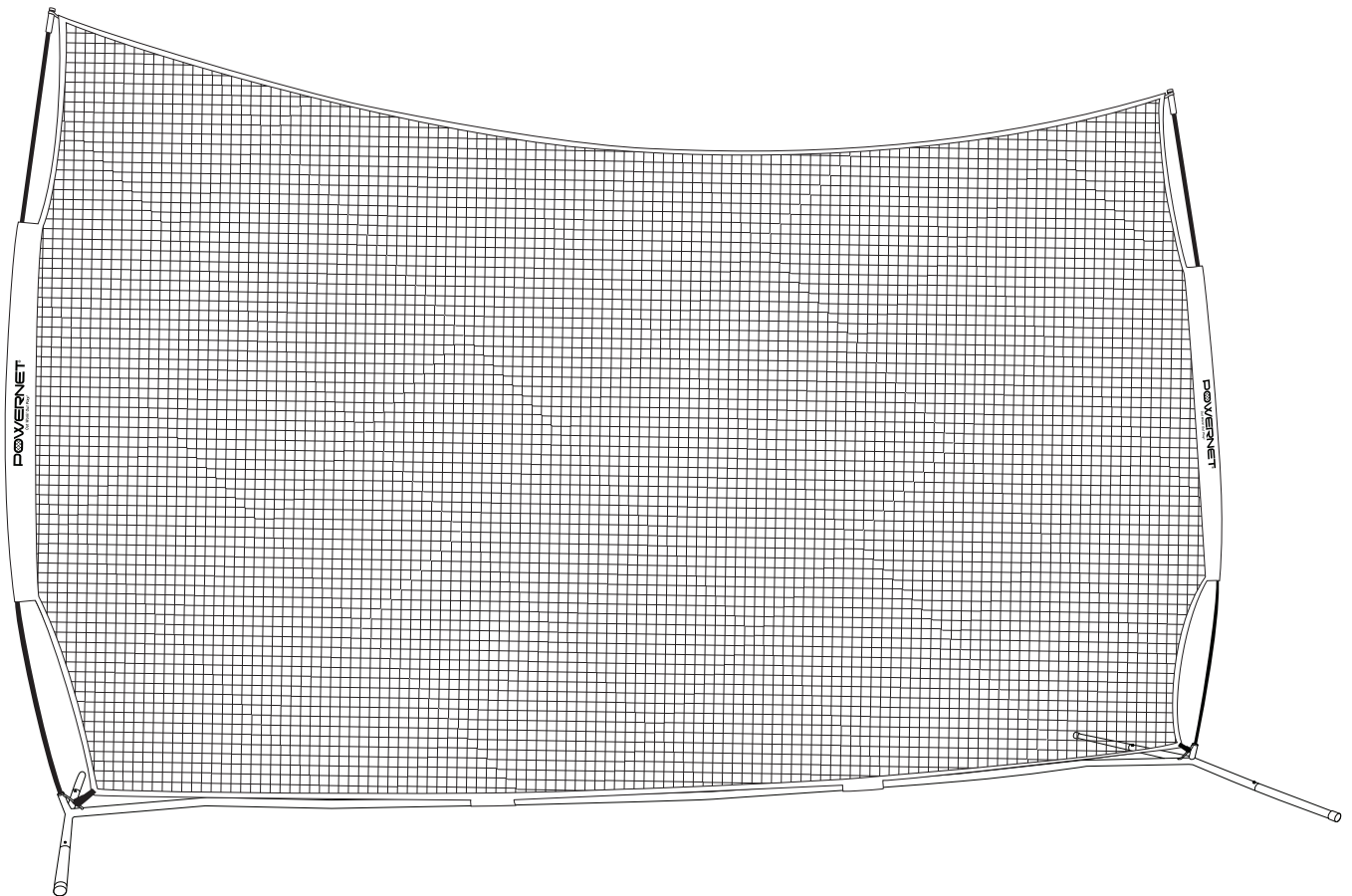


POWERNET®

Out Work! Out Play!

16 x 10 FT MULTISPORT BARRIER



Model 1153

INSTRUCTIONS

Identical assembly for all 1153 models.

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

PARTS LIST

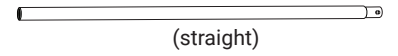
(1) NET



(2) UPPER POLE



(2) INSIDE BAR

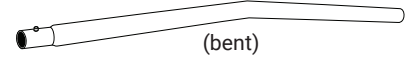


(straight)

(4) LOWER POLE

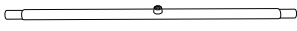


(2) OUTSIDE BAR

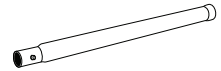


(bent)

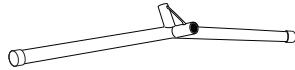
(1) CENTER BASE



(4) LEG EXTENSION



(2) END LEG



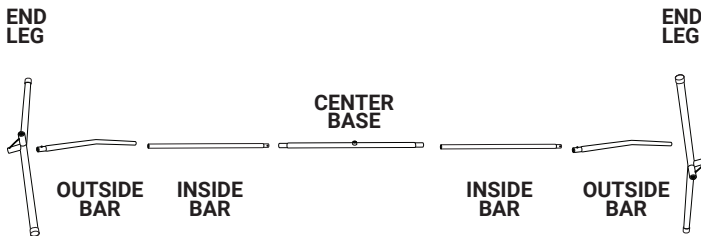
(1) CARRY BAG



⚠ WARNING

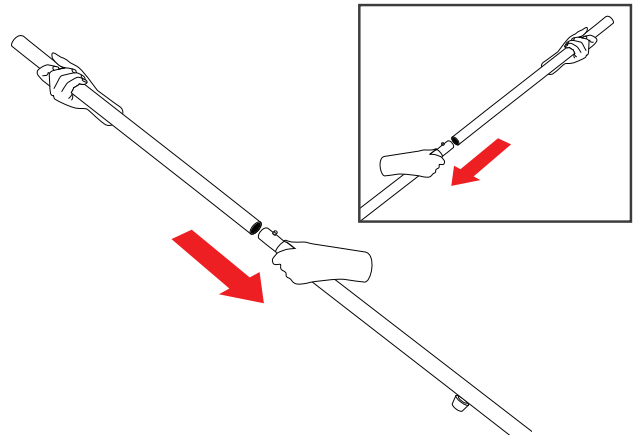
- Read all instructions before using.
- Poles are under tension. Use caution during assembly and disassembly. Failure to do so may result in injury.
- Use caution around sliding / moving parts to avoid pinching.
- After training, store your equipment. Do not leave outdoors.

DIAGRAM



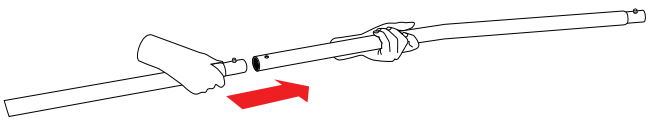
1

Connect each Inside Bar to either side of Center Base.



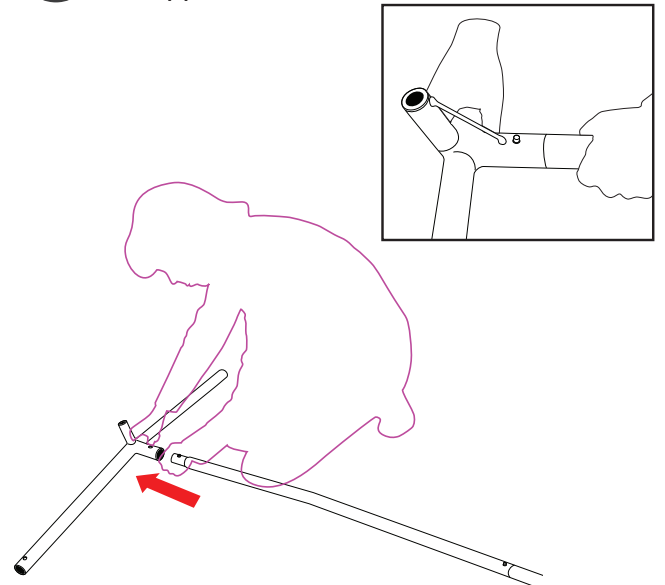
2

Connect each Outside Bar to each end of the inside bars.



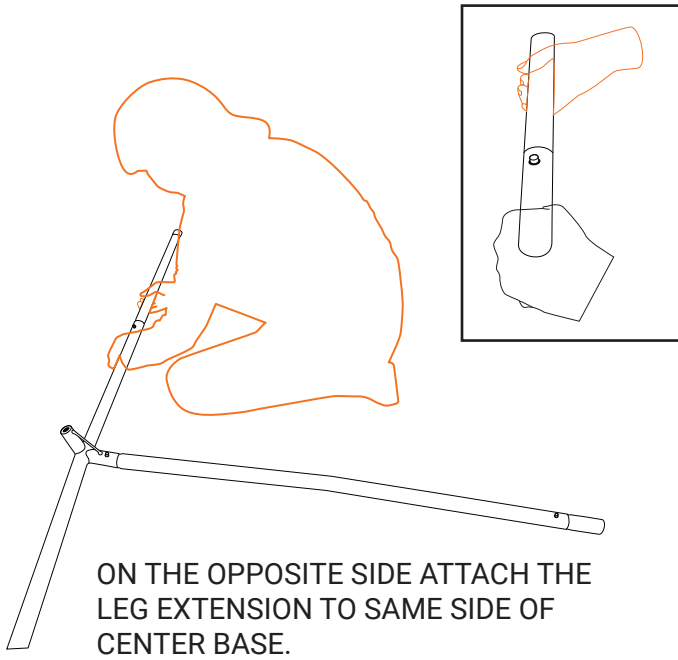
3

Connect End Leg to Outside Bar. Repeat on opposite side.

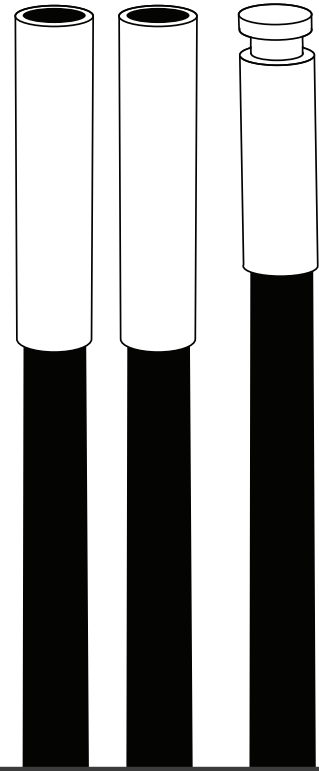


4

Connect one Leg Extension to End Leg. Repeat on opposite side.

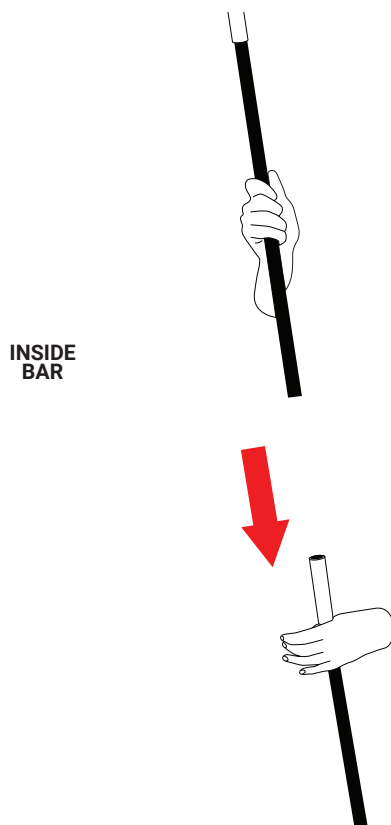


STEPS 5-9: REQUIRES TWO LOWER POLES AND ONE UPPER POLE (PER SIDE).



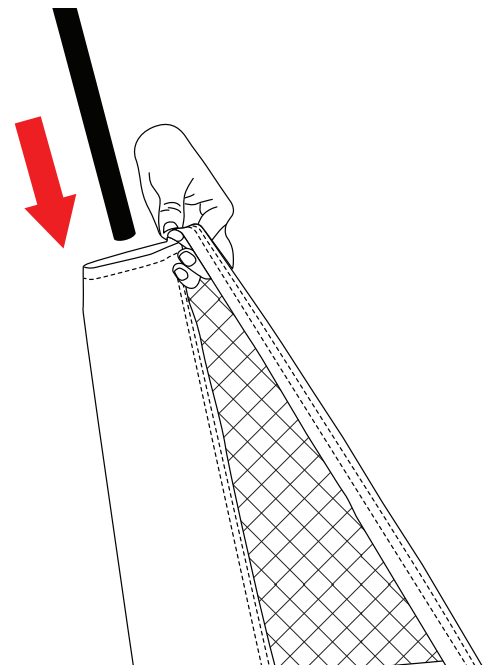
5

Insert one Lower Pole into another Lower Pole.

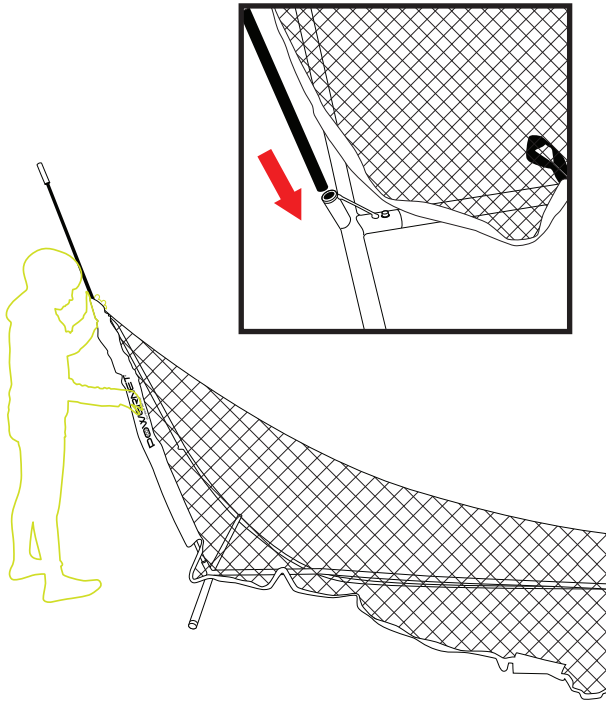


6

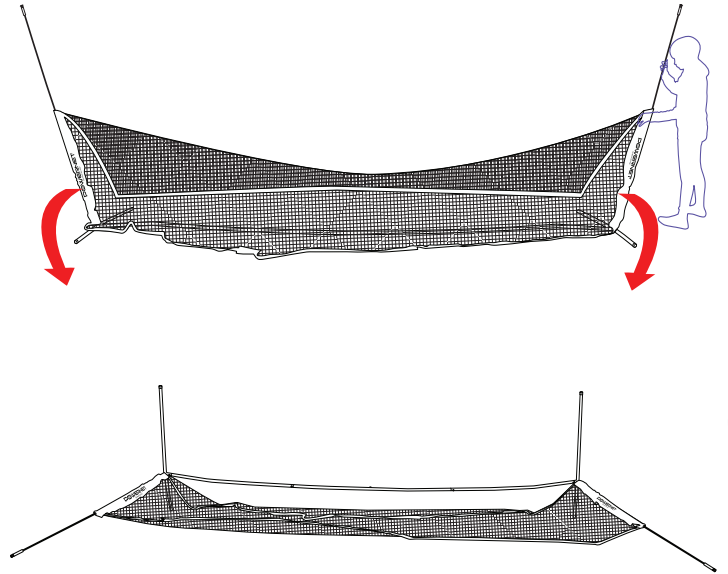
Slip both Lower Poles through Net sleeve.



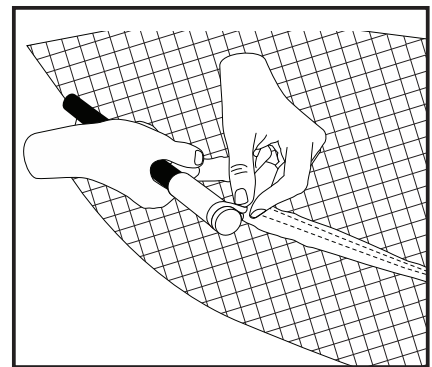
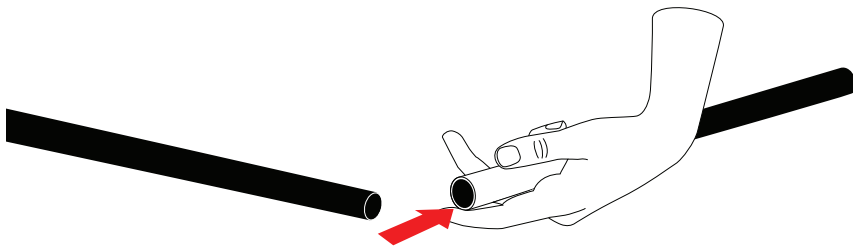
7 Insert bottom of Lower Pole into End Leg post holder. Repeat steps 5-7 on opposite side.



8 Push entire assembly forward and lay it down on ground. This will make it easy to attach the Net.

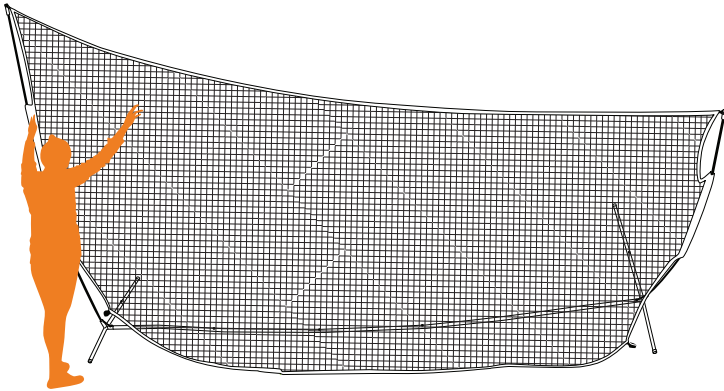


9 Insert Upper Pole into the connected Lower Poles and slide Net sleeve up to attach white loop around silver notch. Repeat on opposite side.

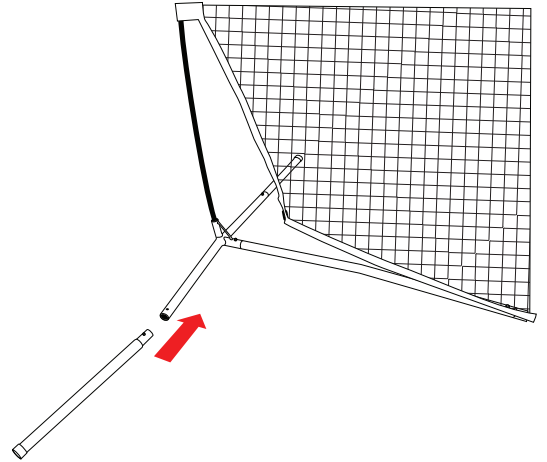


NOTE: Bend pole inward to help relieve tension, if necessary.

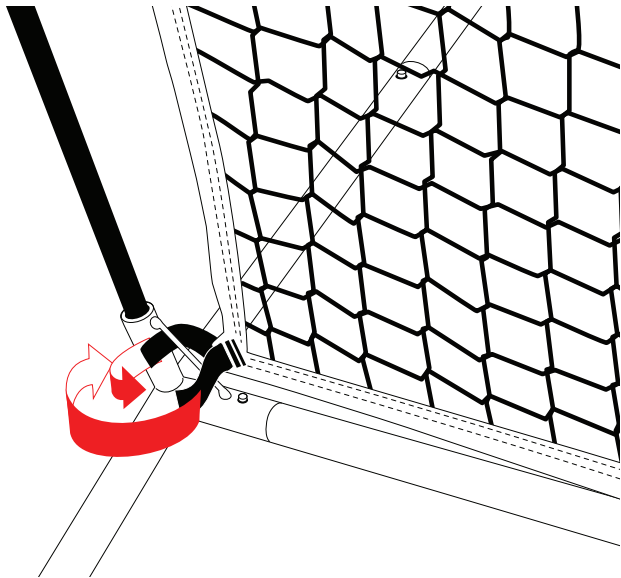
10 Walk Net up to standing position.



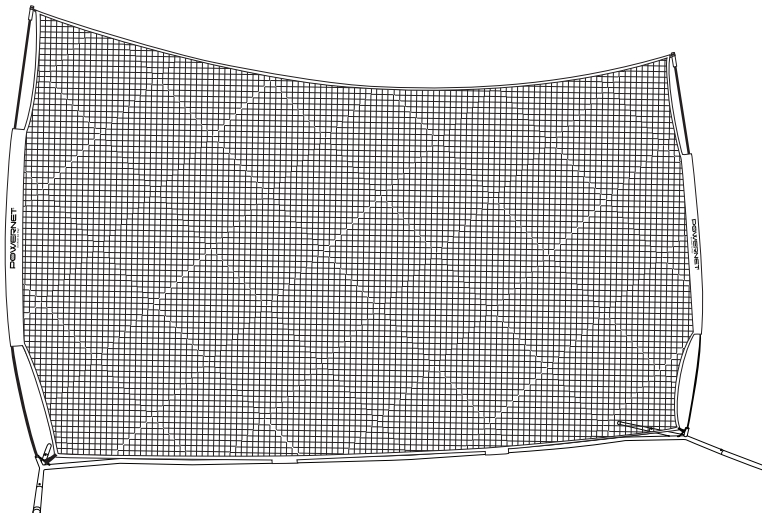
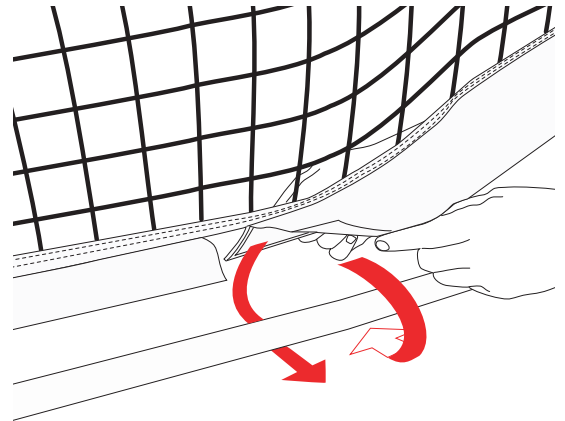
11 Attach Leg Extension to End Leg. Repeat again on opposite side.



12 Attach black securing straps located at the bottom corners of the Net to each End Leg.



13 Attach red securing flaps on bottom of the Net around the frame base.



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.

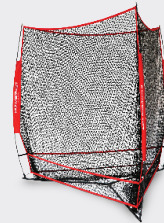
**CHECK OUT MORE
POWERNET GEAR**
TrainingNets.com



7x7 PRACTICE NET



DEFENDER MANNEQUIN



TRIPLE THREAT NET

FOR VIDEO INSTRUCTIONS VISIT:



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