



# Volleyball Spike Trainer **Model # VST-300**

*Attaches to Fixed Height Basketball Systems*

**Perfect your Volleyball Hitting Technique** using this cost-effective and durable Volleyball Spike Trainer. Work on footwork, hitting approach, vertical jump, arm swing, and ball contact.



Attaches to the rim of your fixed-height (10 foot) basketball system



*Provides the Perfect Set and an optimum platform for practicing footwork, vertical jump and hits*

**Attaches to Fixed-Height Basketball Rims**

## Features and Benefits

### Simple to Install

Designed to attach to the rim of your fixed-height (10 foot) basketball system, the **Volleyball Spike Trainer (VST-300)** is **Simple to Install AND Requires Minimal Tools.**

Simply attach the Rim Assembly with the Rim Hooks/knobs, insert the height adjustable Hitting Arm Support, then attach the Hitting Arm and removable Volleyball Assembly.

### Easy to Use

Adjust the Volleyball hitting height by moving the Hitting Arm Support up or down to your preferred hitting height and start practicing your hitting technique. **Adjustable hitting height: 7 1/2 to 10 feet**

### Durable, Quick Release Elastic Volleyball Assembly

Top-quality Volleyball with integrated elastic bands provides the perfect set every time for realistic hitting practice. The removable **Quick-release Volleyball** assembly allows for safe storage or simple replacement

### 30 Day Money Back Guarantee and Warranty

We are so confident you will love this product that we back it with a 30 day money back guarantee. We also include a 3 Year warranty on our Spike Trainers. (1 Year on Volleyball Assembly)



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[www.VolleyballSpikeTrainer.com](http://www.VolleyballSpikeTrainer.com)