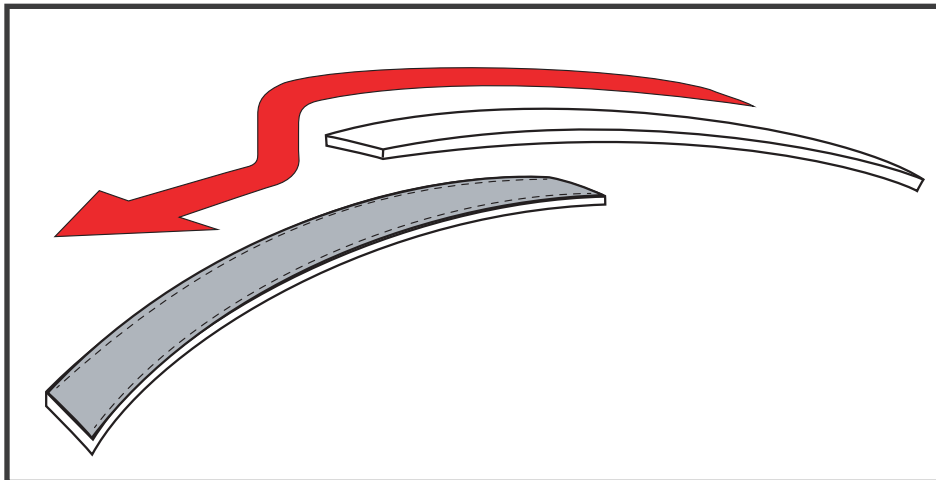
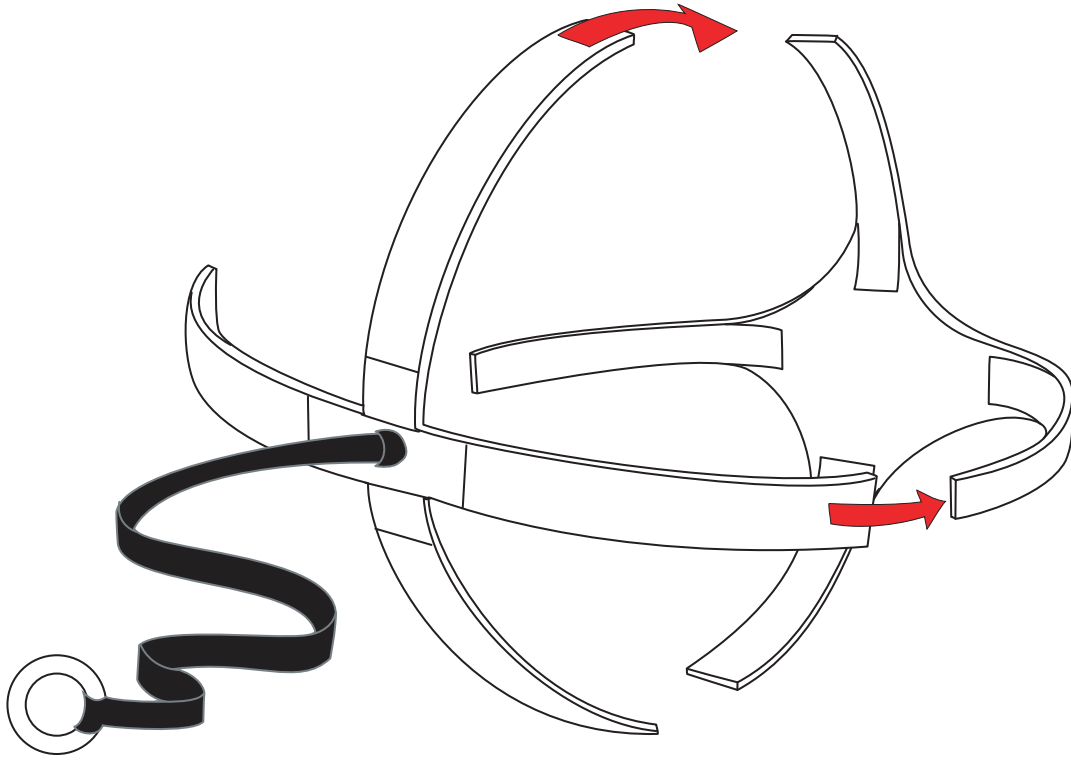


**1**

Connect black clip on **Waistband** to the silver loop on the **Bungee Attachment w/ Straps**.

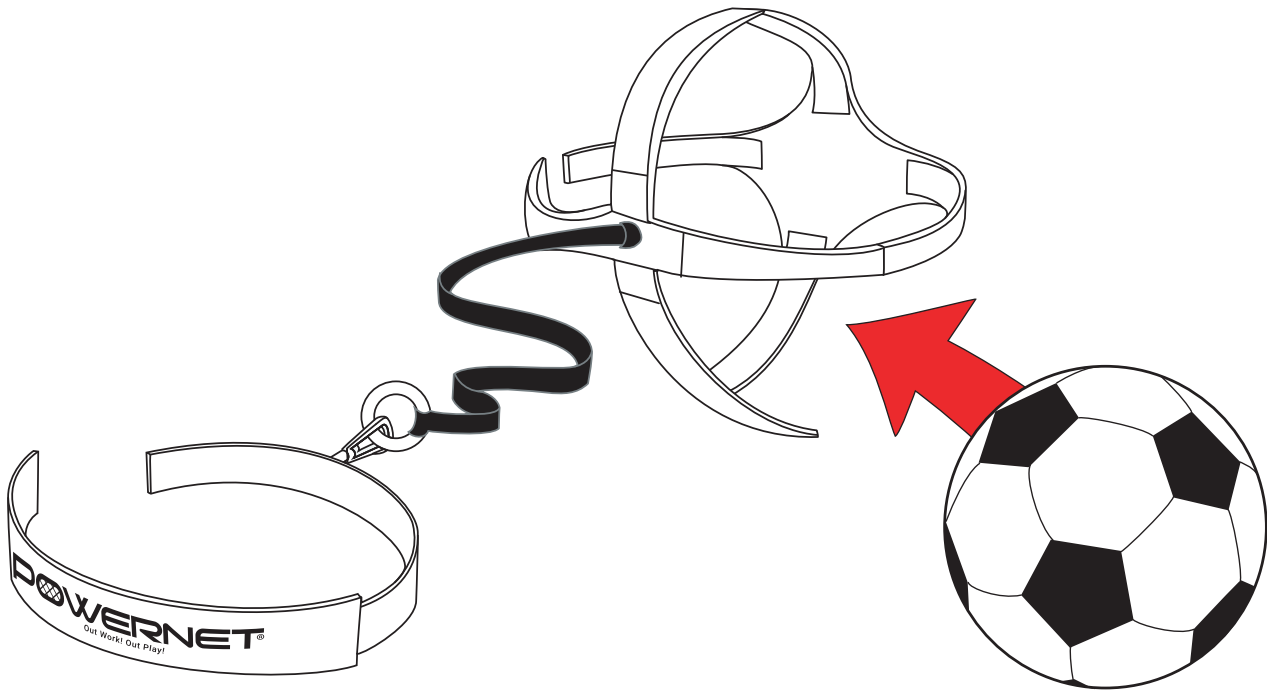


- 2** Fasten two strips together on the **Bungee Attachment w/ Straps** and **Ball Sleeve w/ Straps** as shown by the two arrows below.



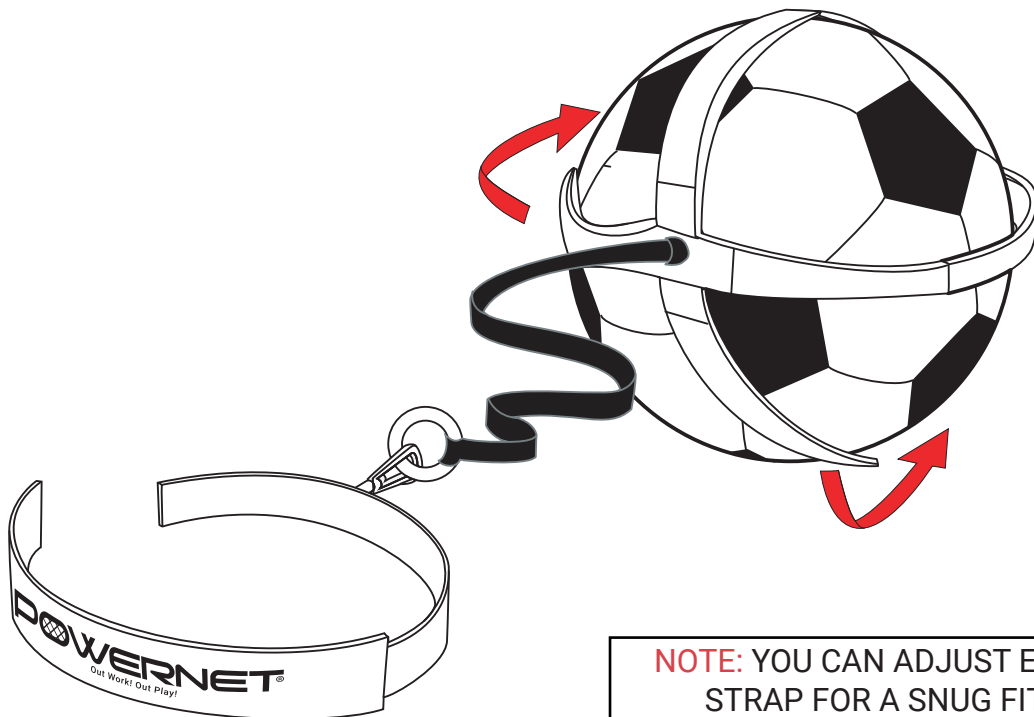
3

Insert soccer ball inside the connected straps.



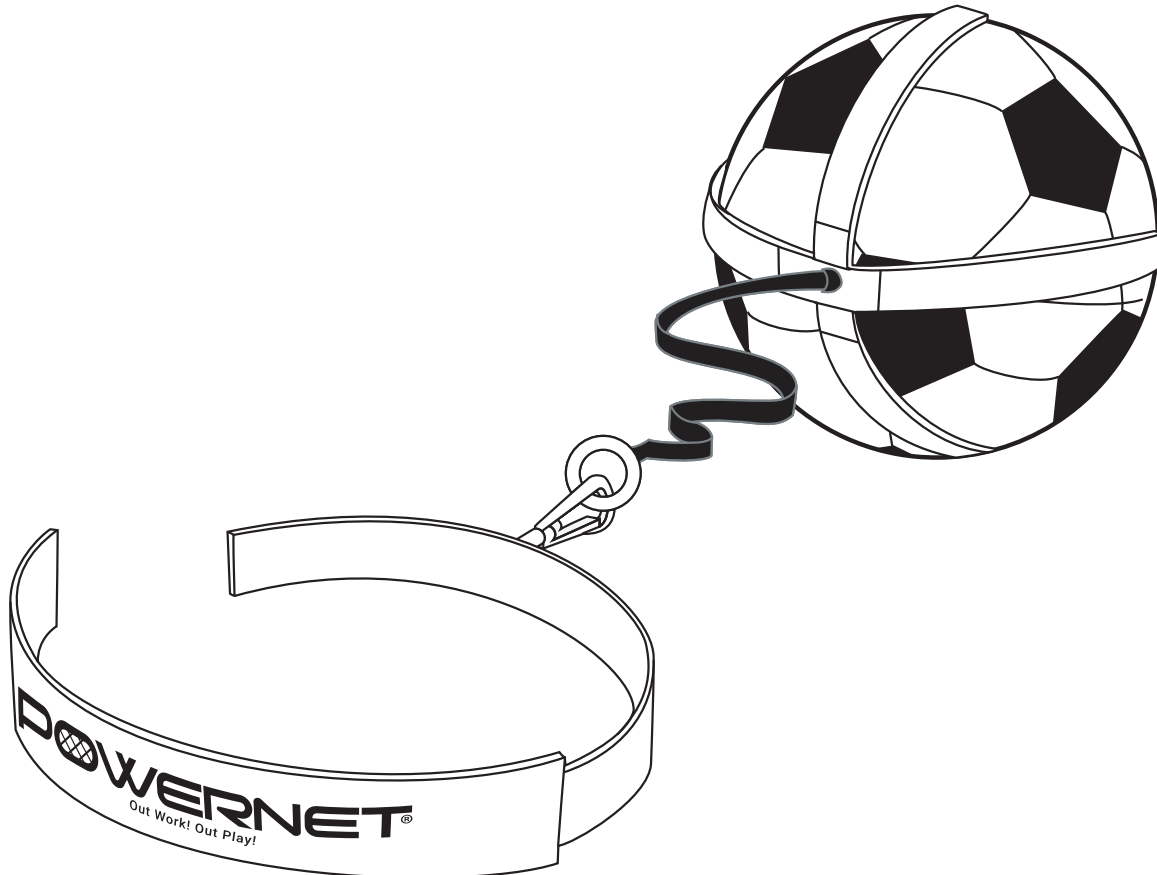
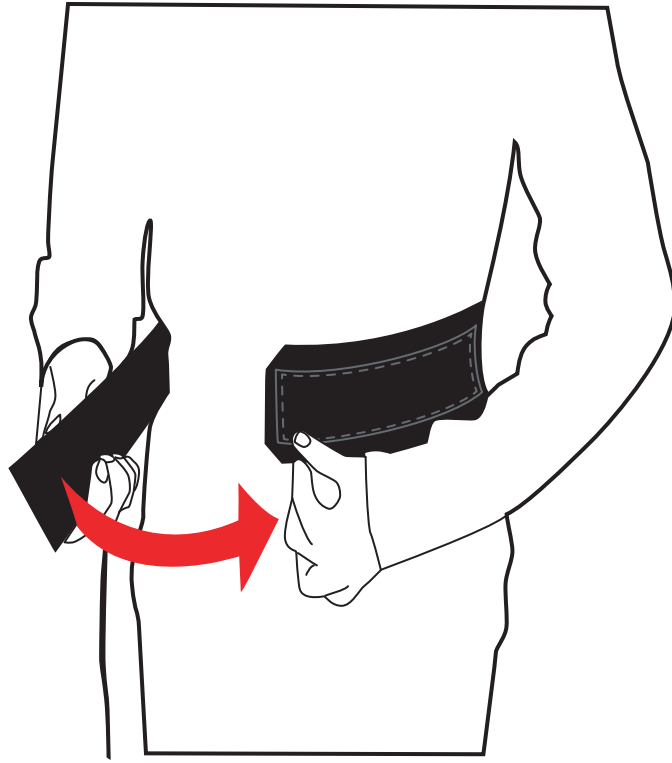
4

Fasten the last two straps.



**NOTE:** YOU CAN ADJUST EACH STRAP FOR A SNUG FIT.

**5** Wrap **Waistband** around waist and secure with strap.



# 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.



*Carli Lloyd*  
CARLI LLOYD

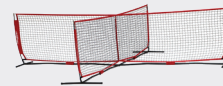
**CHECK OUT MORE  
POWERNET GEAR**  
***TrainingNets.com***



12x6 Ft SOCCER GOAL



MANNEQUIN DEFENDER



12x3 Ft  
4-WAY SOCCER

FOR VIDEO INSTRUCTIONS VISIT:



**POWERNET**

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