

## Precision Trainer Assembly Instructions

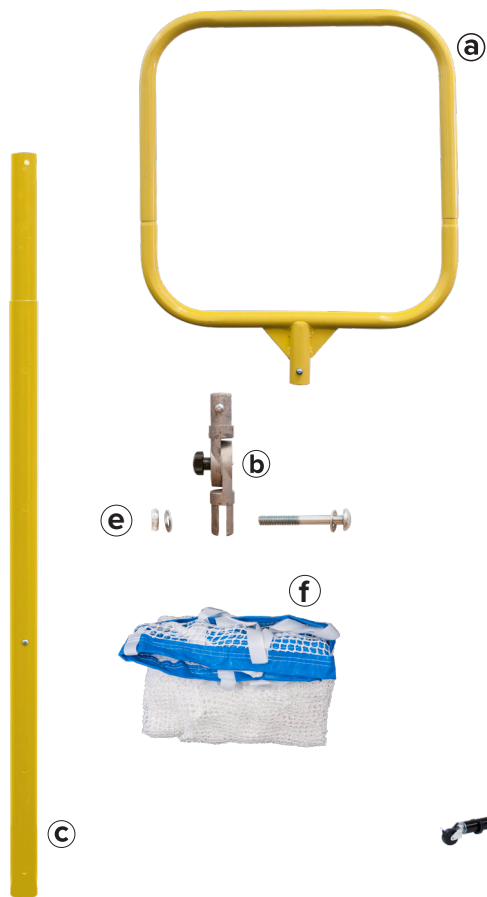


In every competition, there comes a moment that defines the game and typically determines which side will be victorious. Some call it a turning point, or momentum changer. This moment can happen at any time, sometimes early in the contest or sometimes in the final seconds. It is during this key moment, that all the practice, hard work, precision and repetition drills pay off. We want you to own this moment, and the Spectrum Precision Trainer will help you do so. This adjustable, portable target trainer will improve accuracy in many sports including volleyball, football, soccer and more. Use the Spectrum Precision Trainer to improve bumping, passing, setting, serving, and spiking precision during your training and practice sessions.

- **Multiple Height Settings:** Lightweight aluminum support allows you to change the height of the target depending on your particular training or drill. Center of the target hoop heights are 106", 114", 122", and 130". Attach Target Hoop directly to the base frame upright for lower target drills.
- **Adjustable Target:** The 24" steel two-piece target can be adjusted in 45 degree increments from completely horizontal to completely vertical and everything in between.
- **Steel Frame/Base:** The sturdy, welded steel frame provides stability to the unit and keeps it from toppling over during use. Rubber swivel wheels attached to the base allow the unit to be moved with ease.
- **Catch Net:** Easily attaches to the target using Velcro straps and catches any balls that enter the target.

It's time to get to work improving your accuracy and precision with the Spectrum Precision Trainer. It's time for you to own that moment.





#### Set includes:

- 1 - 2 Piece target hoop (a)
- 1 - Adjustable aluminum 90 fitting (b)
- 1 - Adjustable upright (c)
- 1 - Base (d)
- 3 - Nuts and bolt hardware (e)
- 1 - Catch net with Velcro Straps (f)

#### Assembly Steps



- 1) Attach the two pieces of the yellow target hoop (a) by inserting swaged ends into the larger openings and lock push-buttons. Attach the catch net (g) by securing the Velcro straps to the target hoop.
- 2) Slide the aluminum 90° Fitting (b) into the tee on the bottom half of the target hoop and secure using the included nut and bolt hardware (f).
- 3) The other end of the aluminum 90° Fitting (b) secures into the top of the adjustable upright (c) using the included nut and bolt hardware (f). The use of the adjustable target upright, will depend on the height settings of the target hoop desired.
- 4) The bottom end of the adjustable (c) target upright then attaches to the top of the frame (d) unit using the push button attachment, or for the low setting, secure the 90° fitting into the frame's upright (d).
- 5) Make sure all connections are secure before using.
- 6) The adjustable target fitting (c) has multiple height settings and can be adjusted using the push button attachment.