CLUB VOLLEYBALL GEAR

Volleyball Spike Trainer

Model VST-100 · Assembly Instructions & Owner's Manual

Free-standing portable spike trainer on a weighted, wheeled base. Hitting height adjusts from 7½ to 10½ feet.

About 1 hour | 4 stages · 12 steps | 2 adults recommended



What's in the box

Everything ships in one box, about 53" long × 34" wide × 9" tall: the Base, Hitting Arm, Volleyball Assembly, pole sections and hardware bag(s).



Tools & materials needed (not included)

- **1/2" wrench** (two are handiest)
- **7/16" wrench**
- **Adjustable wrench or pliers**
- **Ballast for the Base:** at least 45 lbs of weights, about 300 lbs of sand, or water

Estimated assembly time: about 1 hour.

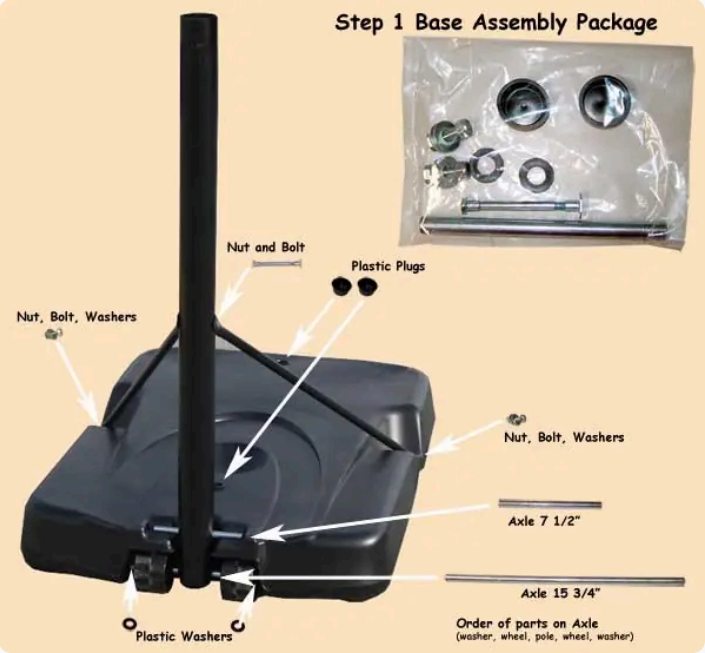
Before you begin

1. **Check the parts.** Identify and inventory all pieces. Keep the hardware bags and their contents together. If anything is missing, contact us.
2. **Test-fit the 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.

The pole comes in three sections. The **Top** and **Middle** sections ship already fitted together (the Top has a crimped end and 2 nut/bolt sets attached). Set them aside for now. The **Lower** section ships separately and has 2 sets of through-holes near the bottom.

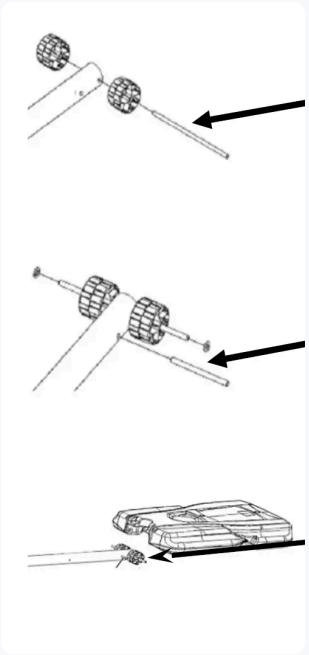
1 Base Assembly

Parts: Base, Lower pole section, 15¾" axle, 7½" axle, 2 plastic wheels, 2 plastic washers, 2 Pole Braces, 2 plastic plugs (1½"), nuts, bolts and washers.

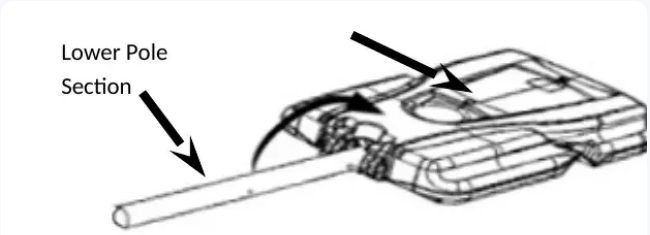


Step 1 parts

1. Install the **15¾" axle** in the **bottom hole** of the Lower pole section, in this order: *washer, wheel, pole, wheel, washer*.
2. Install the **7½" axle** in the hole just above it. This is the **Axle Assembly**.
3. Place the **Base** over the Axle Assembly and step on the Base so the 15¾" axle fits snugly into the slot on the bottom of the Base.
4. Lift or rotate the Lower pole section upward until the 7½" axle fits snugly into its slot on the top of the Base.

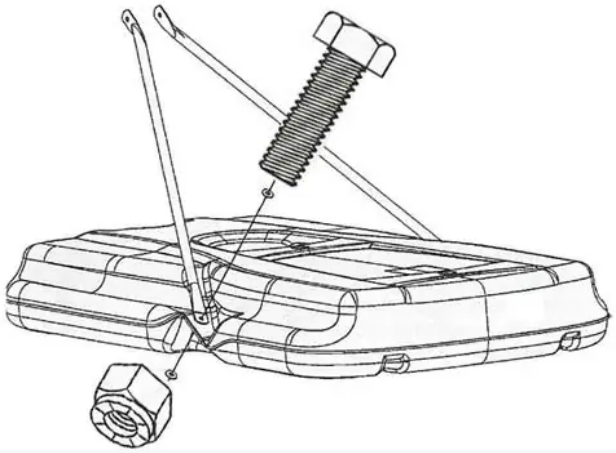


Axles and wheels (steps 1–3)

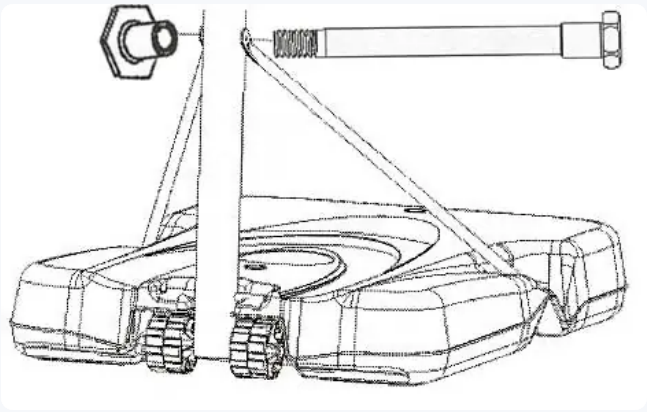


Rotate the pole up into the Base (step 4)

5. Find the two **Pole Braces**. The **straight end** of each attaches to the Base; the **angled ends** attach to the pole in the next step. Bolt them to the Base with the nuts, bolts and washers using two 1/2" wrenches. **Finger-tighten only** for now.
6. Insert the **Pole Brace bolt** through the Lower pole section and secure it with the nut, using a 1/2" and a 7/16" wrench. Tighten it securely, then go back and fully tighten the two Pole Braces at the Base.



Pole Braces to the Base (step 5)



Pole Brace bolt through the pole (step 6)

Check: the completed Base Assembly should look like this. Double-check that all nuts and bolts are tight before moving on.



Completed Base Assembly

2 Weight the Base

Do this BEFORE adding the Upper Assembly. An unweighted base can tip over.

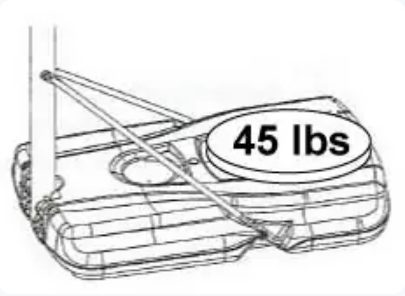
7. Weight the Base with **at least 45 lbs of weights**, or fill it with **sand** or **water**. Weights are recommended for gym use; sand is recommended outdoors.
8. If you used sand or water, **plug the fill hole** with a plastic cap.



Sand



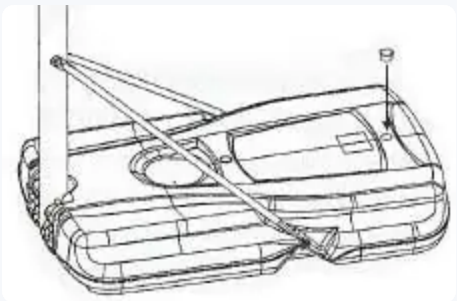
Water



Weights (45 lbs min.)

If you use water:

- Set the Base on a smooth surface free of stones, gravel or sharp objects that could puncture it.
- Check the Base often for cracks or punctures, and check the water level before each use.
- Add one tablespoon of chlorine bleach each time you fill it to prevent algae.
- To store it without weight, tip it forward and rest the Hitting Arm on the ground, or separate the Base from the Upper Assembly.



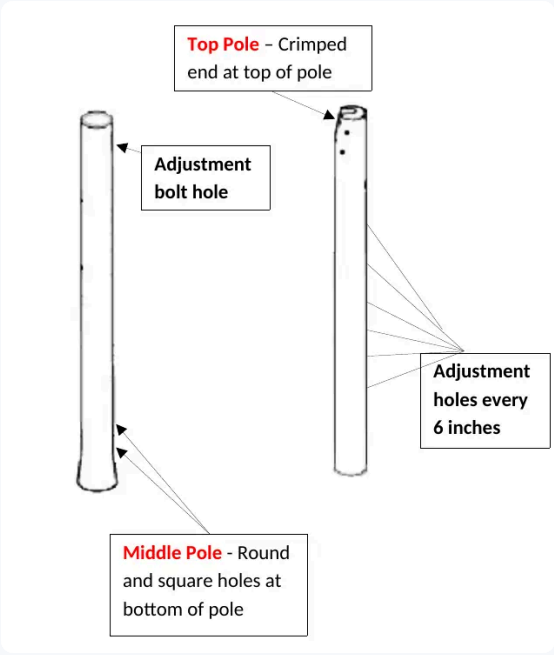
Plug the fill hole (sand or water)

3 Assemble the Upper Pole

The **Upper Pole Assembly** is the **Middle Pole** (round and square holes near the bottom) and the **Top Pole** (crimped end at the top).

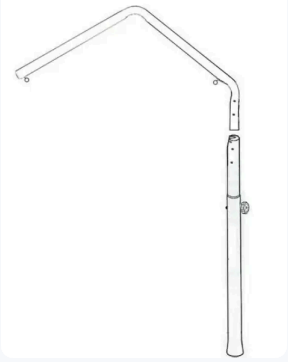
9. Slide the top of the Top Pole up through the bottom of the Middle Pole until at least one adjustment hole on the Top Pole shows. Line up the Middle Pole's adjustment bolt hole with one of the Top Pole's holes (they're every 6"). Insert the bolt through both poles, then add the washer(s) and knob/nut.

> **Tight fit:** the crimped end of the Top Pole fits snugly through the Middle Pole, so you may need to tap the bottom of the Top Pole. **Never strike it directly with a metal hammer.** Put a block of wood between the hammer and the pole.



4 Attach the Hitting Arm and finish

10. Insert the **Hitting Arm** into the Upper Pole Assembly, line up the bolt holes, and insert the bolts, washers and knobs/nuts. Tighten securely.
11. Hook the **Quick-Connect connectors** on the Volleyball Assembly through the eyebolts on the Hitting Arm. **Screw the connectors closed** so the ball can't come loose.



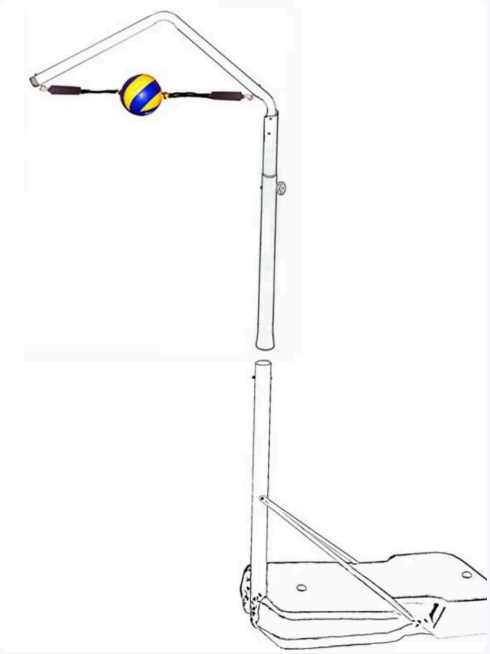
Hitting Arm into the upper pole



Volleyball Assembly attached

12 Insert the **Upper Assembly** into the **Base Assembly**. Insert the bolt and secure it with a washer and locknut using two 1/2" wrenches.

> **Final check:** make sure all nuts and bolts are tight.



You're done!

Your new Volleyball Spike Trainer should look like this.



Moving the trainer

Two adults are recommended. Tighten all knobs and nuts completely before moving it.

1 Face the Hitting Arm. Pull back on the middle pole until the trainer rolls back onto its wheels, then move it to the new spot.

2 With two adults, slowly stand it back up to playing position.

Never let children move the trainer.

Adjusting hitting height

Adjusts from 7½ to 10½ feet in 6" steps. **Two adults are required.**

1. With at least two adults, tip the trainer forward and rest the front of the Hitting Arm on the ground. Avoid scraping off the powder coating, which can cause rust and void the warranty.
2. With one person holding the trainer at all times, remove the Adjustment Knob and carriage bolt, move the pole to the height you want, and reinstall the bolt and knob.
3. Make sure the Adjustment Knob is tight before standing the trainer back up.

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, and check the entire box and packing material for parts.
- Two capable adults are recommended.
- Weight the Base before adding the Upper Assembly.
- Proper assembly, use and supervision are essential to reduce the risk of injury.

Use

- Owners must make sure all players know and follow these rules.
- Before each use, check the ballast, knobs and hardware, and look for wear, instability and corrosion. Never use damaged equipment.
- Keep hands and fingers clear of moving parts when adjusting or moving the trainer.
- Do not allow children to move or adjust the trainer.
- Do not hang from the trainer or the Volleyball Assembly.
- Remove jewelry before play. It can catch on the hooks.

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

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