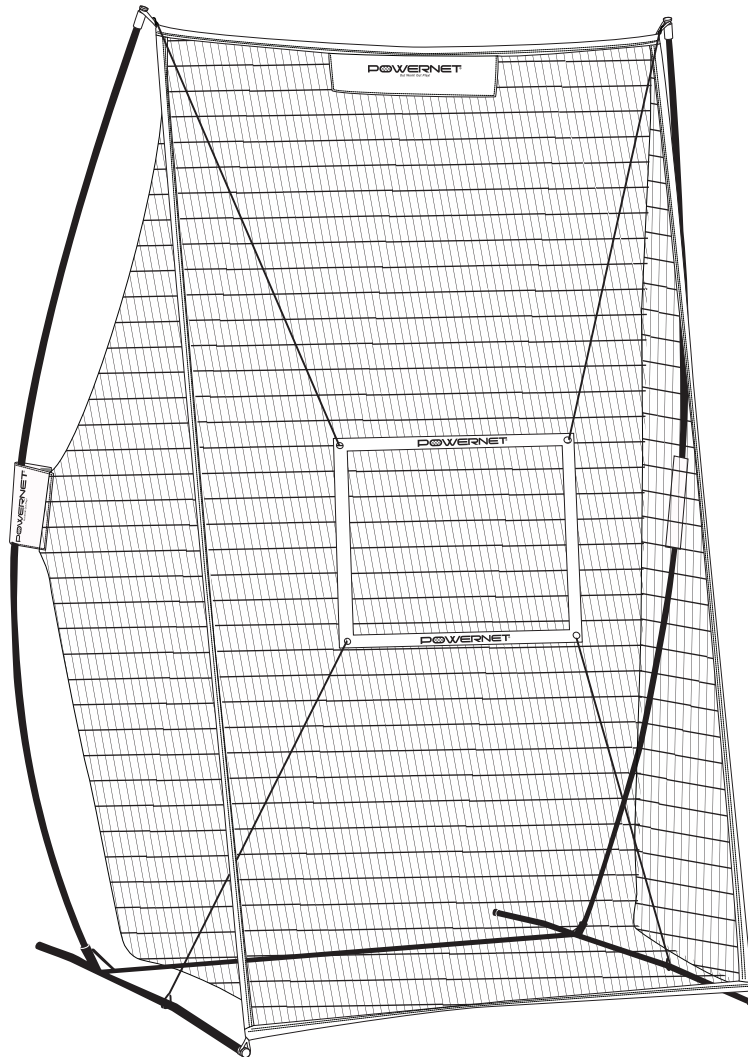


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Out Work! Out Play!

FOOTBALL SIDELINE TRAINER



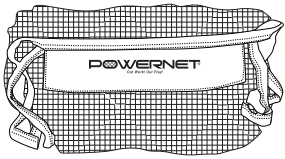
Model 1198

⚠ WARNING

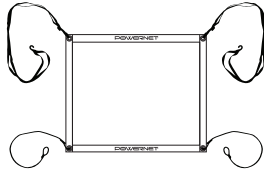
- Read all instructions before use.
- Poles are under tension. Use caution during assembly and disassembly. Failure to do so may result in injury.
- Use caution around sliding / moving parts to avoid pinching.
- Store equipment after use. Do not leave outdoors.

FOR VIDEO INSTRUCTIONS VISIT:  POWERNET  TrainingNets.com

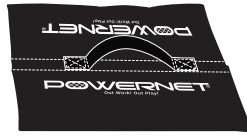
PARTS LIST



NET x1



SNAP ZONE x1



SANDBAG x2
(unfilled)



SIDE BASE LEG x2



FRONT BASE LEG x2



BASE MIDDLE BAR x1



LOWER
POLE x2



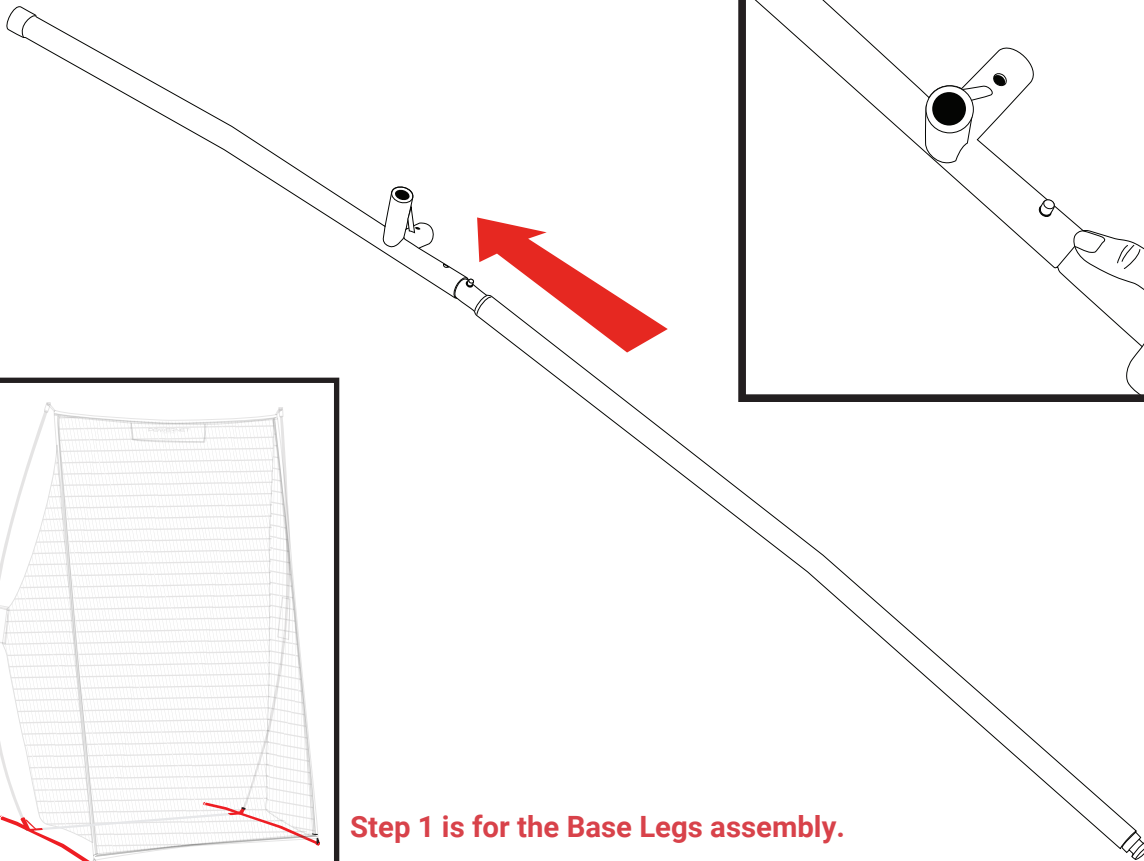
UPPER
POLE x2



CARRY BAG x1

1

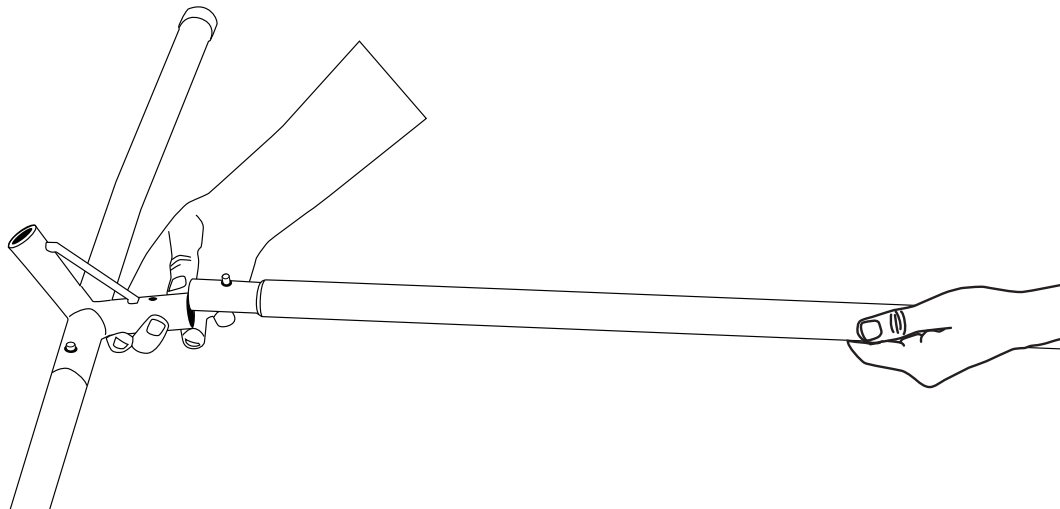
Connect a **Front Base Leg** to a **Side Base Leg**. Repeat step with the other set of legs.



Step 1 is for the Base Legs assembly.

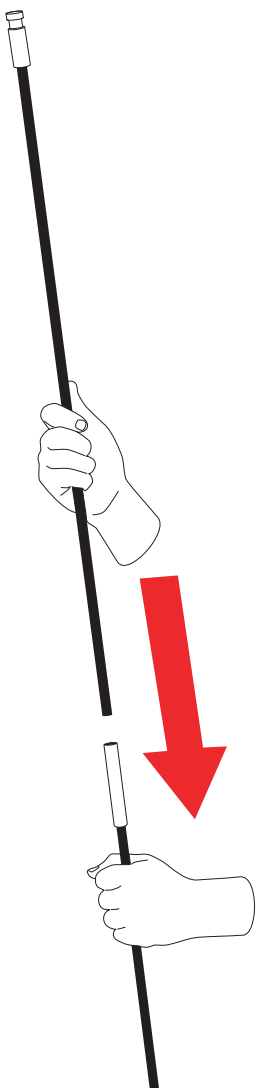
2

Connect a **Side Base Leg** (from step 1) to each side of the **Base Middle Bar**.



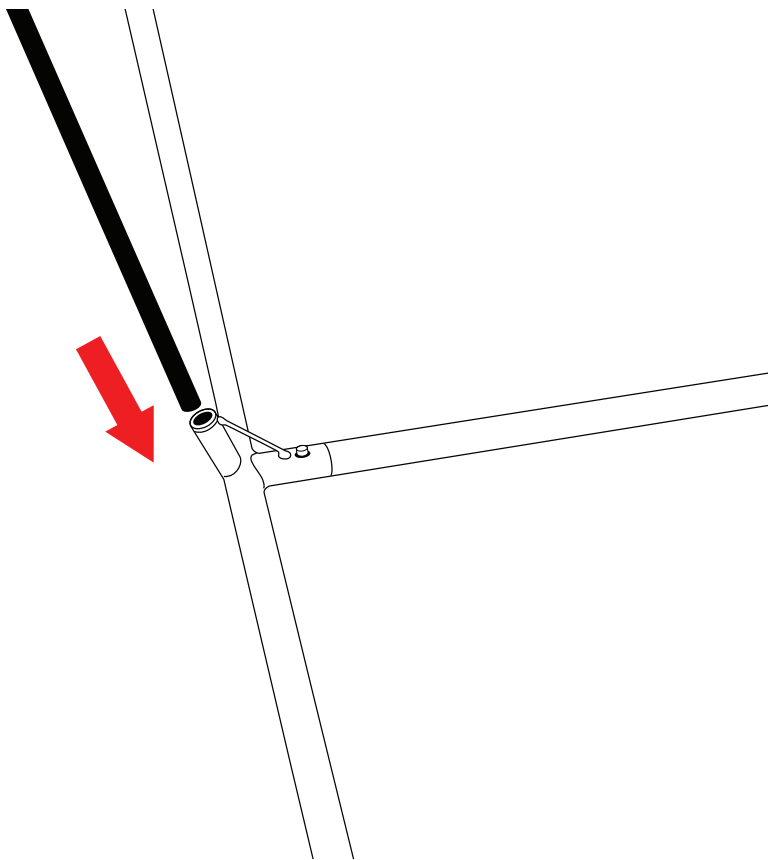
3a

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



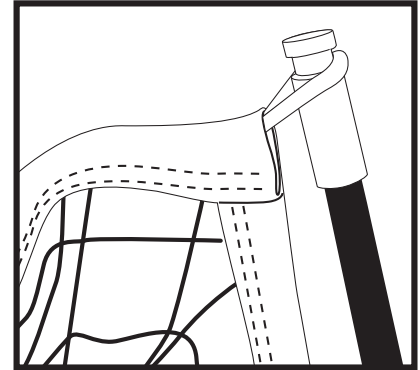
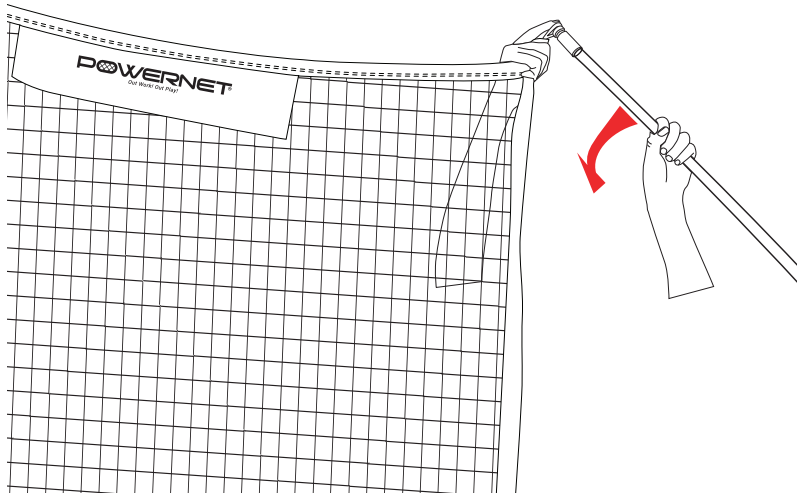
3b

Insert the connected **Poles** into the **Side Base Leg** pole holder. Repeat steps 3a-3b on opposite side.



4

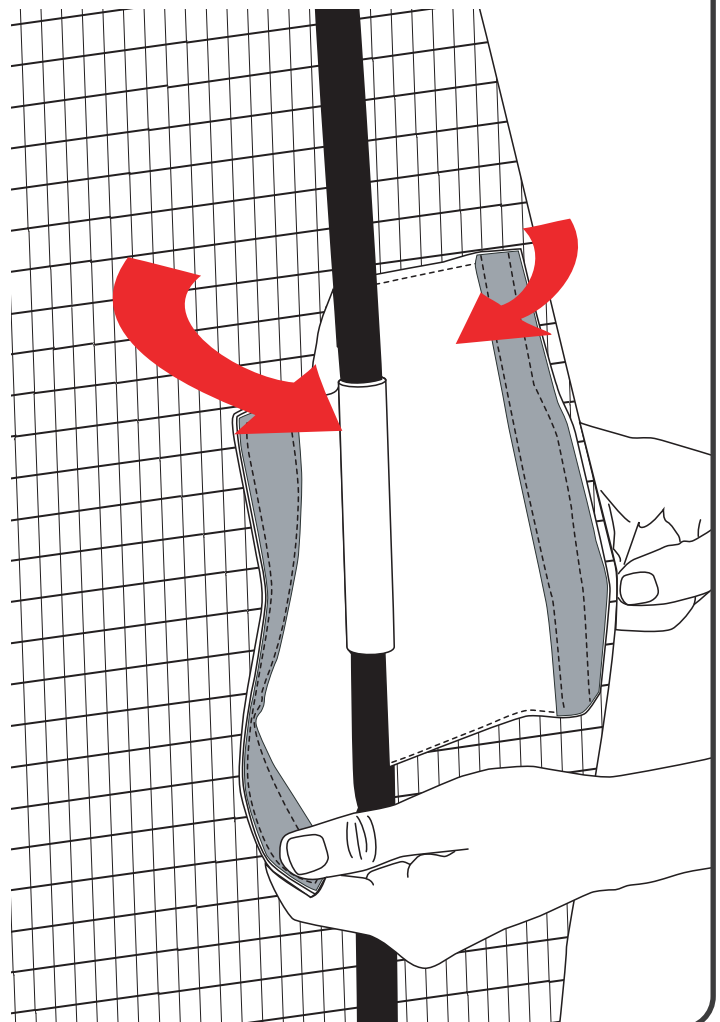
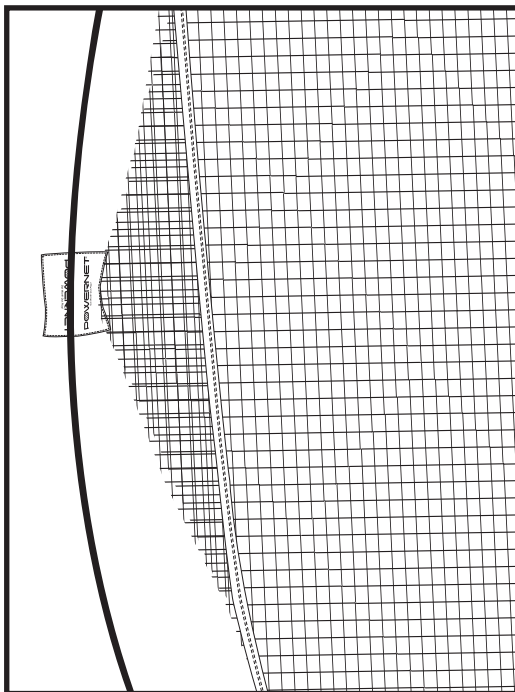
Connect white loop located at the top of the **Net** to the silver notch on the **Top Pole**. Repeat on opposite side.



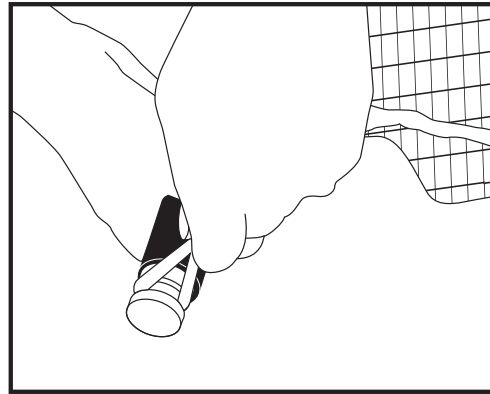
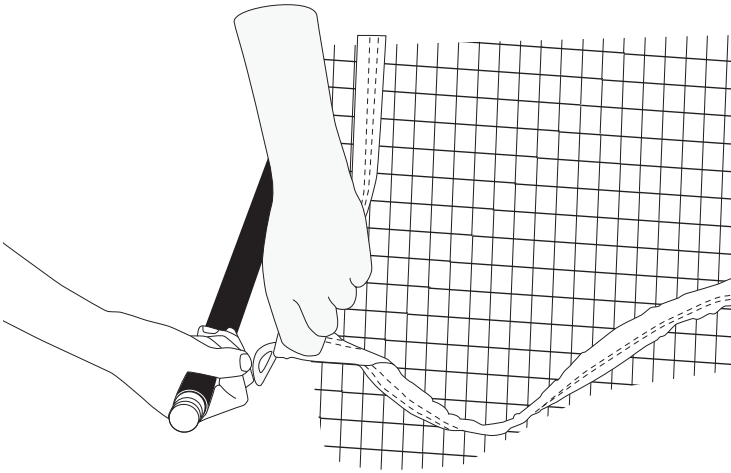
NOTE: You may bend the **Upper Pole** inward to make this step easier.

5

Secure the hook and loop sleeve on **Net** to the connected **Poles**. Repeat on opposite side.

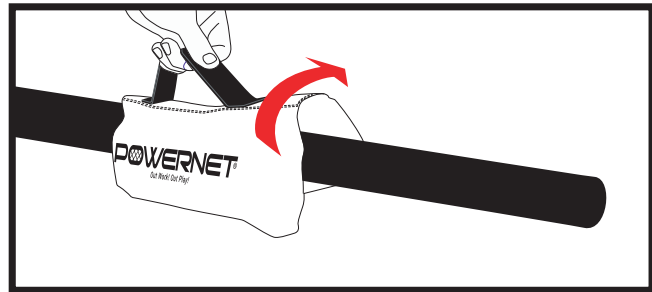
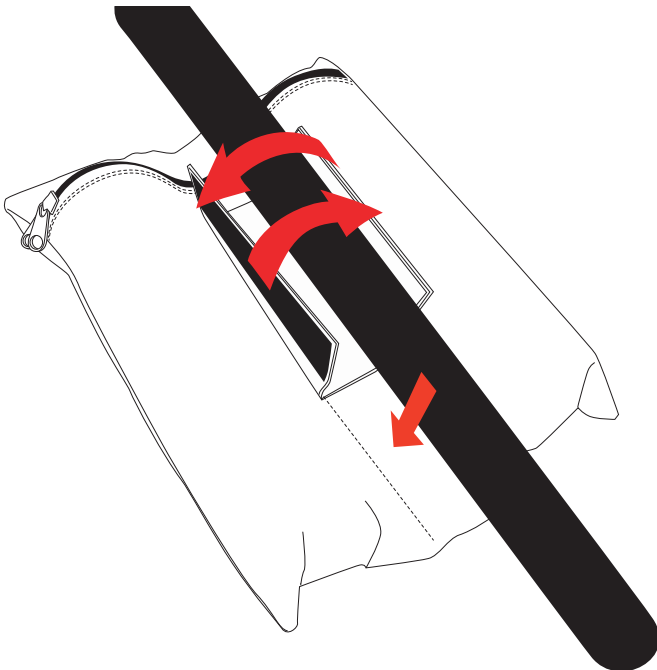


6 Connect white loop located at the bottom of the **Net** to the silver notch on **Front Base Leg**. Repeat on opposite side.



SANDBAGS

Secure each **Sandbag** to each **Front Base Leg**.
(PowerNet Heavy Balls are a perfect fit to add weight without the mess.)

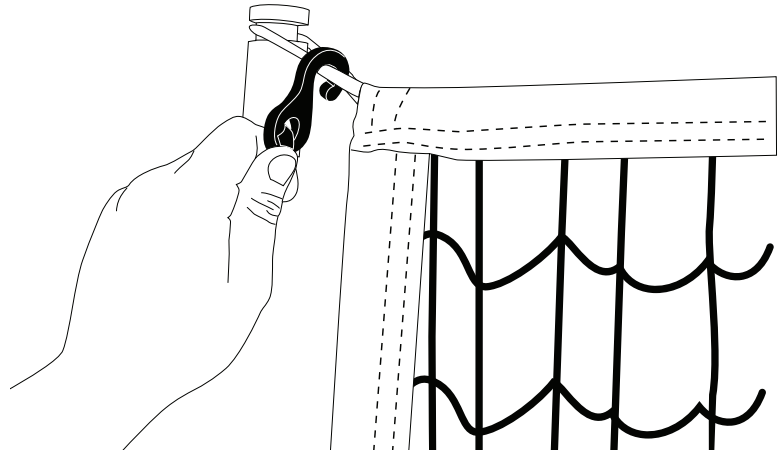
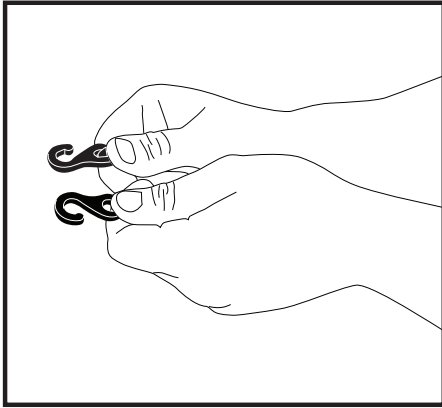


SNAP ZONE ATTACHMENT

If you haven't already, remove the two white **Net** loops from the silver notches on the **Front Base Legs**.

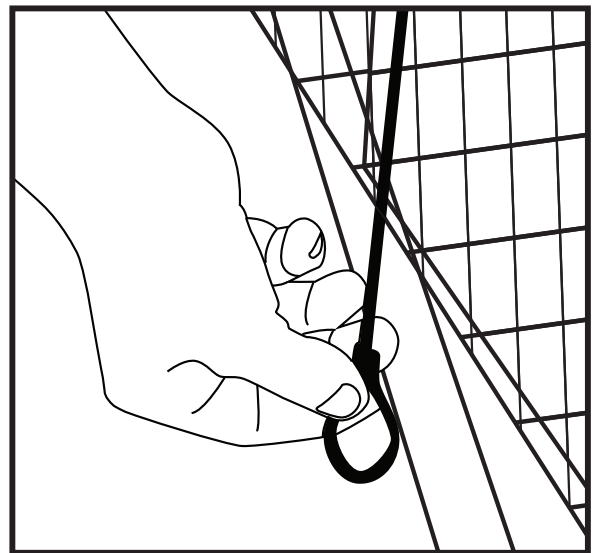
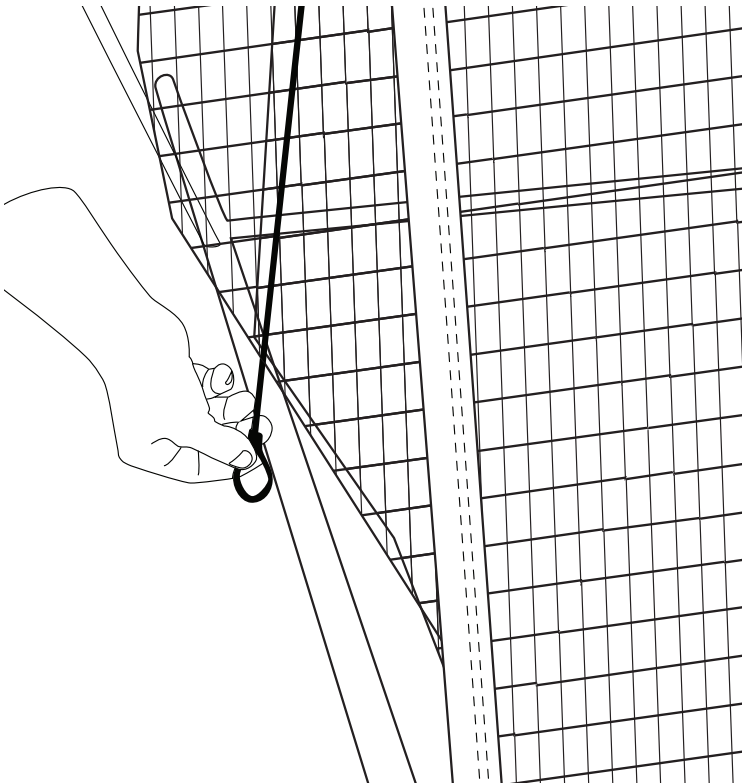
1

Connect S-Hook to the white loop located at the top of the **Net**. Repeat on opposite side.



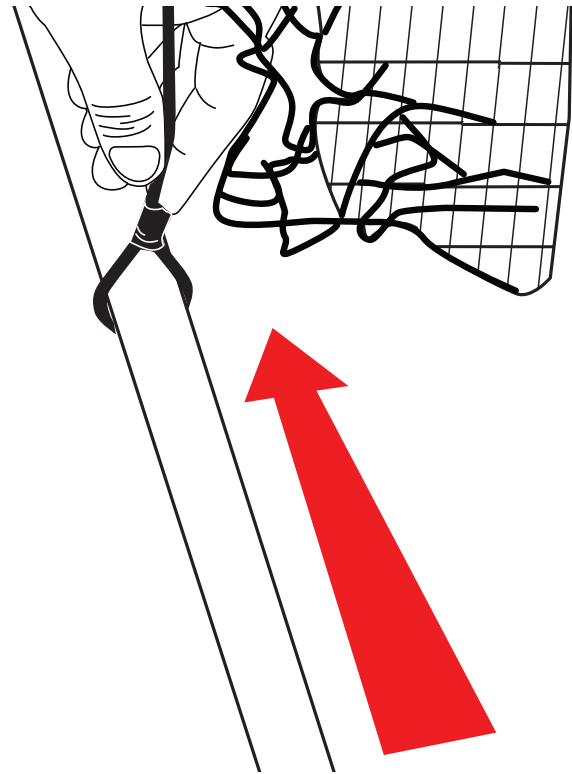
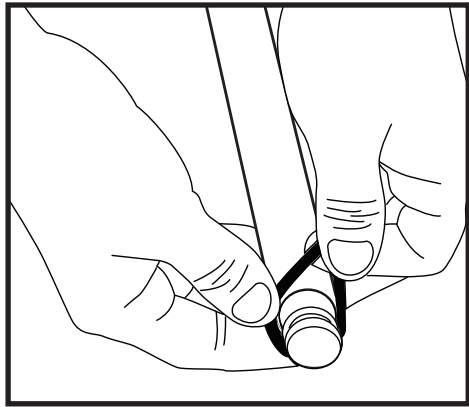
2a

Pull the **Snap Zone** bungee straight down and pass it through any part of the **Net** near the **Front Base Leg**.



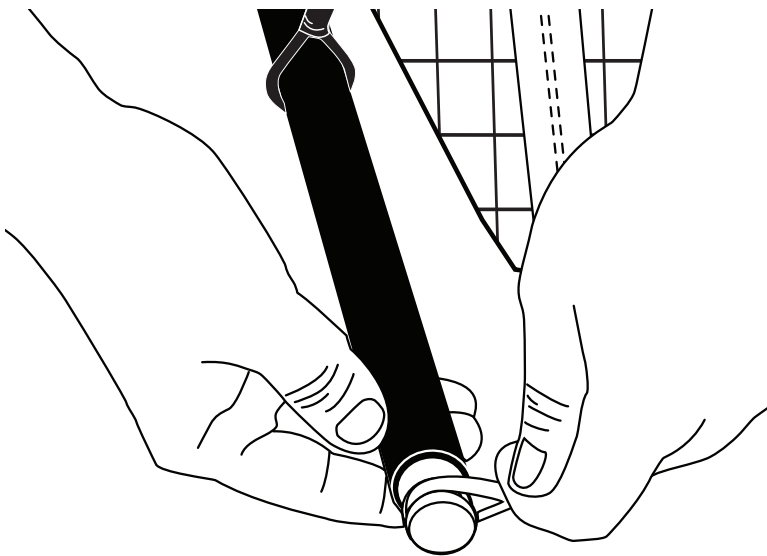
2b

Slip the black loop on the **Snap Zone** over the silver notch and on the **Front Base Leg**.



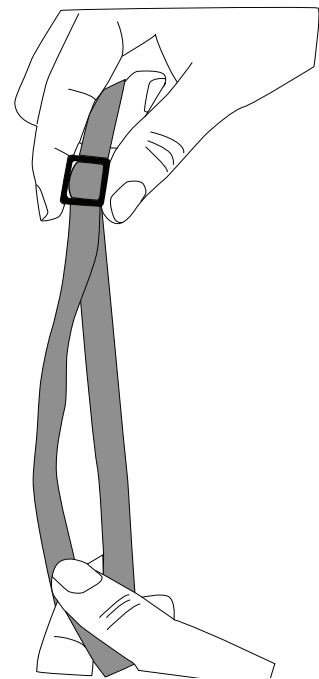
3

Reconnect the white loop on **Net** to silver notch. Repeat steps 2a-2b on opposite side.



4

Adjust to desired height using adjustable straps.



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.

**PLAY LIKE
THE PROS.**

**GERMAN
MARQUEZ**

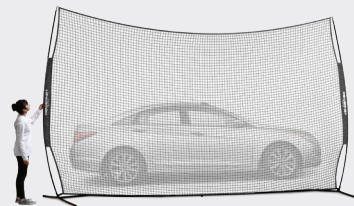
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A-FRAME NET



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