



# VST-500 Volleyball Spike Trainer Assembly

**1**

*Mount each adjustable vertical support along a sturdy wood beam. Use 4 screws to attach each support arm.*

*Distance between vertical supports should be approximately 42 inches.*



**2**

*Attach the Volleyball Assembly to eye-bolts using the Quick Connect Connectors.*



**3**

*Adjust the hitting height of the Volleyball using the push-pins on both vertical supports.*

**Club Volleyball Gear**

18434 Technology Drive  
Morgan Hill, CA 95037

**(888) 737-8306**