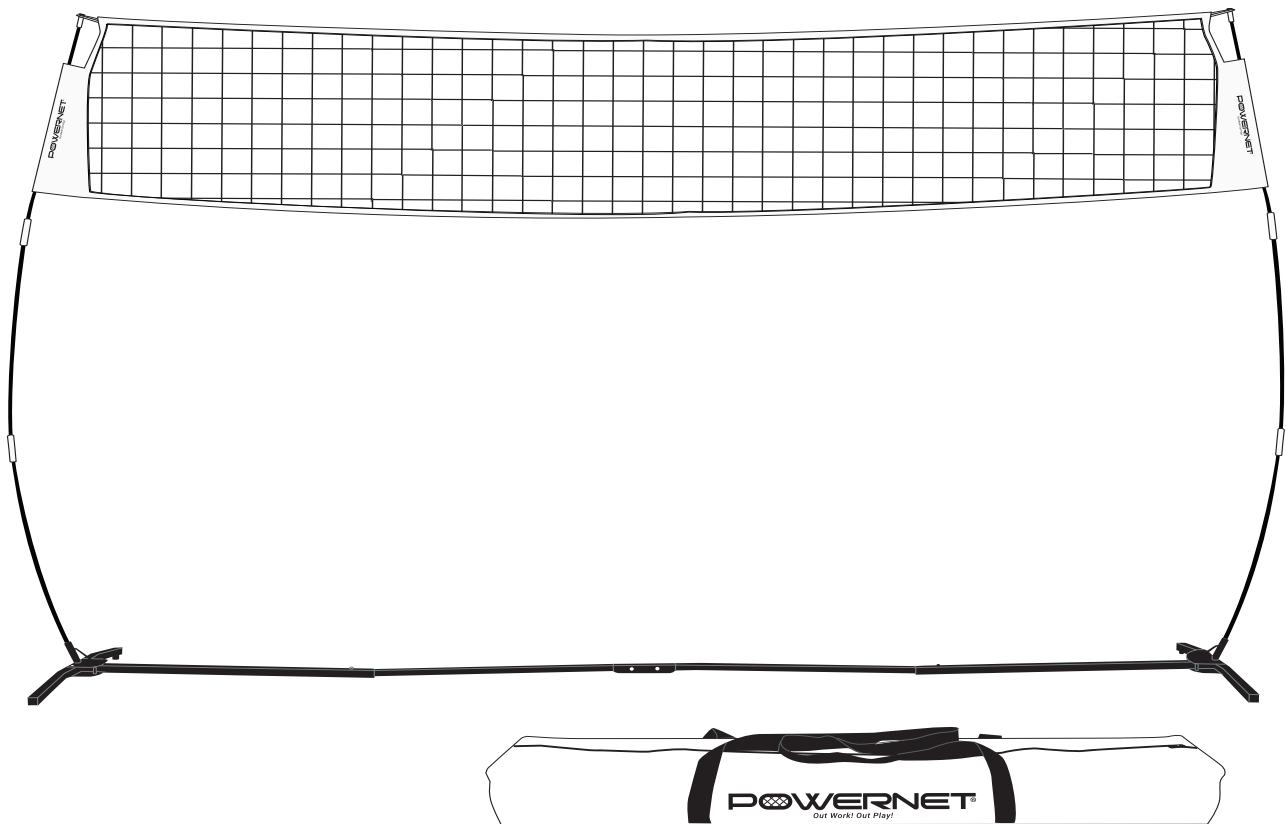


# POWERNET®

*Out Work! Out Play!*

## **VOLLEYBALL WARM-UP NET**



**For Model 1178**

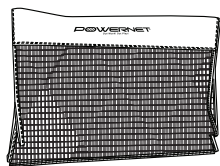
### **⚠ WARNING**

- 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

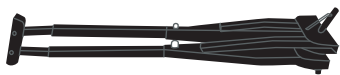
(1) NET



(1) CARRY BAG



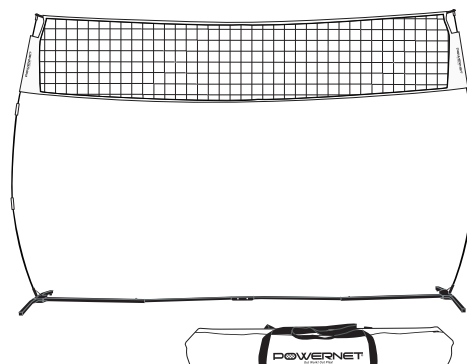
(1) BASE FRAME



(4) LOWER POLE

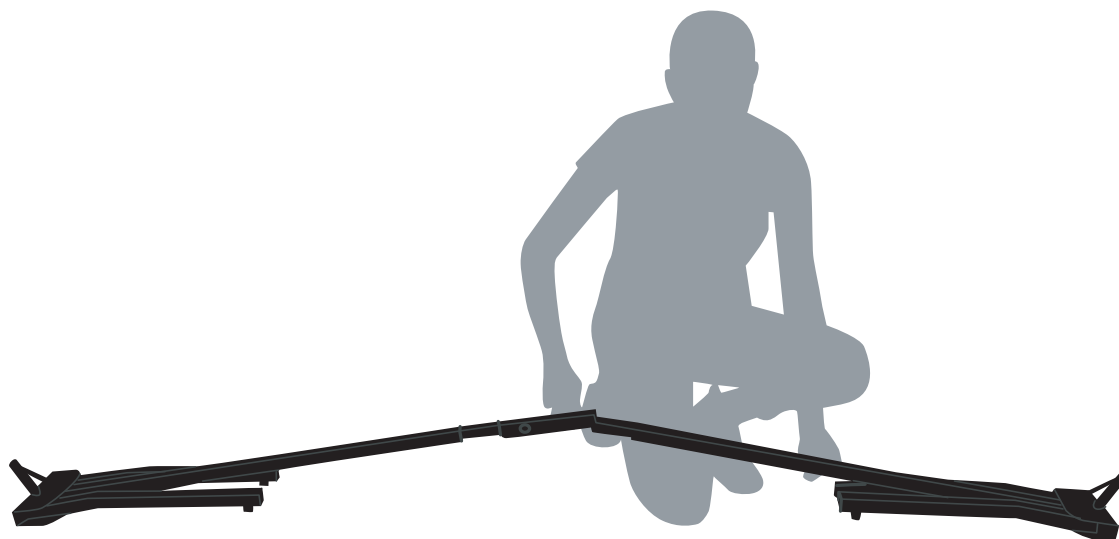


(2) UPPER POLE

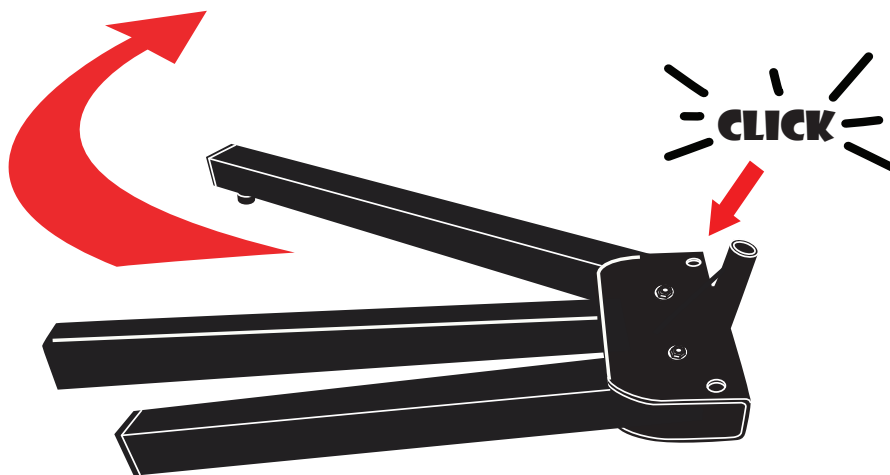


**1**

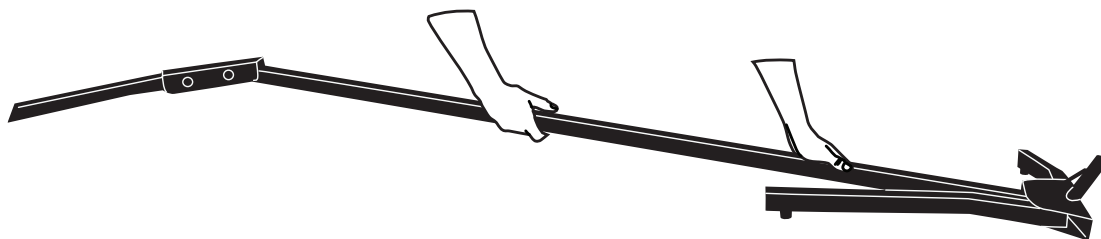
Open **Base Frame**.



**2** Open back **Base Frame** leg until it locks into place.

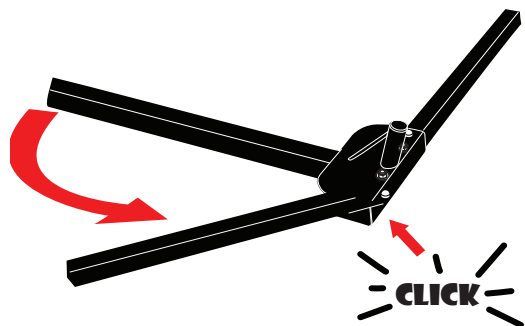


**3** Extend **Base Frame** on one side until you hear the button click into place.



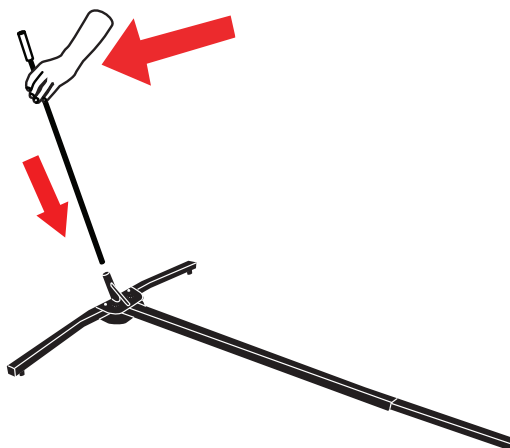
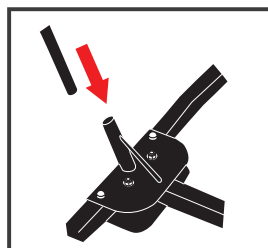
4

Open front **Base Frame** leg until it locks into place. Repeat steps 2-4 on opposite side.



5

Insert a **Lower Pole** into a **Base Frame** leg post holder. Repeat on opposite side.

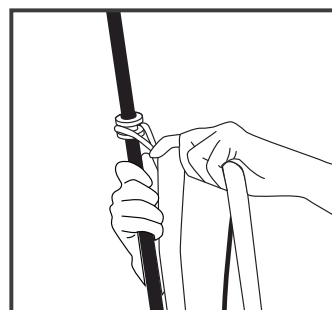
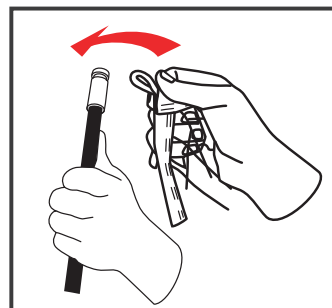
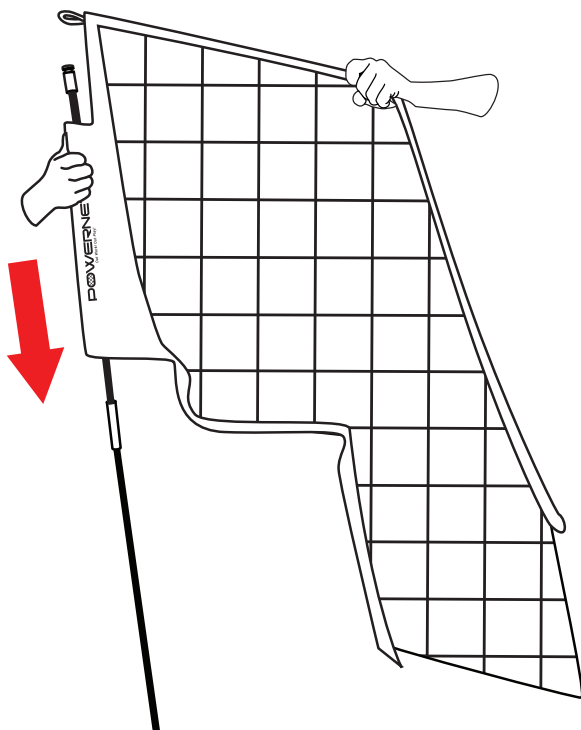


6

Insert an **Upper Pole** into a **Lower Pole**.

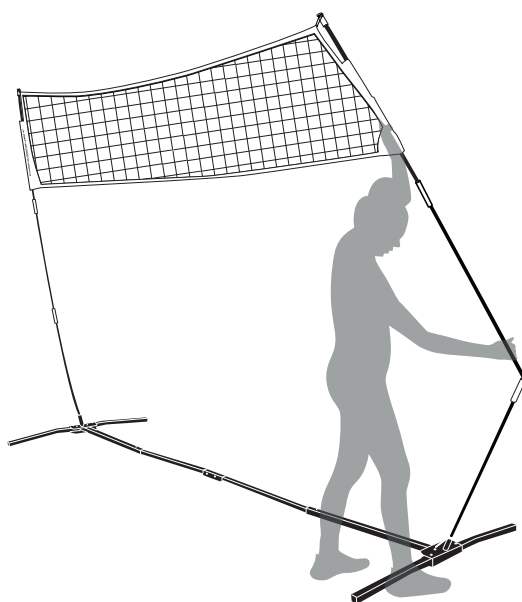


- 7** Slide the connected **Upper** and **Lower Poles** through bottom of **Net** sleeve attaching the white loop at the top of the **Net** to the silver notch located on the **Upper Pole**.



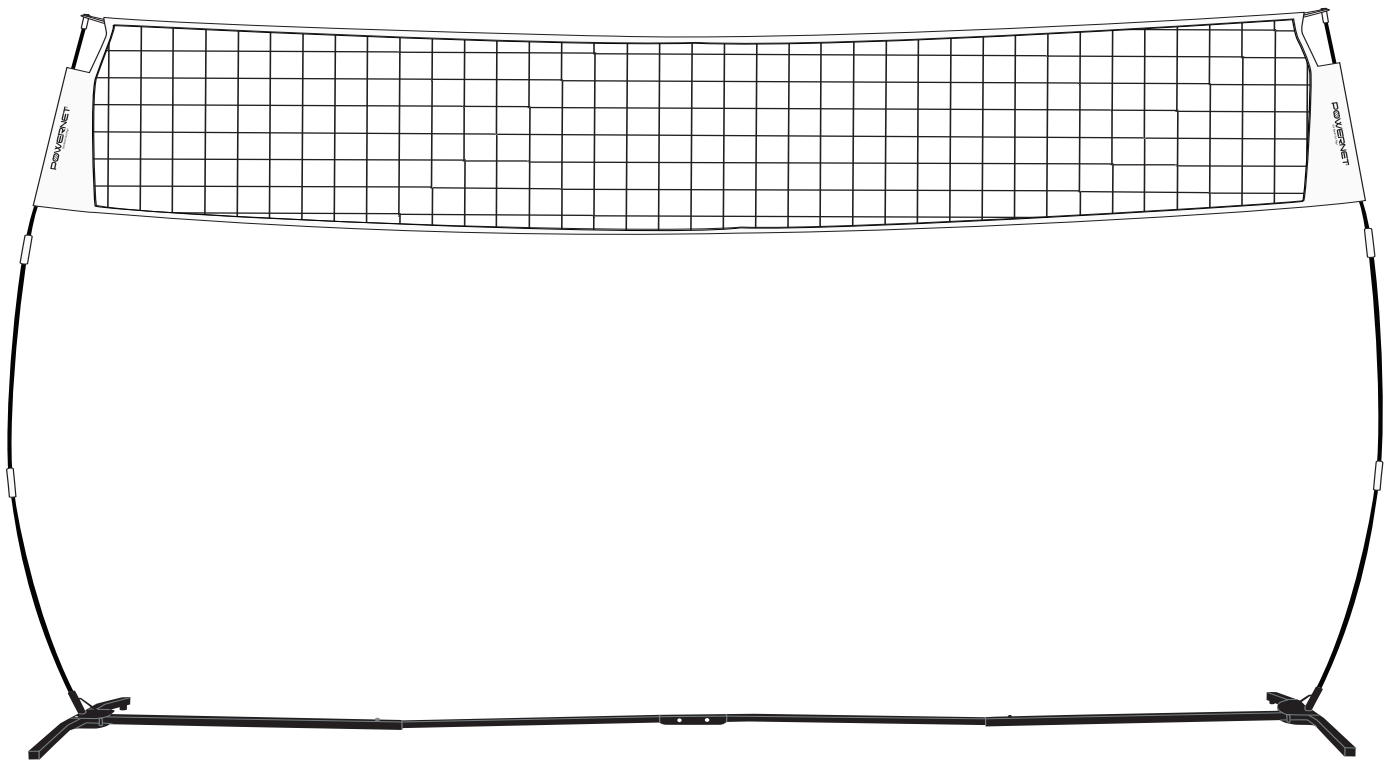
**NOTE:** Adjustable setting for regulation net height for women.

- 8** Raise the connected **Poles** attached to the white loop on **Net** and place into the **Lower Pole** already inserted in the **Base Frame** leg holder. Repeat steps 6-8 on opposite side.



**WARNING:**

- Use adult supervision and follow instructions when using and setting up the net.
- Frequent use and/or abuse will eventually strain the net and may cause breakage.



# 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***



VOLLEYBALL SETTER



VOLLEYBALL SYSTEM



4-WAY VOLLEYBALL NET

**FOR VIDEO INSTRUCTIONS VISIT:**



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