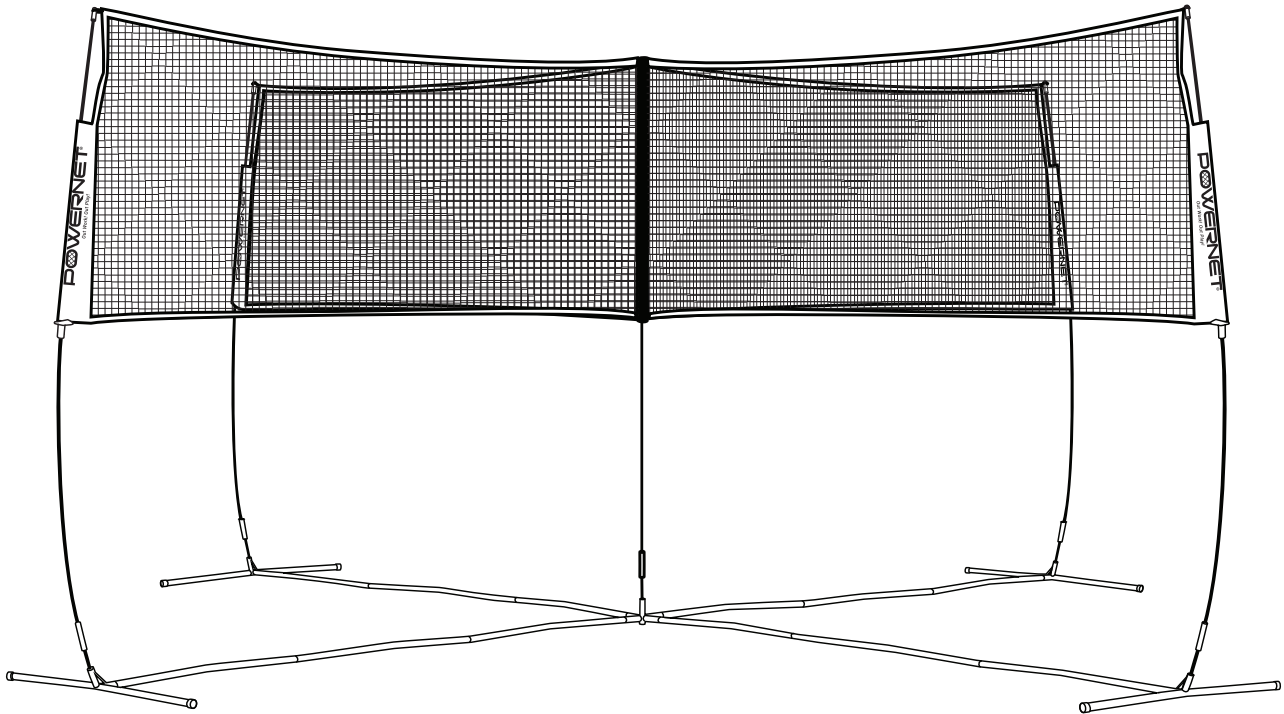


POWERNET®

Out Work! Out Play!

FOUR SQUARE STANDALONE VOLLEYBALL NET



Model 1183-F

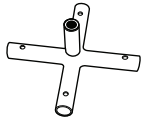
WARNING

- Read all instructions before using.
- 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.

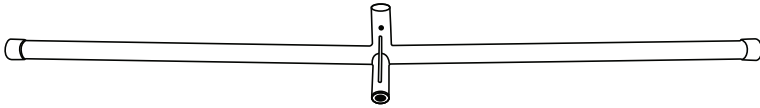
FOR VIDEO INSTRUCTIONS VISIT:  **POWERNET**  **TrainingNets.com**

PARTS LIST

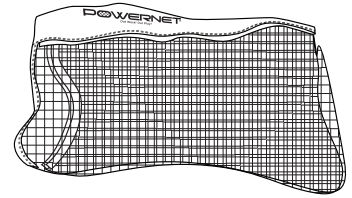
CROSS CONNECTOR



END LEG (x4)



4-WAY NET



CENTER BOTTOM POLE



CENTER TOP POLE



BOTTOM POLE (x4)



TOP POLE (x4)



HEIGHT RISER POLE (x5)



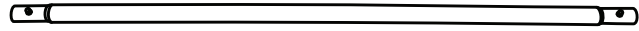
CARRY BAG



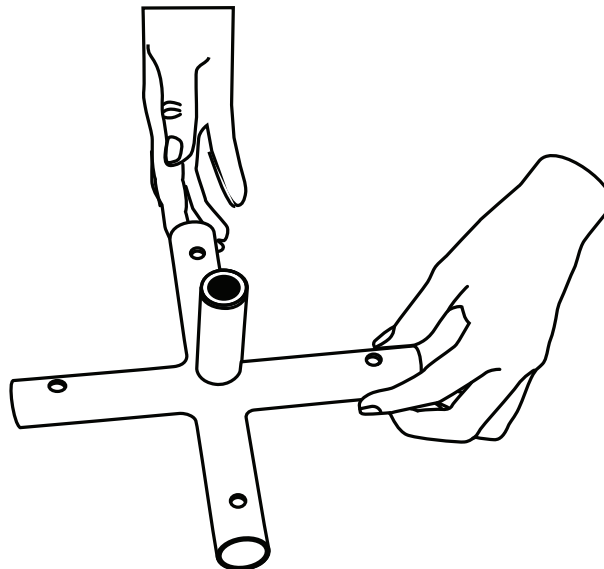
OUTER BAR (x8)



INNER BAR (x4)

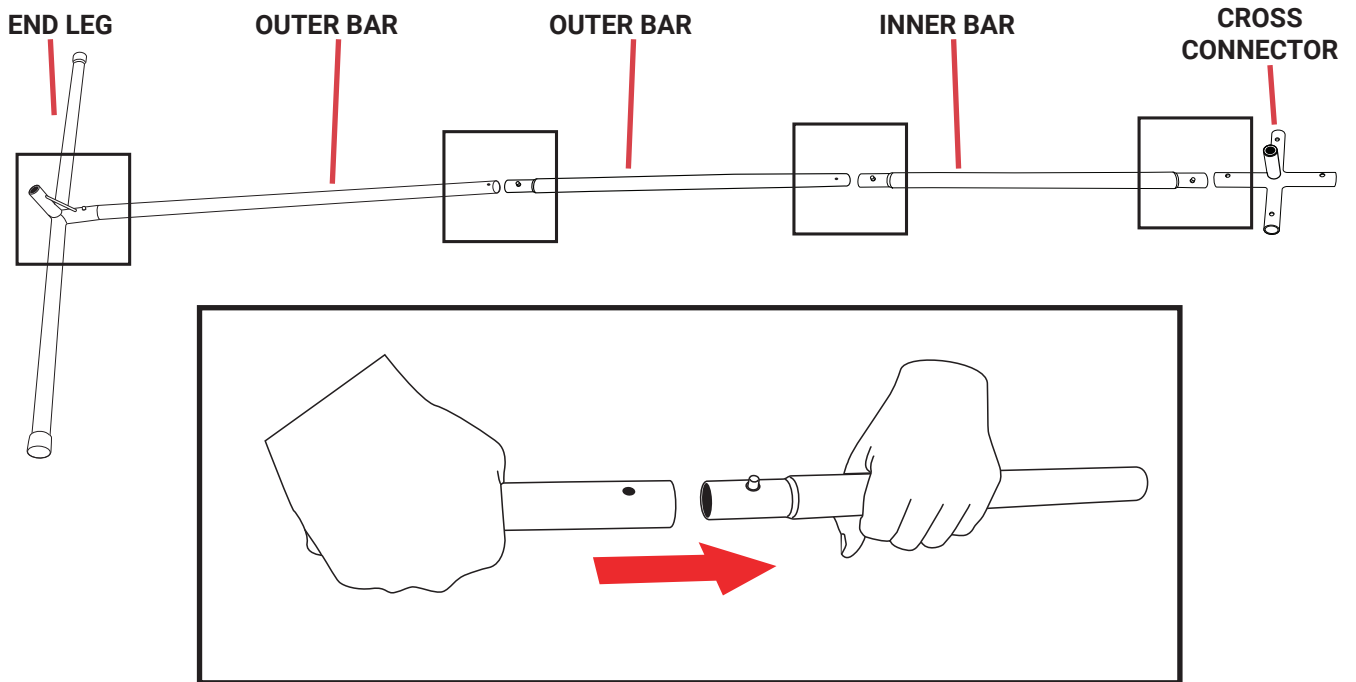


1 Place the **Cross Connector** down on a flat surface.

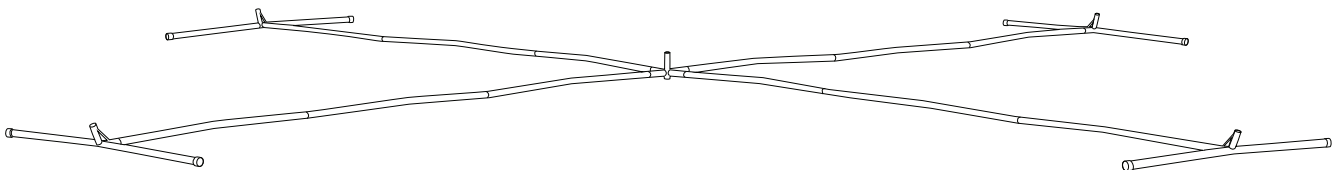


2

Connect the following: **End Leg** --> **Outer Bar** --> **Outer Bar** --> **Inner Bar** --> **Cross Connector**. Repeat this step on the other 3 sides of the **Cross Connector**.



Note: After completing step 2, the frame should look like this:

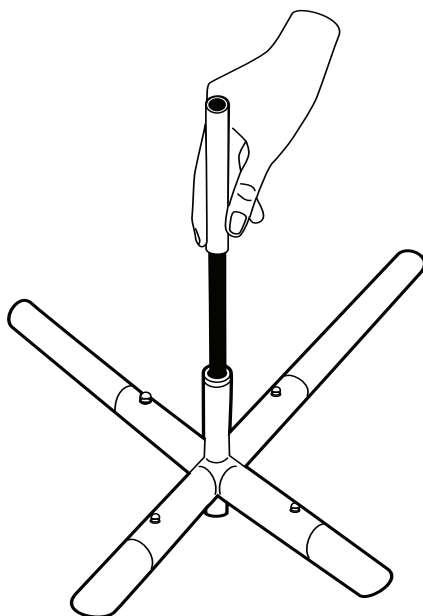


HEIGHT ADJUSTMENT OPTION

3

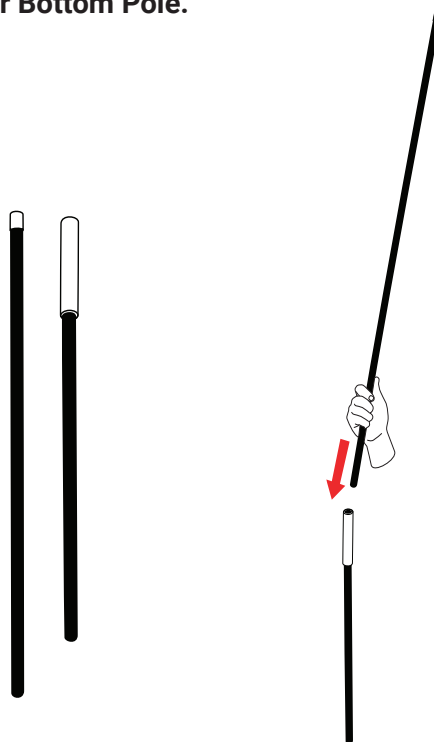
Insert the **Height Riser Pole** into the **Cross Connector** pole holder to play closer to MEN'S HEIGHT. Continue to insert the remaining 4 **Height Riser Poles** into each **End Leg** if playing at this height.

NOTE: SKIP THIS STEP IF PLAYING CLOSER TO WOMEN'S HEIGHT.



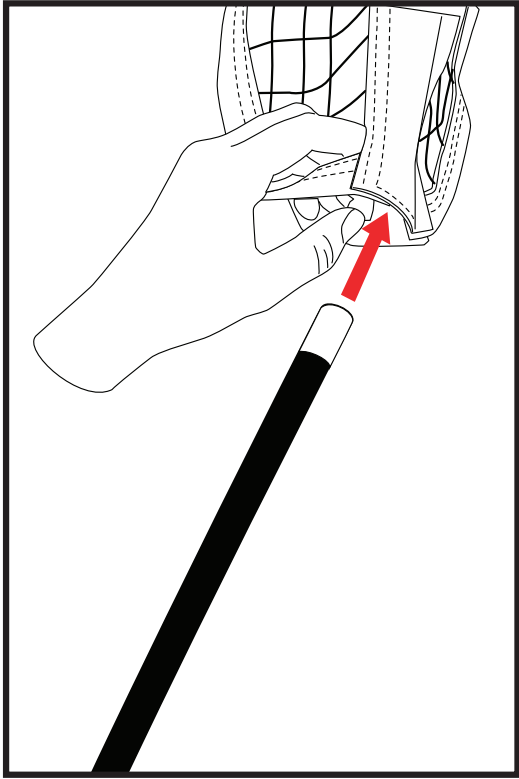
4a

Insert a **Center Top Pole** into a **Center Bottom Pole**.



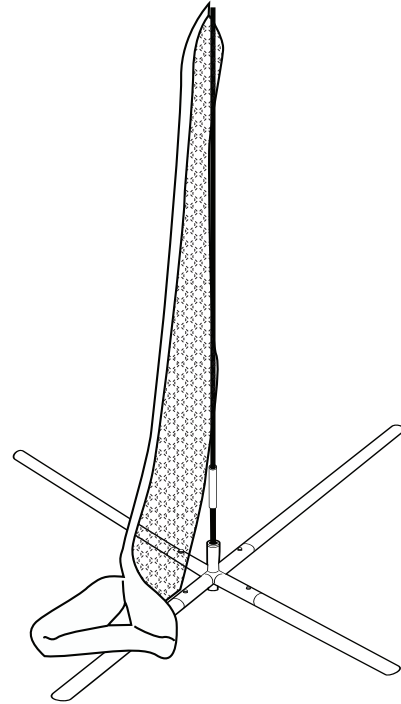
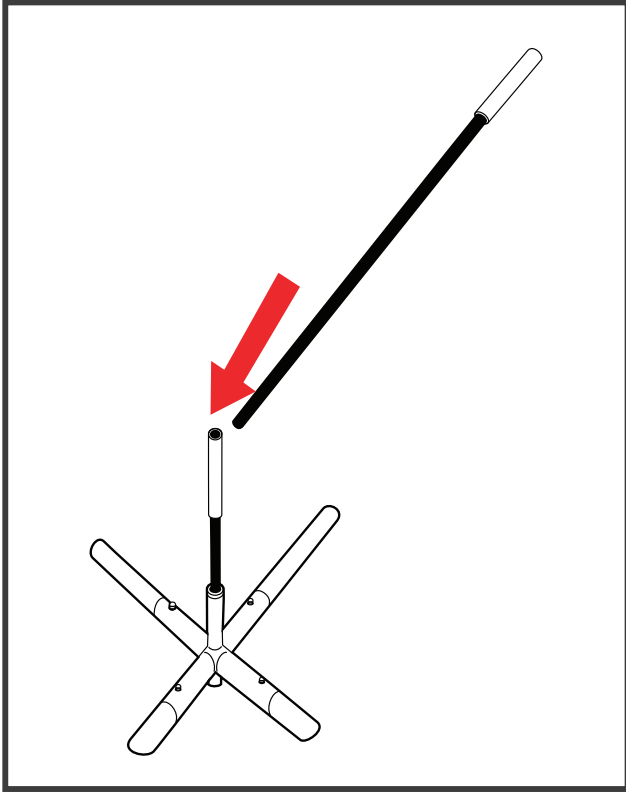
4b

Slide the connected **Center Top** and **Bottom Poles** upward through the black center sleeve on the **4-Way Net**.



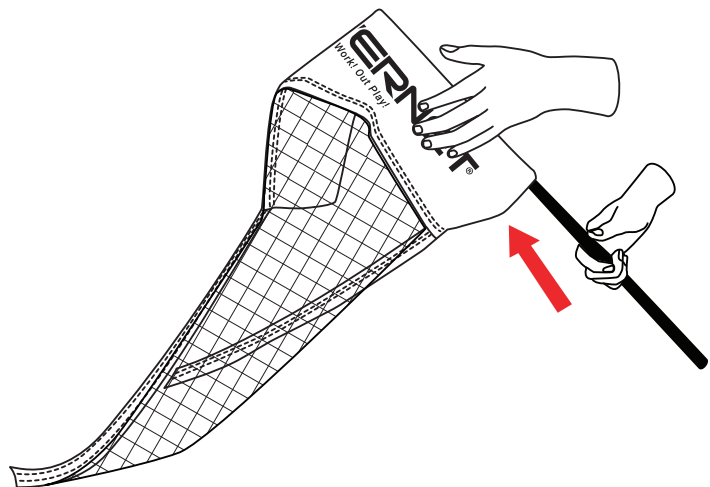
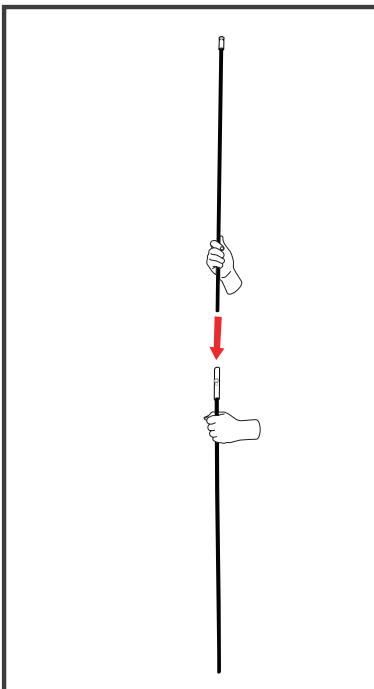
5

Insert the bottom end of the connected **Center Top** and **Bottom Poles** into the **Small Bottom Pole** (or directly into the **Cross Connector** if you skipped step 3).



6a

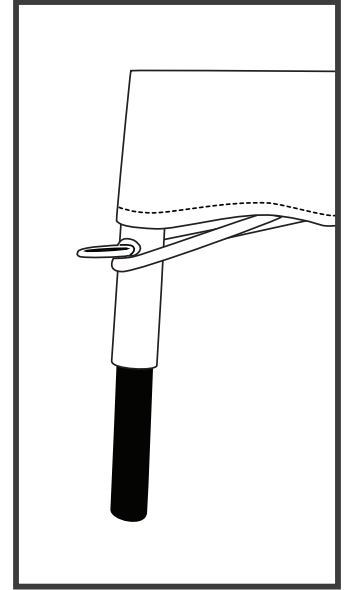
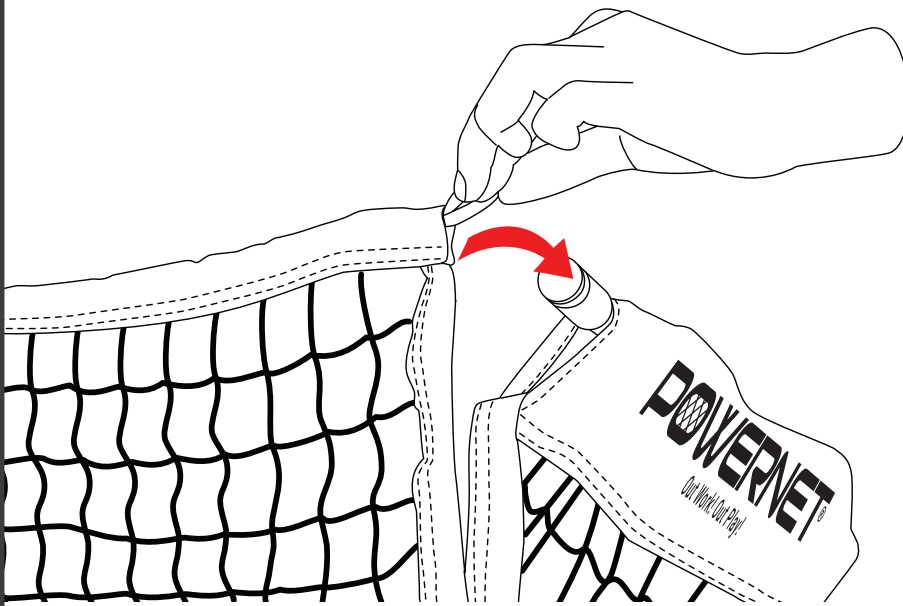
Insert a **Top Pole** into a **Bottom Pole** and slide the poles upward through a **4-Way Net** sleeve.



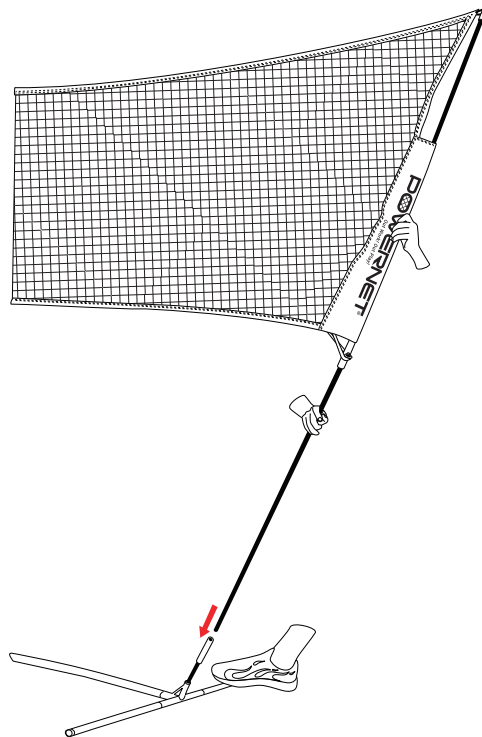
6b

Connect the white loop located at the top of the **4-Way Net** to the silver notch on the **Top Pole**.

NOTE: Make sure the white loop located below the sleeve stays below the outward facing silver loop on the **Bottom Pole**.

**6c**

Insert the other end of the connected poles into the **Height Riser Pole** (or directly into the **End Leg** if you skipped step 3). Repeat steps 6a-6c on each remaining side.



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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.

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MARQUEZ**

**CARLI
LLOYD**

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