



CLUB VOLLEYBALL GEAR

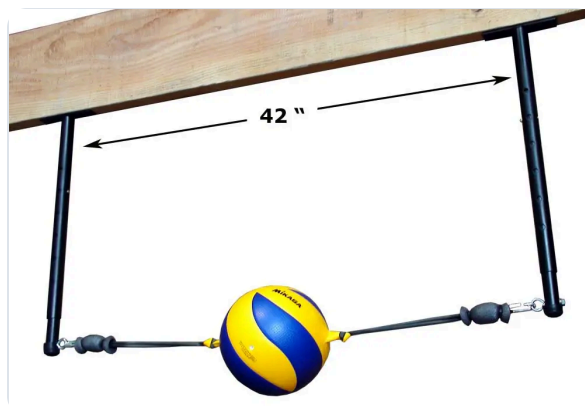
Volleyball Spike Trainer

Model VST-500 · Assembly Instructions

Mounts under an overhead wood beam, with height-adjustable vertical supports.

3 steps

Supports about 42" apart



1 Mount the vertical supports

- 1 Attach each adjustable **vertical support** to the underside of a **sturdy wood beam**.
- 2 Use **4 screws** through the mounting plate of each support.
- 3 Space the two supports **about 42" apart**.

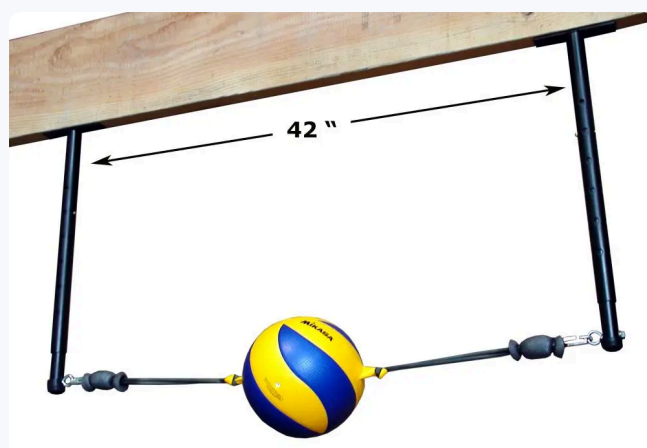
Use a solid beam. The supports take repeated hits, so mount them to structural wood, not trim or drywall.



Mounting plate with 4 screws into the beam

2 Attach the Volleyball Assembly

Clip the **quick-connect fasteners** on each end of the **Volleyball Assembly** to the eyebolts at the bottom of each vertical support.



Supports about 42" apart, with the Volleyball Assembly between them

3 Set the hitting height

- 1 Support the lower tube of one vertical support with one hand.
- 2 Press in the **push-pin** and slide the tube up or down to the height you want.
- 3 Let the push-pin **pop fully through** the adjustment hole.
- 4 Set the other support to the **same height** so the ball hangs level.

Check both push-pins before hitting. Each pin must be fully seated in a hole.

Need help?

Call customer service

408-515-5878

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

Club Volleyball Gear

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