

# **VOLLEYBALL**

## **SPIKE TRAINER**

**Model # VST-100**

**Assembly  
Instructions**

**Owner's  
Manual**

### **WARNING**



To ensure safety, do not attempt to assemble this system without following all instructions carefully. Check entire box and inside all packing material for parts and/ or additional instruction material. Before beginning assembly, read the instructions and identify parts using the hardware identifier and parts list in this document.

Proper and complete assembly, use and supervision are essential for proper orientation and to reduce the risk of accident or injury. A high probability of serious injury exists if this system is not installed, maintained, and operated properly.

## **IF ASSISTANCE IS NEEDED**

CALL OUR CUSTOMER SERVICE DEPARTMENT at  
**1-888-737-8306**

HOURS: 8:00 a.m. to 5:00 p.m. Monday through Friday  
(Pacific Standard Time)

### **ESTIMATED ASSEMBLY TIME**

**1 Hour**

### **TOOLS & MATERIAL REQUIRED FOR ASSEMBLY (Not Included)**

1. **1/2" Wrench**
2. **7/16" Wrench**
3. **Adjustable Wrench or Pliers**
4. **45 lbs. Weight (Minimum), Sand (~300 lbs), or Water**



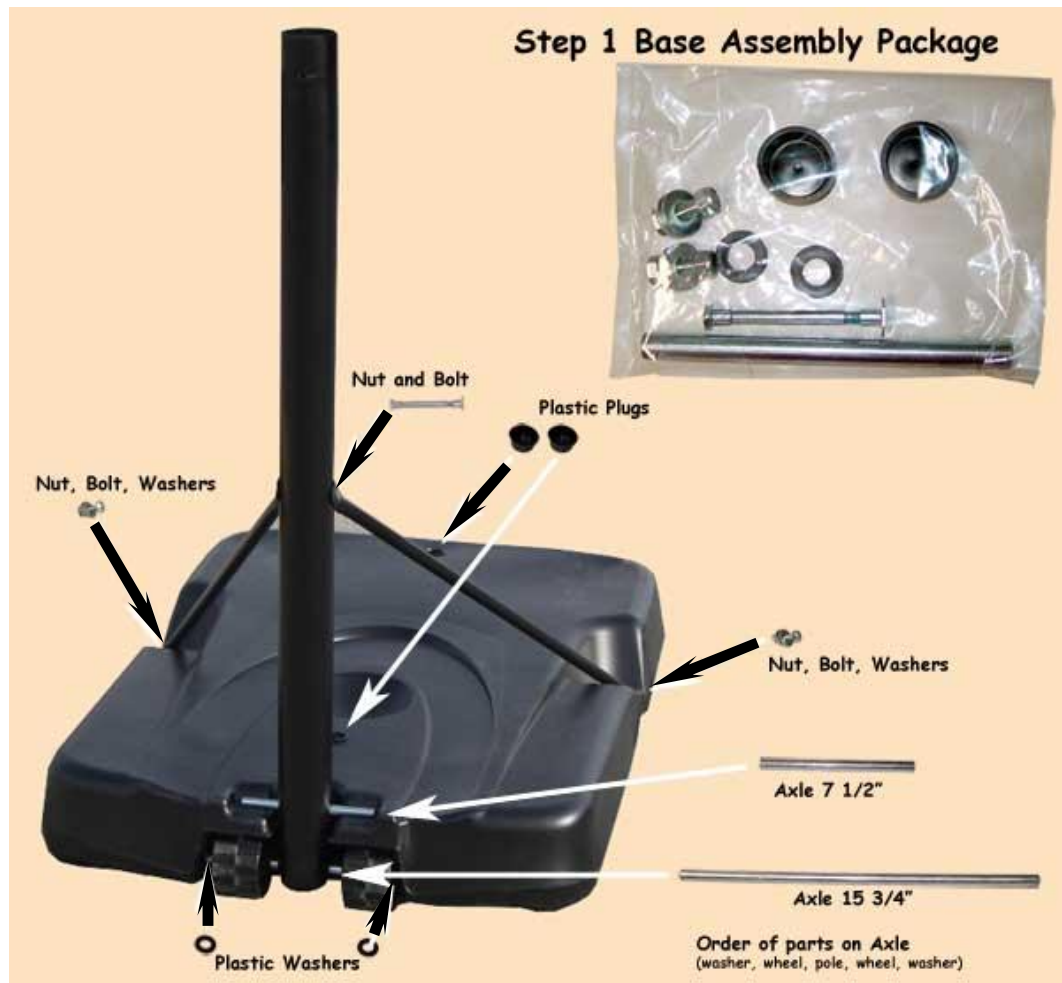
The shipping box contains all pieces necessary to assemble the **Volleyball Spike Trainer**. The Base, Hitting Arm, Volleyball Assembly, Pole sections, and hardware parts bag(s) are shipped in one box approx. 53" long, 34" wide, & 9" tall.

### **BEFORE BEGINNING ASSEMBLY**

**A.** Identify and inventory all pieces. Keep the hardware bags and their contents separate. If any parts are missing, call our Customer Service Department.

**B.** Test fit all Bolts by inserting them into their respective holes. If necessary, carefully scrape away any excess paint coating buildup from inside the holes. Do not scrape away all of the powder/paint coating. Bare metal may rust. *You may need to pound some Bolts into place with a hammer or mallet.*

## Step 1. Base Assembly



Unpack the shipping box and make sure you have everything needed to put the Volleyball Spike Trainer together. These are the parts required for **Step 1** (Base Assembly)

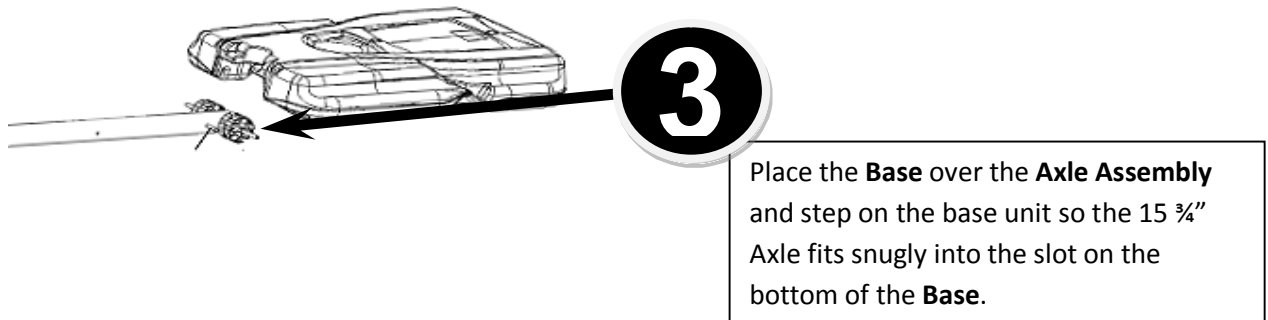
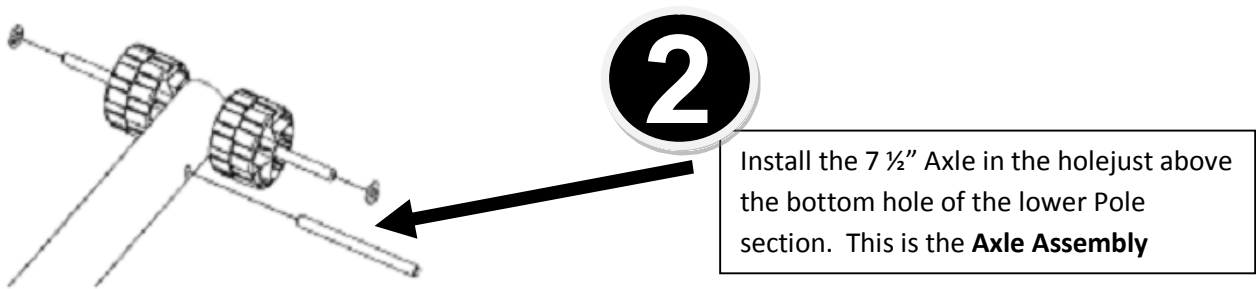
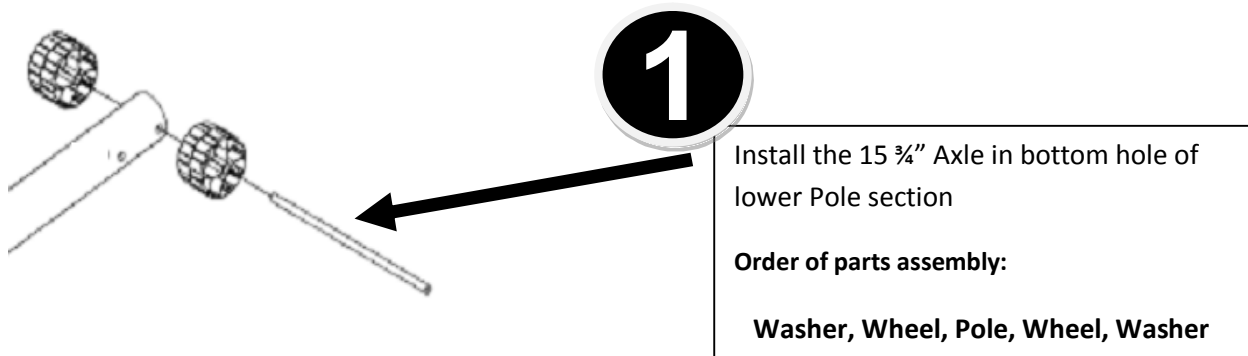
- Plastic wheels (Quantity: 2 pieces)
- Plastic washers (Quantity: 2 pieces)
- 15  $\frac{3}{4}$  " Axle
- 7  $\frac{1}{2}$  " Axle
- Lower section of Pole assembly
- Pole brace (Quantity: 2 pieces)
- Base
- 1 $\frac{1}{2}$ " plastic plugs (Quantity: 2 pieces)

# Club Volleyball Gear

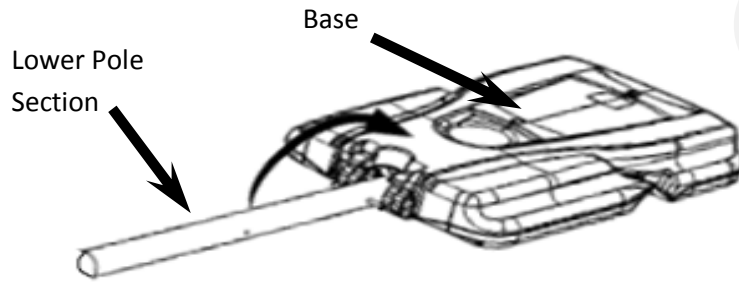
The Pole comes in three sections: Top, middle and Lower sections.

The top has a crimped side and 2 Nut/Bolt assemblies attached to before shipment. The top and middle sections are already assembled. **Set the top/middle assembly aside for now.** The lower Pole section can be identified by 2 sets of holes near the bottom of the Pole.

The Lower section of the Pole assembly is separate at shipment and has 2 sets of thru-holes near the bottom of it.

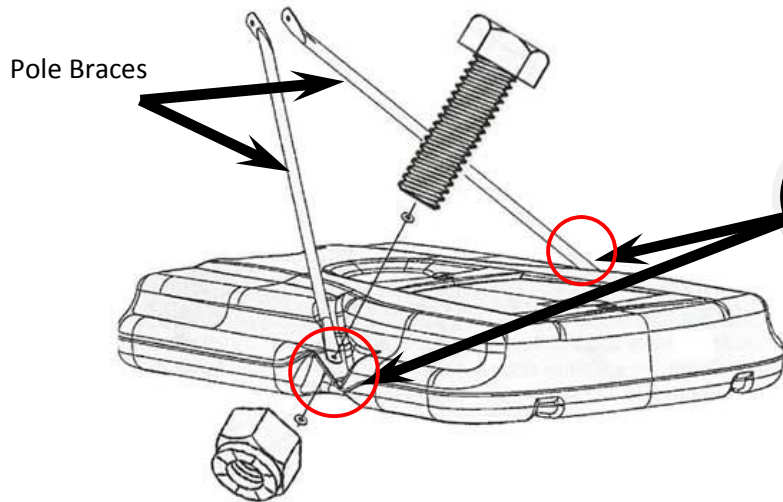


## Club Volleyball Gear



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Lift or rotate the lower Pole section upward until the 7 1/2" Axle fits snugly into its slot on the top of the Base.

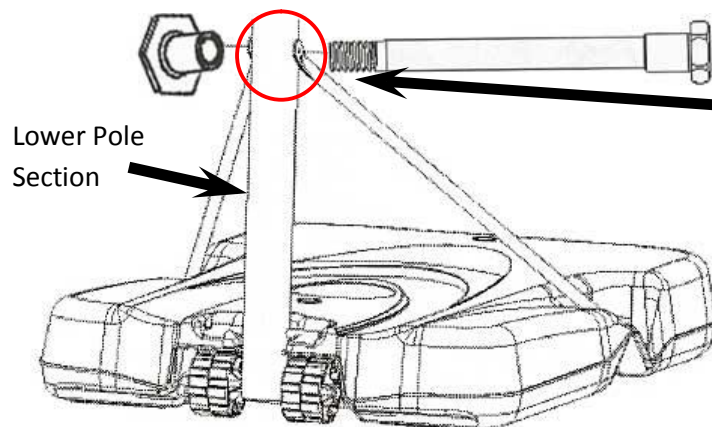


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Find the two Pole Braces in the shipping box.

Note: The straight end of each Pole Brace attaches to the Base. The angled ends attach to the lower Pole in step 6.

Use the nuts, washers, and bolts to attach the pole supports to the base using two 1/2" wrenches. **Only finger-tighten the nuts at this time.**



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Insert the Pole Brace Bolt through the lower Pole section and secure it with the nut. Use a 1/2" wrench and 7/16" wrench to do this.

Tighten the nut securely, then tighten the two Pole Braces attached in Step 5 securely to the Base.

When finished with assembling the pieces of the Base Assembly, the completed **Base Assembly** should look like this.



**NOTE**

Double-check to make sure all nuts and bolts are tight at this point



# Step 2. Stabilizing (Weighting) the Base Assembly.

**Use sand, weights (45 lbs min.), or water to stabilize the Base Assembly at this point. Make sure to do this step BEFORE adding the Upper Assembly.**

Fill the Base with Sand



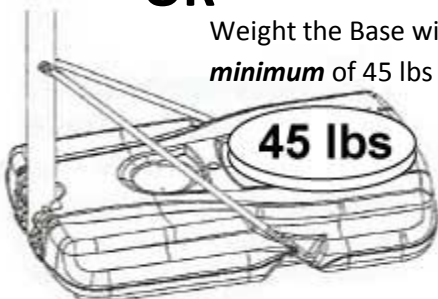
OR

Fill the Base with Water



OR

Weight the Base with a *minimum* of 45 lbs



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**Weight the Base Assembly** with a minimum of 45 lbs of Weight, or fill with Sand or Water. Weights (Min. of 45 lbs) are recommended for gym use, Sand is recommended for outdoor use.

## WHEN USING WATER IN THE BASE, TAKE THESE PRECAUTIONS

Make sure the surface beneath the base is smooth and free of stones, gravel or sharp objects that could puncture the Base and cause leakage.

Check the Base frequently for cracks or punctures.

Always check the water level before using VST-100.

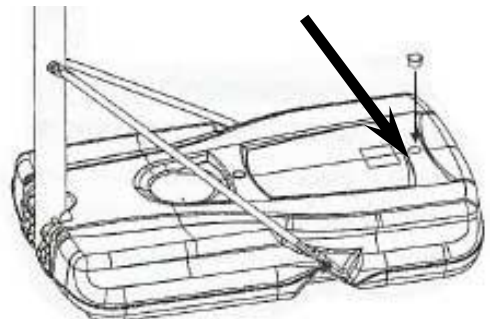
**If the system is to be stored without weight**, tilt it forward and rest the **Volleyball Hitting Arm** on the ground, *or* disconnect the Base Assembly from the Upper Assembly and store separately.

Every time the Base is filled with water, add one tablespoon of chlorine bleach to the water to prevent algae formation in Base.

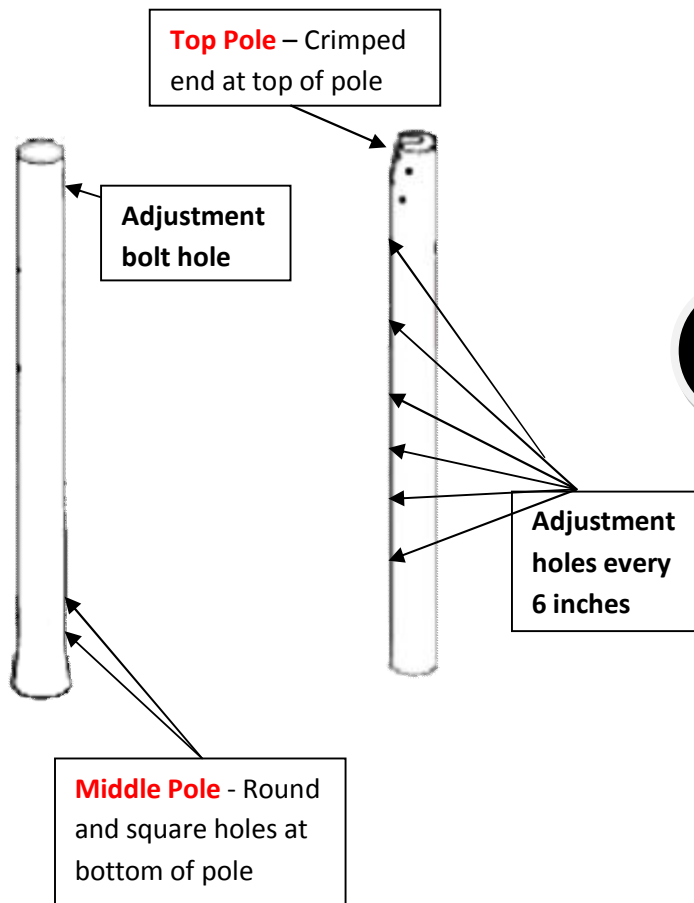
8

Plug the hole with a **Plastic Cap** if using Sand or Water

THEN



## Step 3. Assembling the **Middle and Top poles into the "Upper Pole Assembly"**



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The **Upper Pole Assembly** consists of the "Middle Pole" and "Top Pole".

The Middle Pole has both square and round holes near the bottom of it.

The Top Pole has a Crimped End at the top of it.

Find these two poles. Insert and slide the top of the Top Pole **up and through** the bottom of the Middle Pole until at least one adjustment bolt hole becomes visible on the top pole.

Align the adjustment bolt hole in the Middle Pole with one of the adjustment holes on the top pole.

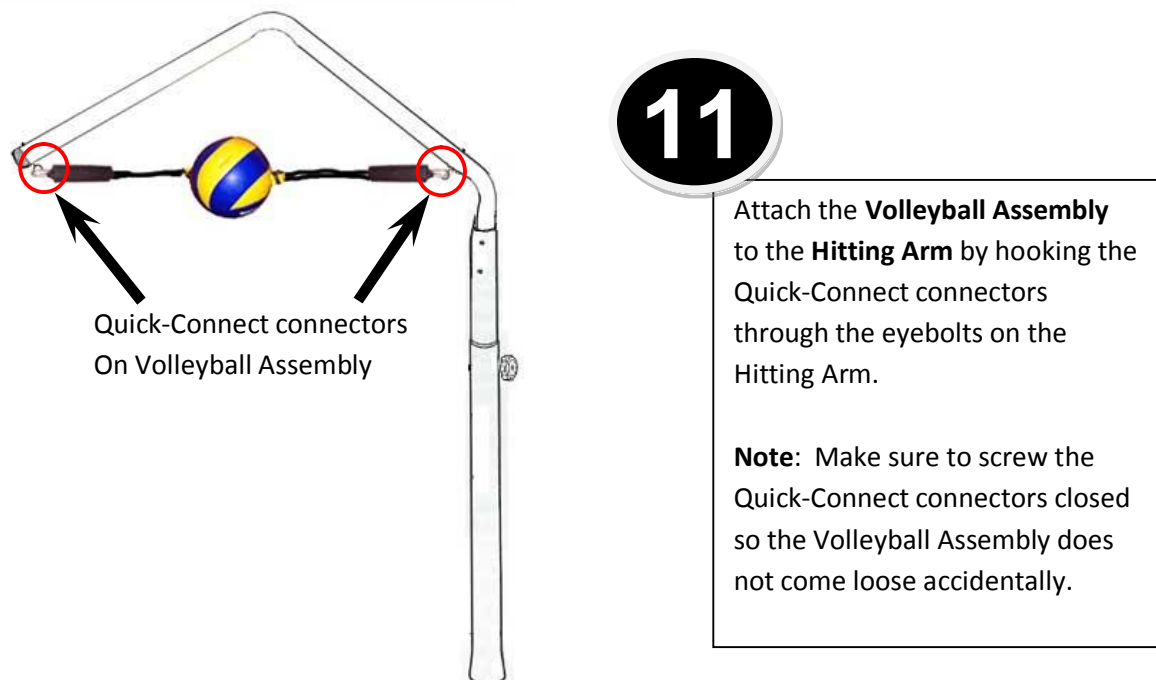
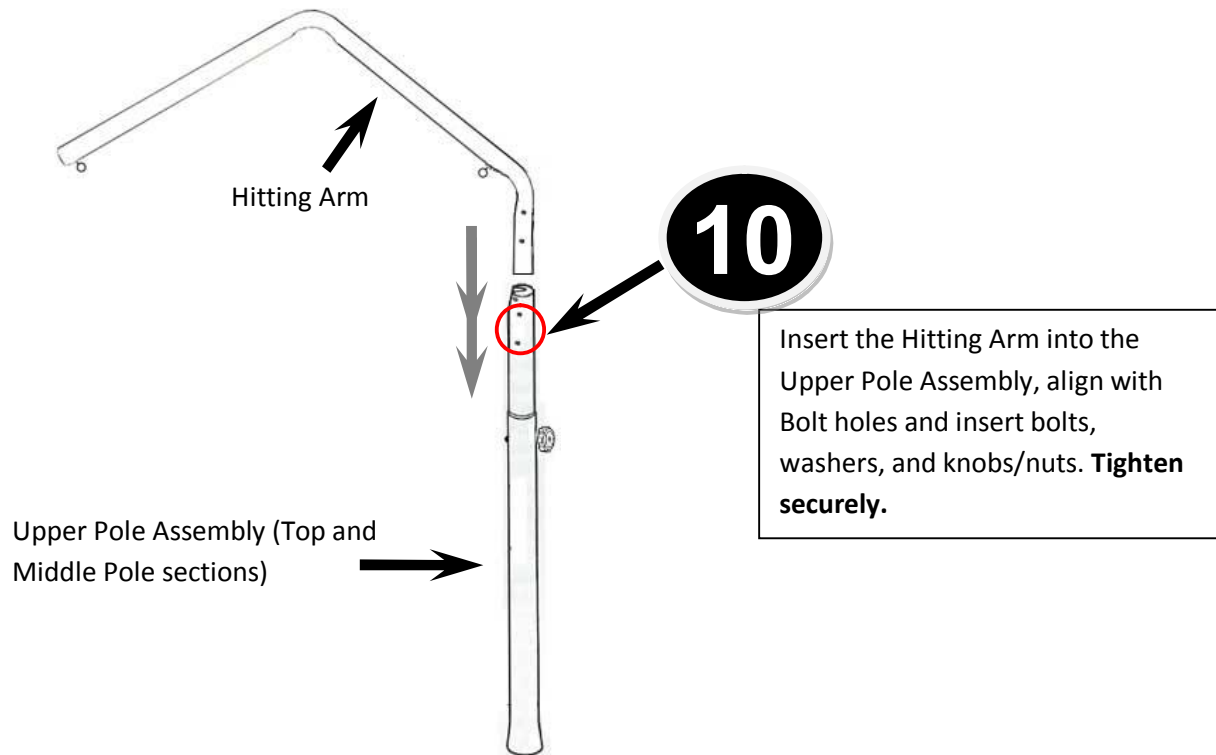
Insert bolt through **both** the Top and Middle Pole, then add washer(s) and the knob/nut to secure the upper pole to the middle pole.

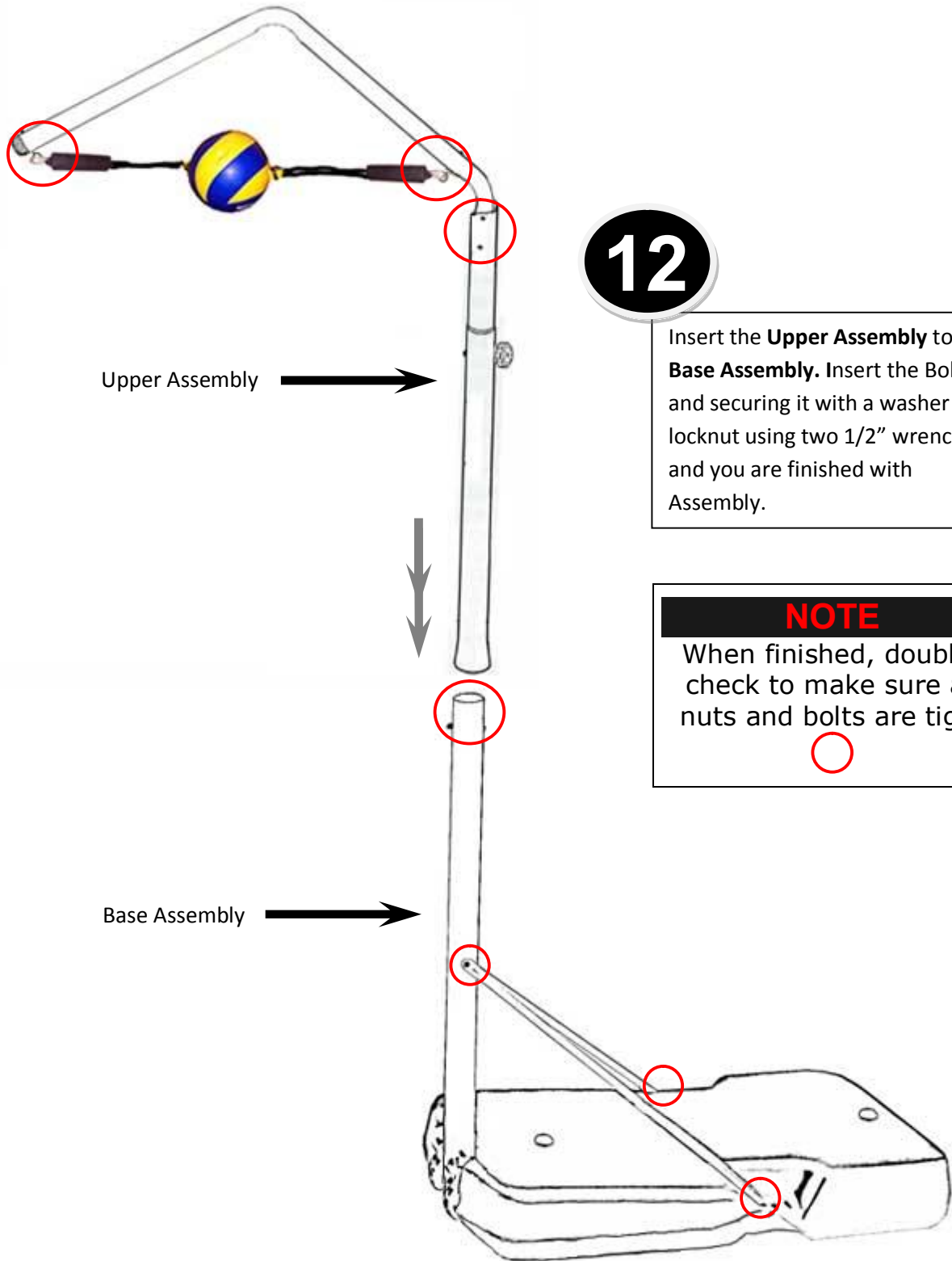
**IMPORTANT Note** – The crimped end of the top pole fits tightly through the middle pole. You may have to tap the bottom of the Top Pole to get it through the opening at the top of the middle pole.

**Do NOT tap** on the bottom of the top pole directly with a metal hammer. Place a piece of wood in between the bottom of the top pole and any metal hammer when tapping through pieces.



## Step 4. Finishing the **Upper Assembly** by inserting the **Hitting Arm** into the **Upper Pole Assembly**.

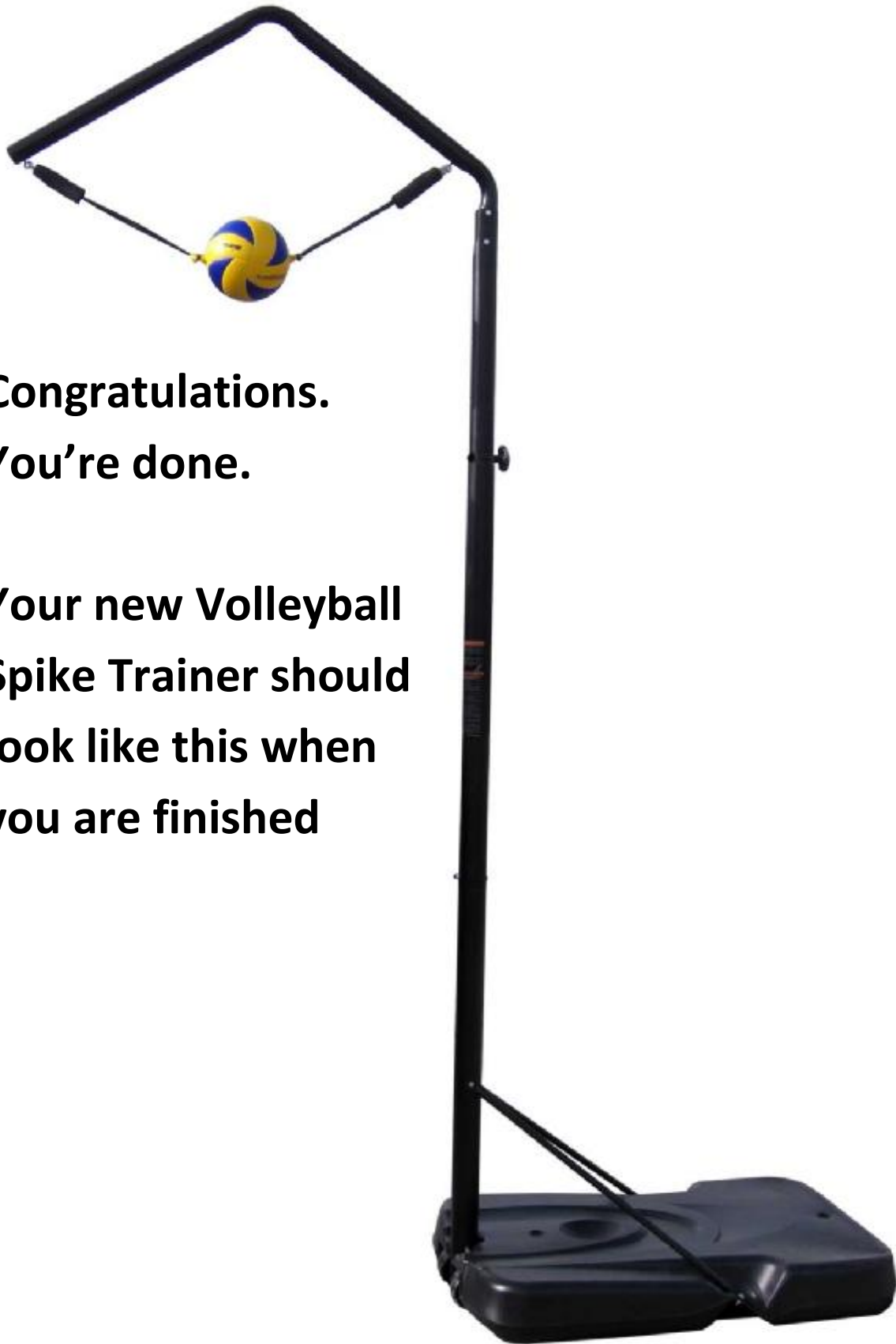




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Insert the **Upper Assembly** to the **Base Assembly**. Insert the Bolt and securing it with a washer and locknut using two 1/2" wrenches and you are finished with Assembly.

**NOTE**  
When finished, double-check to make sure all nuts and bolts are tight



**Congratulations.  
You're done.**

**Your new Volleyball  
Spike Trainer should  
look like this when  
you are finished**

## **Moving the Volleyball Spike Trainer**

(Note: Two adults are recommended for moving the system)

**BEFORE TRANSPORTING THE VOLLYEBALL SPIKE TRAINER, MAKE SURE ALL KNOBS AND NUTS ARE TIGHTENED COMPLETELY.**

- a. Face the Volleyball hitting assembly. Pull back on the middle pole until the system is on its Wheels. Move to the desired location.
- b. Using **two adults**, slowly stand the system to playing position.

***WARNING: Children should never be allowed to move the Volleyball Spike Trainer***

## **Adjusting Hitting Height**

The **adjustable** system may be adjusted from 7 ½ to 10 ½ feet in 6-inch increments.

**TWO ADULTS ARE NECESSARY FOR ADJUSTMENT. TO RAISE OR LOWER THE GOAL**

1. Using at least two adults, tip the system forward and rest the front of the Volleyball hitting arm on the ground. Do not scrape the powder coating off the Rim while adjusting the system, or you could void the product warranty and cause rusting.
2. With one person holding the system at all times, remove the Adjustment Knob and the Carriage Bolt, adjust the system to the desired height and replace the Bolt and Knob.
3. Make sure Adjustment Knob is tight before standing the system to the hitting position.

## **VOLLEYBALL SPIKE TRAINER**

### **3-YEAR LIMITED FACTORY WARRANTY**

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 a period of three years from the date of original retail purchase. The word "defects" is defined as imperfections that impair the use of the product. Defects resulting from misuse, abuse or negligence will void this warranty. This warranty does not cover defects due to improper installation, alteration or accident. This warranty does not cover damage caused by vandalism, rusting, "acts of nature" or any other event beyond the control of the manufacturer.
2. This warranty is nontransferable and is expressly 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 charges to and from the factory are not covered and are the responsibility of the purchaser. Labor charges and related expenses for removal, installation or replacement of the Volleyball Spike Trainer system or its components are not covered under this warranty.
3. This warranty does not cover scratching or scuffing of the product that may result from normal usage. In addition, defects resulting from intentional damage, negligence, unreasonable use or hanging from the Volleyball Assembly will void this warranty.
4. Liability for incidental or consequential damages is excluded to the extent permitted by law. While every attempt is made to embody the highest degree of safety in all equipment, freedom from injury cannot be guaranteed. The user assumes all risk of injury resulting from the use of this product. All merchandise is sold on this condition, and no representative of the company may waive or change this policy.
5. This product is not intended for institutional or commercial use; Club Volleyball Gear does not assume any liability for such use. Institutional or commercial use will void the warranty.
6. This warranty is expressly 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 BE ACCOMPANIED BY A SALES RECEIPT.**

REPORT PRODUCT DEFECTS IN WRITING TO:

Club Volleyball Gear, 18434 Technology Drive, Morgan Hill, CA 95037

Or call (888) 737-8306 M-F 8 a.m. to 5 p.m. PST.

Please include your dated sales receipt and photographs of damaged parts