



LACROSSE REBOUNDER PRO

GETTING STARTED



Thank you for choosing the SKLZ Lacrosse Rebounder Pro. We are dedicated to providing you with the best tools and instruction possible to help you prepare for your sport. If there is anything else we can do to help, don't hesitate to send us an email at help@4implus.com or give us a call toll-free at **1-800-446-7587**.

BEFORE YOU BEGIN:

- Read all instructions carefully before using. If the instructions are not followed correctly, it could result in injury or damage to the product.
- Always check for wear and tear before use. If any is found, do not use the product.
- If you are missing any Lacrosse Rebounder Pro components, please contact Implus customer service toll-free at **1-800-446-7587**.

⚠️ WARNING:

PHYSICIANS WARNING: Not all exercise equipment and programs are suitable for everyone. It is recommended that you consult your physician before using this equipment or beginning this or any other exercise program.

- Recommended for athletes over 14 years old. Athletes under the age of 18 should use the Lacrosse Rebounder Pro under strict adult supervision.
- When using your Lacrosse Rebounder Pro, please have others stay clear of the hitting area to reduce the risk of injury.
- Do not store in extremely high or low temperatures to avoid damaging or reducing the life of your Lacrosse Rebounder Pro.
- Do not leave your Lacrosse Rebounder Pro outdoors for extended periods of time.

⚠️ CAUTION:

- When in use, make sure your Lacrosse Rebounder Pro is in a clear area to avoid damage to property.

PATENT PENDING

1-YEAR LIMITED WARRANTY

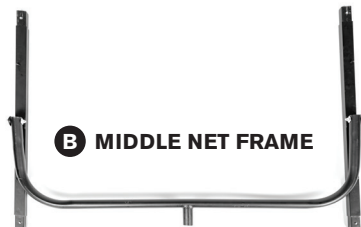
This warranty does not cover damages resulting from accident, misuse, abuse or lost merchandise, and is only valid in the USA. Need proof of purchase for warranty coverage. **Questions? Email help@4implus.com or call toll-free 800-446-7587.**

Made in China. ©2020 Implus Footcare, LLC. Manufactured and distributed by Implus Footcare, LLC; 2001 T.W. Alexander Drive, Box 13925, Durham, NC 27709-3925. SKLZ is a trademark or registered trademark of Implus Footcare, LLC in the U.S. and/or other countries.

IN THE BOX



A TOP AND BOTTOM NET FRAME



B MIDDLE NET FRAME



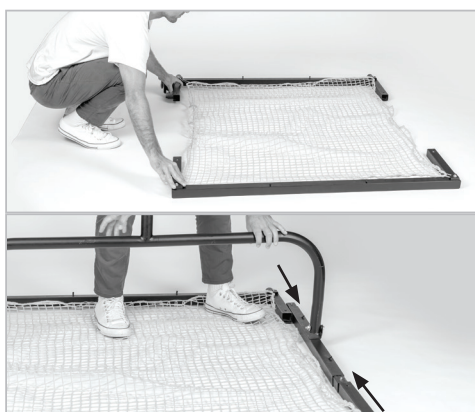
C TOP AND BOTTOM SUPPORT POLES

D BACK OF BASE FRAME

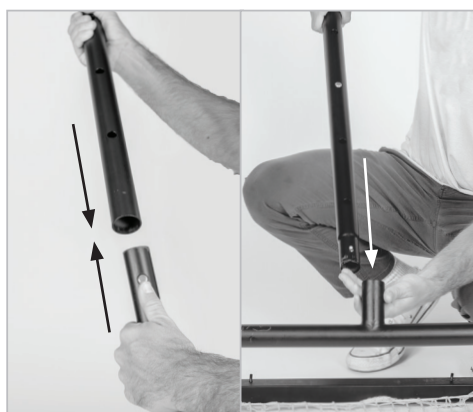


E RIGHT AND LEFT BASE FRAME LEG

GETTING STARTED



1. Place top and bottom net frame posts (**A**) on ground with hooks facing up.
2. Insert middle net frame (**B**) to top of net frame using push pins. Repeat on bottom.



4. Connect top and bottom support poles (**C**) using the large push pin.
5. Insert top of support pole to net frame using push pins.

NOTE: Ensure pole with adjustment holes is closest to net.



6. Assemble the base frame. Connect right base leg (**E**) to back of base frame (**D**) using push pin. Repeat on other side.

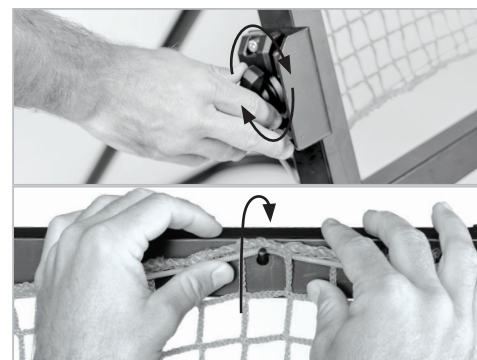
NOTE: Ensure the long side of the base legs are inserted into the back of the base frame.



7. Insert right base frame leg (**E**) to right net frame (**A**) using push pins. Repeat on other side.



8. With net on the ground, lift the base frame (**D**) to connect net support pole (**C**) using push pin.
9. Once fully assembled, grab top of net frame (**A**) and lift to stand upright.



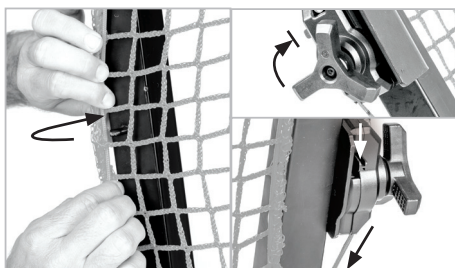
10. Rotate tension knob on left side of net frame (**A**) clockwise until net is pulled tight.
11. Once net has reached desired tension, take outer tension cord and pull over hooks on back of net frame.

NOTE: Ensure you are using tension chord and not the outside of the net. You may need to retighten net after initial use.

ADJUSTING



1. On net support pole (**C**), there are 5 adjustments to change the angle of return. Push large push pin to move frame up or down.



2. To adjust net tension, remove tension cord from hooks on back of net frame. Turn tension knob slightly clockwise (this will feel tight). Hold net release lever down while still holding tension knob. Once net release lever has been pushed, let go of tension knob and pull out cord to release the tension.