

## INITIAL ASSEMBLY

1. Place the base clamp on the ground so the black cap faces down. Align the two holes in base clamp with the two holes drilled in the weighted base leg. Attach the two using the provided 1" hex head bolts and internal tooth lock washers. Tighten firmly. *You will need 1" hex socket wrench to assemble.* (See Images 1a and 1b).
2. Remove the upper and lower pedestal assembly from the box. Without separating the upper and lower pedestal tubes, place them in the square opening in the base clamp with the Sports Imports label facing forward. Insert two of the red t-screws in the threaded brackets at the bottom base clamp and tighten securely. Install the third red t-screw in the threaded bracket at the top of the red pedestal tube but do not tighten at this time. (See Image 2).
3. Remove either the Large or Small Hoop from its carton and insert it as far as it will go into the silver tube pedestal. Secure using the provided gray t-screw. (See Image 3).
4. Use adjustable pin-stop mechanism at the base of the hoop to adjust hoop angle to 90 degrees. Use the provided Velcro straps to attach the large or small hoop net to the appropriate hoop. Each Velcro strap should be roughly 6" apart.
5. To adjust tube pedestal height pull up on silver tube pedestal until desired height is obtained.
6. **Securely fasten red t-bolt at the top of the red tube pedestal before use. T-bolt must be securely fastened to meet safety protocols.**
7. Disassembly for storage can easily be accomplished by reversing steps 1-4.

IMAGE 1A



IMAGE 1B



IMAGE 2



IMAGE 3



## HEIGHT ADJUSTMENT

1. Always stand to the side of the Trainer+ to adjust the hoop angle and height settings.
2. Loosen the red height-adjust t-bolt.
3. Raise the upper silver tube pedestal until the desired height is indicated directly above the lower pedestal. Re-tighten the lock-screw by hand (moderate pressure is sufficient here).  
*NOTE: Two spring-loaded buttons inside the pedestal impart just enough friction to the inner tube so that it cannot slide freely down of its own weight. This makes it easier to adjust the pedestal height (using both hands) and guards against the pedestal sliding down unexpectedly.*
4. For Trainer+ use, do not extend past the “Warning Trainer+” marked line. Remember to heed the warning at the lower end of the height scale, and do not overextend the pedestal, or the buttons will pop out. If this happens, you will need to remove the height-adjust lock-screw and squeeze in the two inner buttons, small end in, with channel-lock pliers in order to re-insert the upper pedestal tube (with its lock screw facing opposite the lower tube SPORTS IMPORTS label.) *NOTE: The pedestal may be a little stiff at first but will wear in with usage. If necessary, rest your foot on a base leg when raising the pedestal. **Always fasten the red wing bolt securely at the top of the red pedestal after you adjust the height.***
5. To adjust the angle of the hoop, place your palm at the welded base of the hoop for support and to relieve the pressure on the stop-pin. Remove the stop-pin and rotate the hoop to the desired setting on the TPlus-Gear. Re-insert the stop-pin to secure the angle of the hoop.