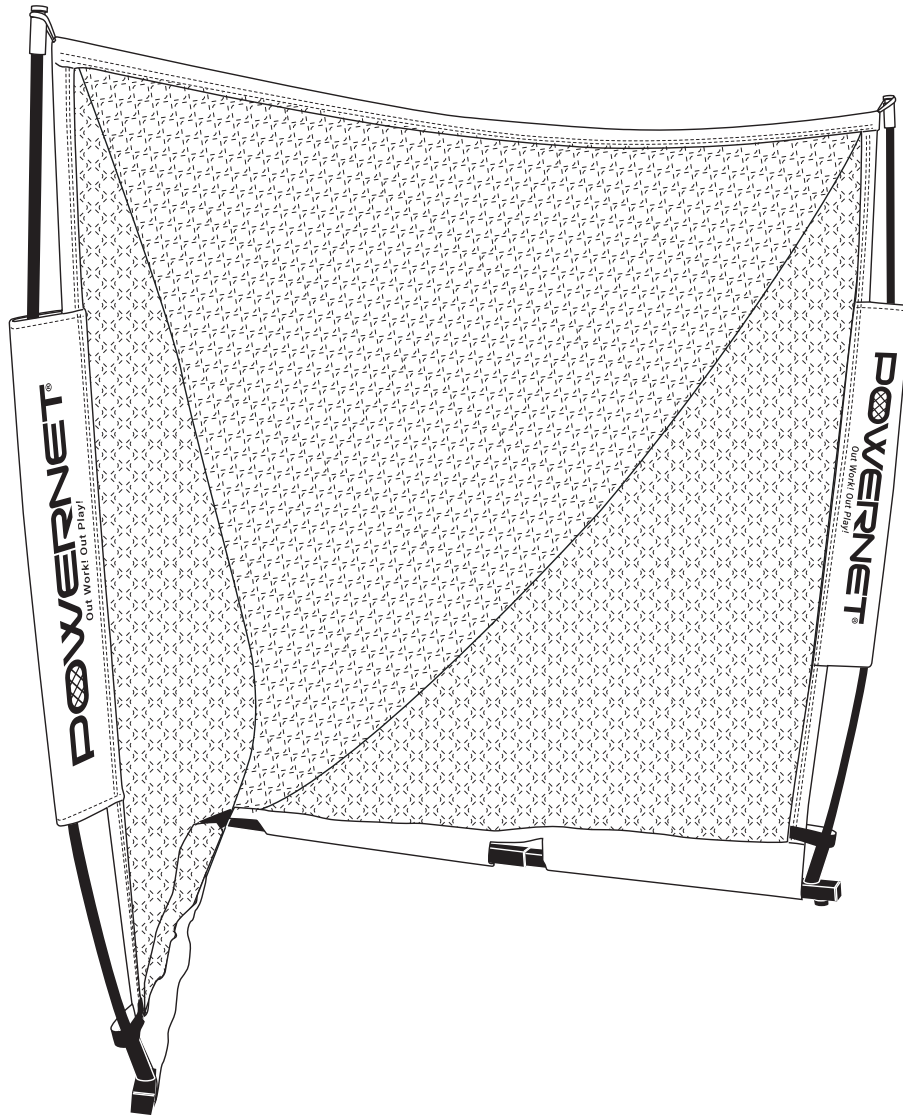


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Out Work! Out Play!

LACROSSE GOAL



Model 1200 (4x4) | 1201 (6x6)

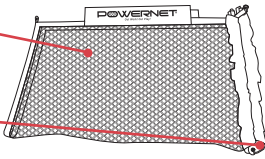
INSTRUCTIONS

Identical assembly for 4x4 model (1200) and 6x6 model (1201).

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

PARTS LIST

(1) NET



(1) FRAME

(2) UPPER POLE



(2) LOWER POLE

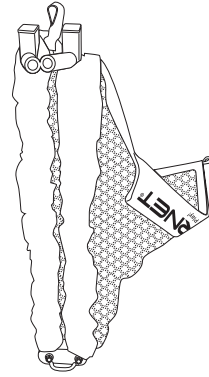


(1) CARRY BAG



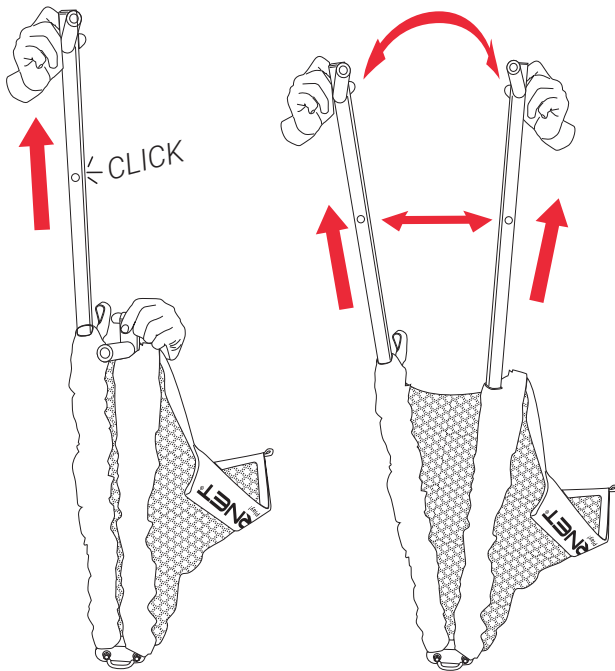
1

Unravel the Net so the Frame legs can easily be spread apart.



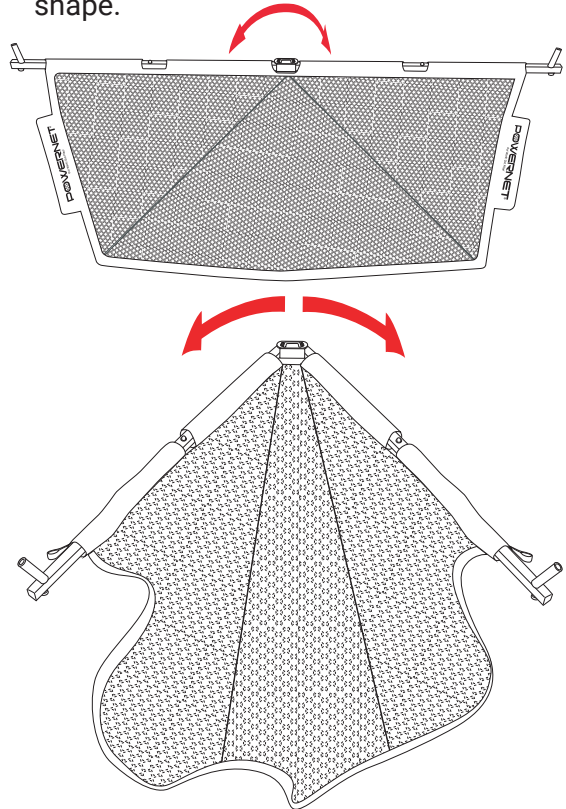
2

Extend the Frame legs until each one **clicks** into place.



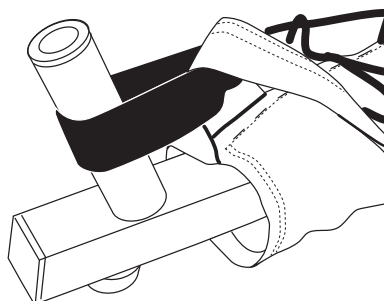
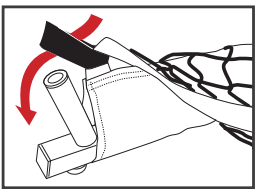
3

Spread Frame legs open to straighten out Frame and continue to spread to form an "A" shape.



4

Hook black elastic loop onto Frame post holder. Repeat on opposite side.



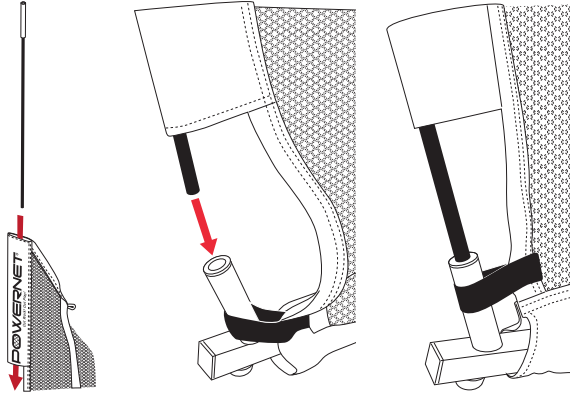
NOTE: Keep spreading the legs until they make contact with the rear bracket and will no longer move inward. At this point, proceed to Step 4.

⚠ 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.

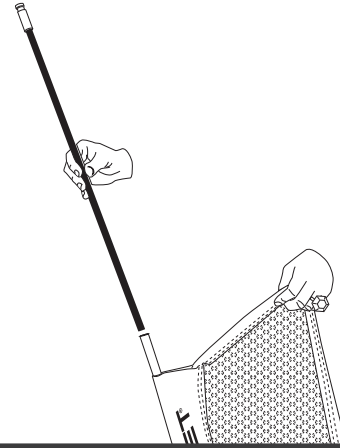
5

Slip one **Lower Pole** through either Net sleeve and into the Frame post holder. Repeat on opposite side.



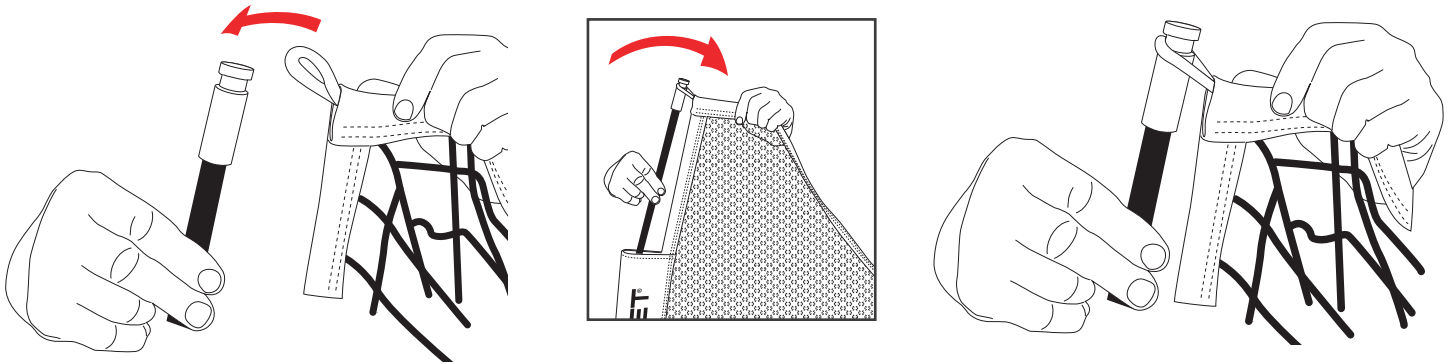
6

Connect **Upper Pole** to a **Lower Pole**. Repeat on opposite side.



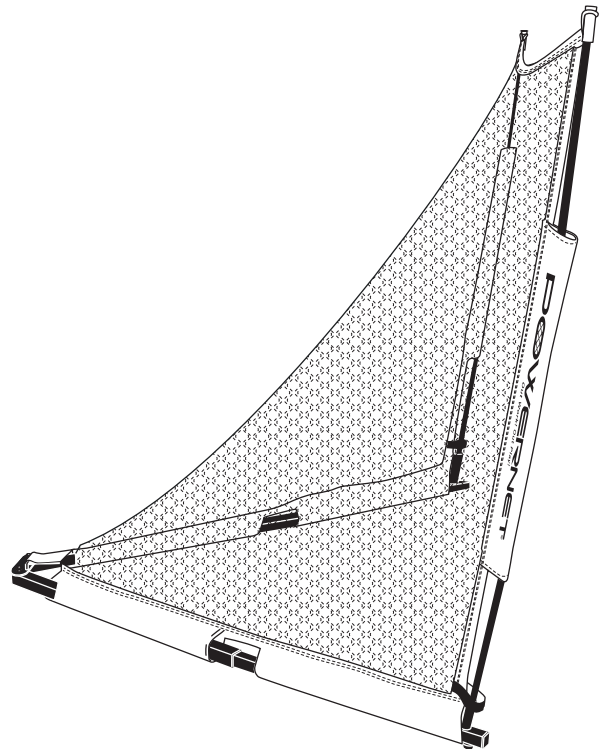
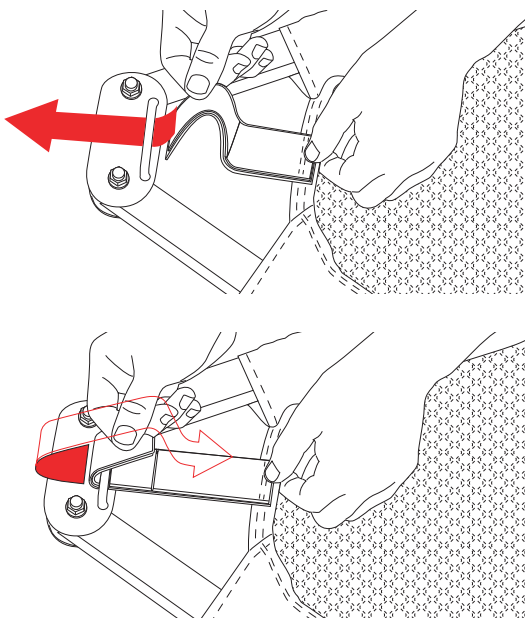
7

Attach white loop at top of Net to silver notch located on the Upper Pole. **NOTE: Bend the Upper Pole inward to make this step easier.** Repeat on opposite side.



8

Slide strap through bracket on back of Frame and loop back to secure.



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OUR VISION

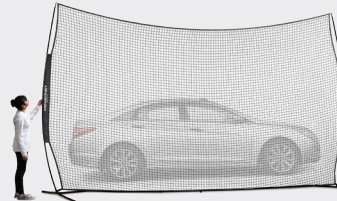
Building confidence through sports is a far-reaching achievement that takes time and repetition.

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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POWERNET GEAR**
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7x7 PRACTICE NET



16x10 BARRIER NET

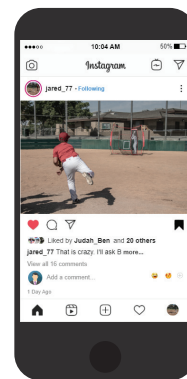


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