

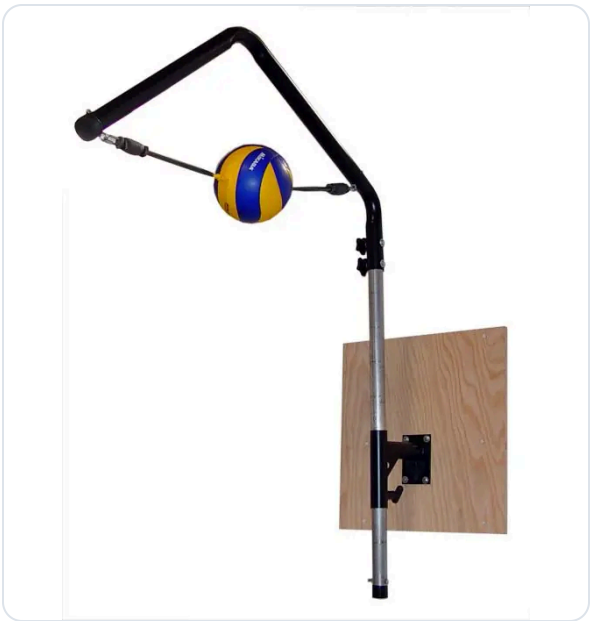
CLUB VOLLEYBALL GEAR

Volleyball Spike Trainer

Model VST-400 · Assembly Instructions & Owner's Manual

Wall-mount spike trainer with a 28" height adjustment range.

- 4 steps
- 2 adults recommended



What's in the box

Everything ships in one box, about 43" long × 30" wide × 6" tall.



PART	QTY
Wall Mount Bracket Adjustment Knob pre-installed	1
Adjustment Arm 1.75" aluminum tube, 43" long	1
Hitting Arm Eyebolts and end cap pre-installed	1
Volleyball Assembly Ball with bungee cords and quick-release clips	1
Lag Bolts with Washers 5/16" × 2-1/2"	4
Bolts with Star Knobs Attach the Hitting Arm to the Adjustment Arm	2

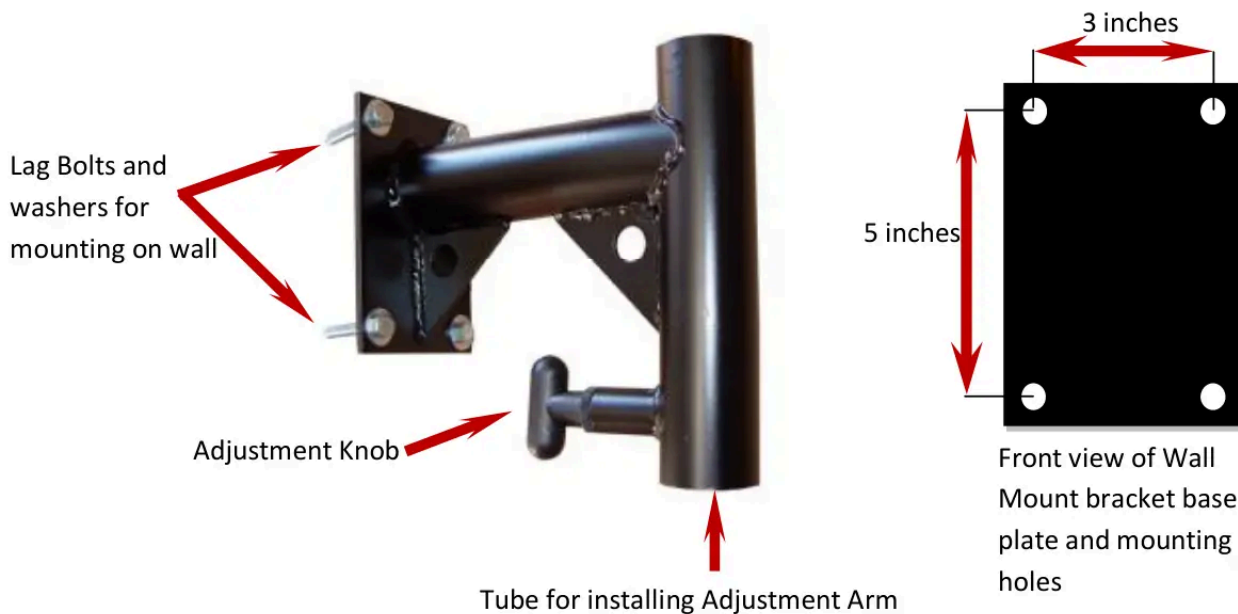
Before you begin

- 1
- Check the parts.** Identify and inventory all parts against the list above. Keep the hardware bag and its contents together. If anything is missing, contact us.

- 2 **Test-fit the knobs and bolts.** Insert each one into its hole. If a hole is tight, carefully scrape away excess powder coating from inside it, but don't remove all of the coating, or the bare metal may rust. Some bolts may need a light tap with a hammer or mallet.

1 Mount the Wall Mount Bracket

Parts: Wall Mount Bracket (with Adjustment Knob) and 4 lag bolts with washers.



The base plate's four mounting holes are 3" apart horizontally and 5" apart vertically.

Recommended height: mount the bracket so the **bottom of the base plate is 6' off the floor**. On the lowest setting, that puts the bottom of the volleyball at about 7'6", roughly the top of a girls' volleyball net.

Concrete or block walls

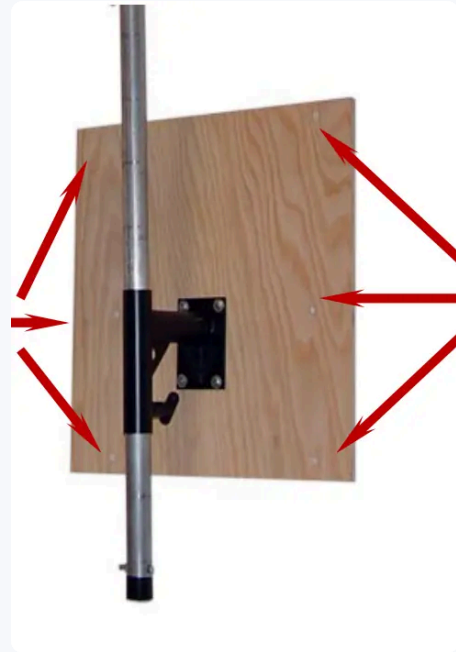
Have your facilities staff attach the bracket in accordance with all local building codes.

Hollow (stud) walls

First mount a piece of plywood across your wall studs for extra support, then attach the Wall Mount Bracket to the plywood with the included lag bolts.

Tip: wall studs are usually 16" on center, so a 24" × 24" piece of 3/4" plywood will span at least two studs. Screw it into both.

Please make sure your installation complies with all local building codes.



Bracket mounted on plywood

2 Insert the Adjustment Arm

- 1 Slide the **Adjustment Arm** into the Wall Mount Bracket **from the bottom**.
- 2 Pull out the **Adjustment Knob** and push the Adjustment Arm up.
- 3 Release the knob so its pin drops into one of the adjustment holes. Wiggle the arm slightly until you feel the pin seat fully.



Insert from the bottom (left). Installed (right).

3 Attach the Hitting Arm

- 1 Slide the short leg of the **Hitting Arm** over **the top** of the Adjustment Arm, lining up the two sets of holes.
- 2 Insert the **2 bolts with star knobs** and tighten them firmly by hand.

Check the knobs regularly. Retighten them before each session.



4 Attach the Volleyball Assembly

Clip the quick-release fasteners on each end of the **Volleyball Assembly** to the eyebolts on the Hitting Arm.



You're done!

Have fun with your new VST-400 Volleyball Spike Trainer.



Adjusting hitting height

28" of adjustment in 4" steps.

Support the arm. The Adjustment Arm will drop when you pull the knob. Keep your hands clear of the gap between the bracket tube and the arm.

- 1 Place one hand under the Adjustment Arm to support it.
- 2 Pull the **Adjustment Knob** out to release the pin.
- 3 Push the arm up with your palm to raise the ball, or ease off to let it lower to the height you want.
- 4 Release the knob and move the arm slightly until the pin **snaps fully into a hole**. Keep supporting the arm until it does.

Never hit the ball unless the pin is fully seated in one of the holes on the Adjustment Arm.

Safety

Warning: failure to follow these instructions may result in serious injury or property damage and will void the warranty.

Assembly

- Read all instructions before you start.
- Two capable adults are recommended.
- Use extreme caution if working from a ladder.
- Assemble the Wall Mount Bracket, Adjustment Arm and Hitting Arm properly. A loose assembly can come apart during play.

Use

- Owners must make sure all players know and follow these rules.
- Check the knobs for tightness before each use.
- Before each use, check for loose hardware, worn bungee cords, excessive wear and corrosion. Never use damaged equipment.
- Keep hands and fingers clear of moving parts when adjusting height.
- Do not allow children to adjust the trainer.
- Do not hang from or climb on the trainer.
- Remove jewelry before play. It can catch on the eyebolts or bungee cords.

3-year limited warranty

Read the full warranty terms

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 three years from the date of original retail purchase. "Defects" means imperfections that impair the use of the product. Defects resulting from misuse, abuse or negligence void this warranty. This warranty does not cover defects due to improper installation, alteration or accident, or damage caused by vandalism, rusting, acts of nature or any other event beyond the manufacturer's control.
2. This warranty is nontransferable and is 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 to and from the factory is the purchaser's responsibility. Labor and related expenses for removal, installation or replacement are not covered.
3. This warranty does not cover scratching or scuffing from normal use. Intentional damage, negligence, unreasonable use, or hanging from the Volleyball Assembly voids this warranty.
4. Liability for incidental or consequential damages is excluded to the extent permitted by law. Freedom from injury cannot be guaranteed. The user assumes all risk of injury resulting from use of this product. All merchandise is sold on this condition, and no company representative may waive or change this policy.
5. This product is not intended for institutional or commercial use. Such use voids the warranty, and Club Volleyball Gear assumes no liability for it.

6. This warranty is 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 include your dated sales receipt and photos of any damaged parts.

Need help?

Call customer service

408-515-5878

Monday–Friday, 8 a.m.–5 p.m. Pacific Time

Warranty claims & defects

Report in writing to:

Club Volleyball Gear

4961 Cabrillo Pt

Discovery Bay, CA 94505