

VOLLEYBALL

SPIKE TRAINER

Model # VST-400



Wall-mount Volleyball Spike
Trainer with 28" height
adjustment range

**Assembly
Instructions**

**Owner's
Manual**

Club Volleyball Gear

18434 Technology Drive, Morgan Hill, CA 95037

IF ASSISTANCE IS NEEDED

CALL OUR CUSTOMER SERVICE DEPARTMENT at
1-888-737-8306

HOURS: 8:00 a.m. to 5:00 p.m. Monday through Friday
(Pacific Standard Time)



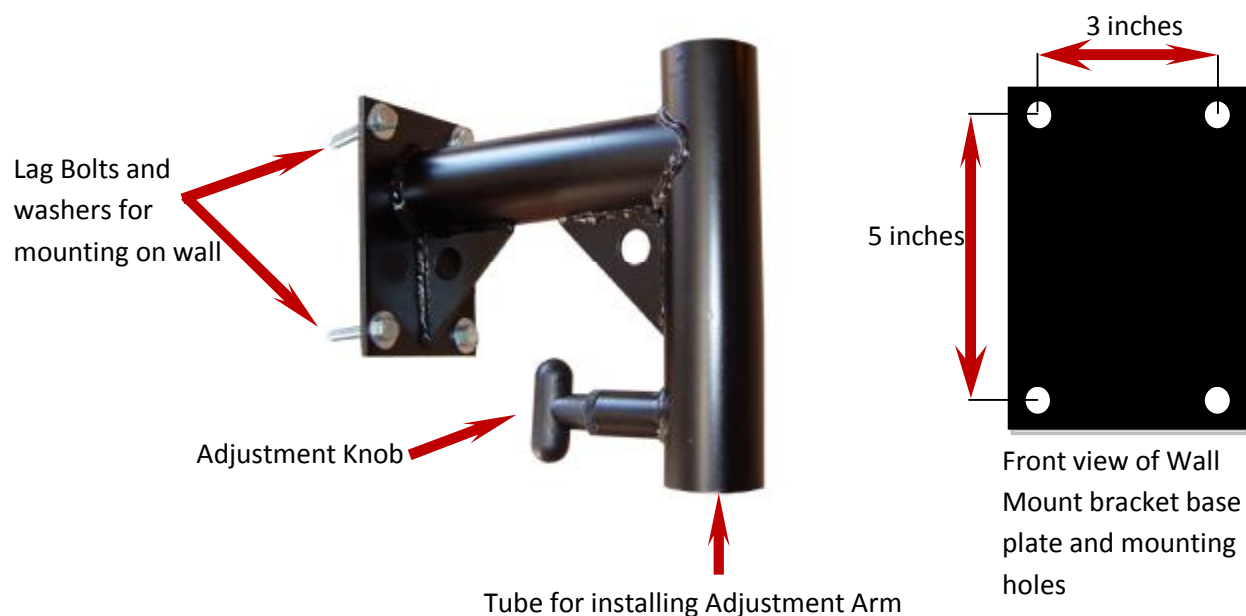
The shipping box contains all pieces necessary to assemble the VST-400 Volleyball Spike Trainer. The hitting arm, Volleyball assembly, adjustment arm, wall mount bracket and hardware parts bag. It is shipped in one box approx. 43" long, 30" wide, & 6"

Before Beginning Assembly

A. Identify and inventory all parts. Keep the hardware bags and their contents separate. If any parts are missing, call our Customer Service Department.

B. Test fit all Knobs/Bolts by inserting them into their respective holes. If necessary, carefully scrape away any excess paint coating buildup from inside the holes. Do not scrape away all of the powder/paint coating. Bare metal may rust. You may need to pound some Bolts into place with a hammer or mallet.

Step 1. Installing Wall Mount bracket



Unpack the VST-400 Volleyball Spike Trainer and make sure you have everything needed to put it together. These are the part(s) required for **Step 1** (Wall Mount Bracket Assembly)

- Wall Mount Bracket (1 pcs)
- Adjustment Knob (1 pcs pre-assembled)
- Lag Bolts and Washers (4 pcs 5/16x 2.5" each)

For most installations, we recommend you install the base plate so the bottom of it is 6' off the floor. This should set the Volleyball height (bottom of the Volleyball) to approximately 7'6" when the VST-400 is in the lowest height setting and approximately the height at the top of a girls Volleyball net.

1

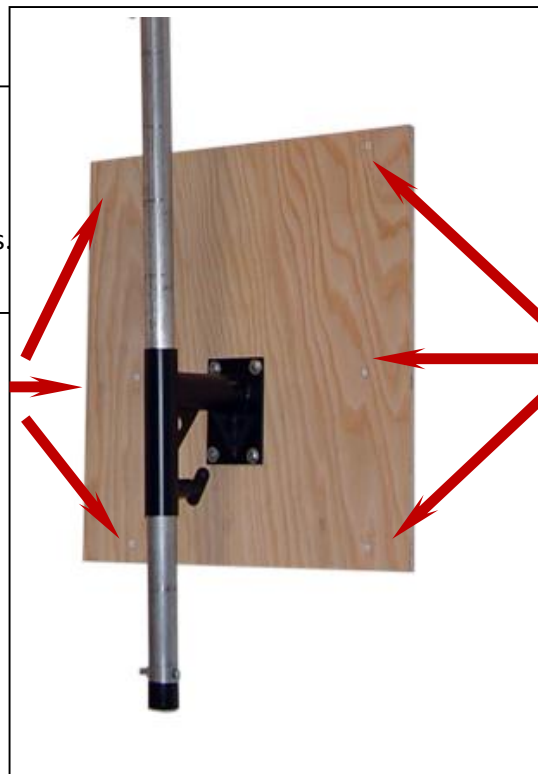
Secure the Wall Mount Bracket to wall

If you are mounting the VST-400 Wall Mount bracket on a concrete wall, please ensure that your facilities personnel comply with all local building codes in regard to attaching the Wall Mount bracket.

If you are mounting the VST-400 wall mount bracket on a hollow (non-concrete) wall, we recommend you first mount a piece of plywood to your wall studs to provide additional support, then mount the Wall Mount Bracket to the plywood using the included lag bolts.

Again, please ensure your facilities personnel comply with all local building codes in regard to securing the VST-400 Volleyball Spike Trainer to a wall at your facility.

Note: Typically, wall studs are placed on 16" centers, so purchasing a 24" x 24" piece of plywood that is $\frac{3}{4}$ " thick should allow you to secure the plywood to your existing wall studs.



2

Inserting the Adjustment Arm into the Wall Mount Bracket

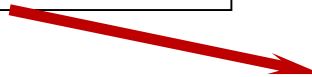


Simply insert the **Adjustment Arm** into the **Mounting Bracket** **from the bottom**.

Pull out the Adjustment Knob and push the Adjustment Arm up until you can insert the Adjustment Knob Pin into one of the adjustment holes on the Adjustment Arm.

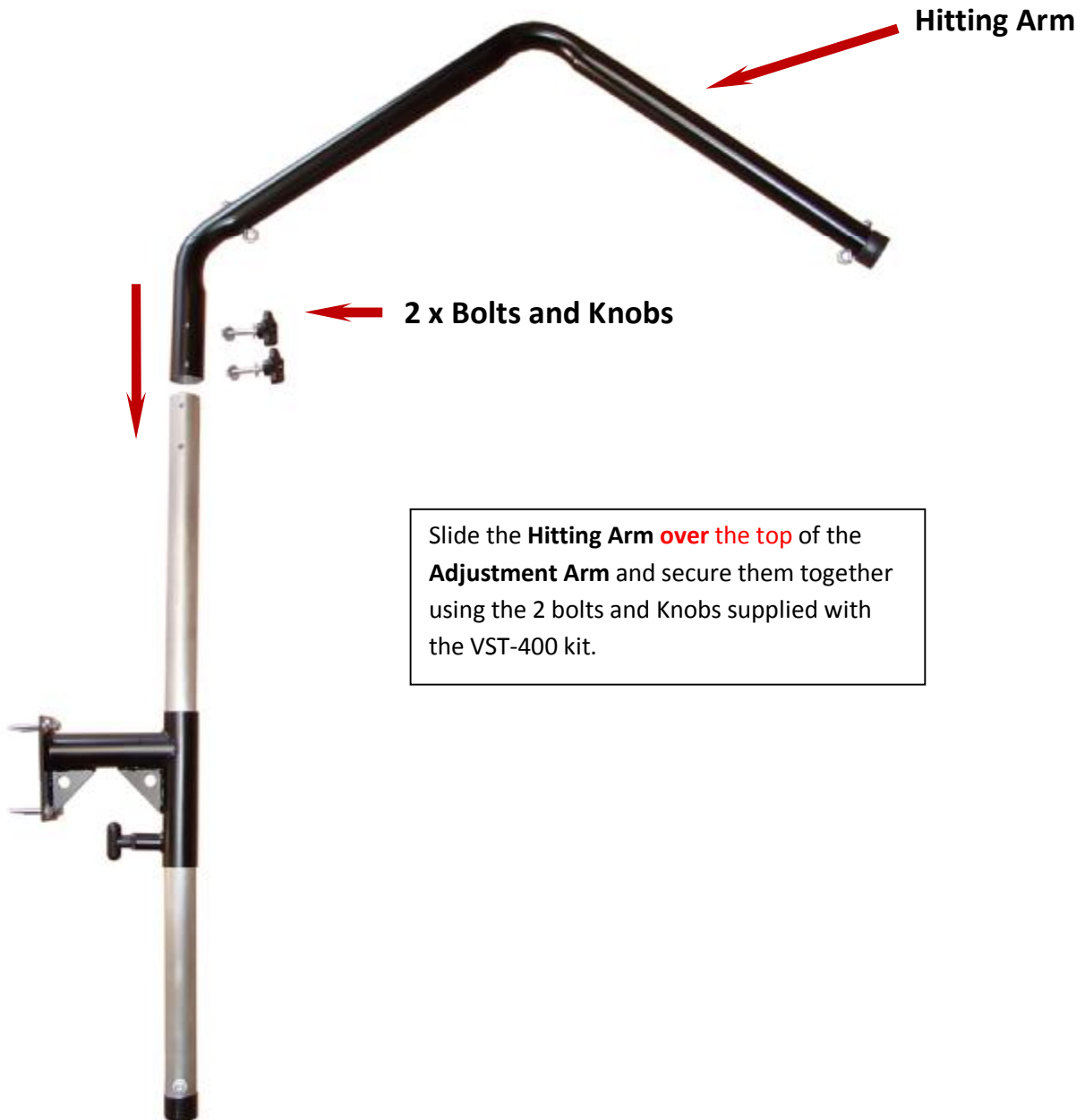


Wall Mount Bracket with Adjustment Arm should look like this when assembled.



3

Attach the Hitting Arm to the Adjustment Arm



4

Attach the **Volleyball Assembly** to the **Hitting Arm**.



You're almost there. The last step is to attach the **Ball Assembly** to the **Hitting Arm**.

Secure the **Volleyball Assembly** to the **Hitting Arm** using the integrated quick-release fasteners on the ends of the Ball Assembly

Congratulations. You're done. Have fun using your new VST-400 Volleyball Spike Trainer.



Adjusting Hitting Height

The VST-400 Volleyball Spike Trainer has a height adjustment range of 28" in 4" increments.

To safely adjust Volleyball height

1. Place your hand **under** the **Adjustment Arm** to keep the Arm from falling too quickly when you pull the Adjustment Pin out using the Adjustment knob.

Note: Take care NOT to pinch your hand between the Wall Mount Tube and the Adjustment Arm when moving the Adjustment Arm up and down.

2. Pull the Adjustment Knob out to release the Pin holding the Adjustment Arm in place.

Then:

Push the Adjustment Arm Up using the palm of your hand to increase the height of the Volleyball.

Or

Reduce the pressure on the Palm of your hand to allow the Adjustment Arm to drop to the level you'd like to hit at.

Do NOT release all pressure on the bottom of Adjustment Arm until you are sure the Adjustment Pin is inserted into one of the holes in the Adjustment Arm.

Do NOT hit the Volleyball without ensuring the Adjustment Pin is inserted into one of the holes on the Adjustment Arm.

**FAILURE TO FOLLOW THESE WARNINGS
MAY RESULT IN SERIOUS INJURY
AND/OR PROPERTY DAMAGE.**

- Owners must ensure that all players know and follow these rules for safe operation of the system.
- When adjusting height or moving system, keep hands and fingers away from moving parts.
- Do not allow children to move or adjust system.
- Do not wear jewelry (rings, watches, necklaces, etc.) during play. Objects may entangle in hooks or your basketball net.
- Check system before each use for proper ballast, loose hardware, excessive wear, instability, and signs of corrosion and repair before use.

Never play on damaged equipment.

Safety Instructions

Owner must ensure that all players know and follow these rules for safe operation of the system.

To ensure safety, do not attempt to assemble this system without following the instructions carefully. Check entire box and inside all packing material for parts and/ or additional instruction material. Before beginning assembly, read the instructions and identify parts using the hardware identifier and parts list in this document.

Proper and complete assembly, use and supervision are essential for proper orientation and to reduce the risk of accident or injury. A high probability of serious injury exists if this system is not installed, maintained, and operated properly.

FAILURE TO FOLLOW THESE WARNINGS MAY RESULT IN SERIOUS INJURY OR PROPERTY DAMAGE AND WILL VOID WARRANTY.

- If using a ladder during assembly, use extreme caution.
- Two capable adults are recommended for this operation.
- Check Knobs daily for tightness.
- Assemble the Rim Mounting Assembly and Hitting Arm sections properly. Failure to do so could cause the unit to become loose during play or transport.

Most injuries are caused by misuse and/or not following instructions. Use caution when using this system.

VOLLEYBALL SPIKE TRAINER

3-YEAR LIMITED FACTORY WARRANTY

THE MANUFACTURER RESERVES THE RIGHT TO MAKE SUBSTITUTIONS TO WARRANTY CLAIMS IF PARTS ARE UNAVAILABLE OR OBSOLETE.

1. The Volleyball Spike Trainer is warranted to the original purchaser to be free from defects in material or workmanship for a period of three years from the date of original retail purchase. The word "defects" is defined as imperfections that impair the use of the product. Defects resulting from misuse, abuse or negligence will void this warranty. This warranty does not cover defects due to improper installation, alteration or accident. This warranty does not cover damage caused by vandalism, rusting, "acts of nature" or any other event beyond the control of the manufacturer.
2. This warranty is nontransferable and is expressly limited to the repair or replacement of defective Volleyball Spike Trainer equipment. If the equipment is defective within the terms of this warranty, Club Volleyball Gear will repair or replace defective parts at no cost to the purchaser. Shipping charges to and from the factory are not covered and are the responsibility of the purchaser. Labor charges and related expenses for removal, installation or replacement of the Volleyball Spike Trainer system or its components are not covered under this warranty.
3. This warranty does not cover scratching or scuffing of the product that may result from normal usage. In addition, defects resulting from intentional damage, negligence, unreasonable use or hanging from the Volleyball Assembly will void this warranty.
4. Liability for incidental or consequential damages is excluded to the extent permitted by law. While every attempt is made to embody the highest degree of safety in all equipment, freedom from injury cannot be guaranteed. The user assumes all risk of injury resulting from the use of this product. All merchandise is sold on this condition, and no representative of the company may waive or change this policy.
5. This product is not intended for institutional or commercial use; Club Volleyball Gear does not assume any liability for such use. Institutional or commercial use will void the warranty.
6. This warranty is expressly in lieu of all other warranties, expressed or implied, including warranties of merchantability or fitness for use. Neither Club Volleyball Gear, nor any representative assumes any other liability in connection with this product.

ALL WARRANTY CLAIMS MUST BE ACCOMPANIED BY A SALES RECEIPT.

REPORT PRODUCT DEFECTS IN WRITING TO:

Club Volleyball Gear, 18434 Technology Drive, Morgan Hill, CA 95037

Or call (888) 737-8306 M-F 8 a.m. to 5 p.m. PST.

Please include your dated sales receipt and photographs of damaged parts