

POWERNET®

Out Work! Out Play!

MANNEQUIN DEFENDER



CARLI LLOYD | TEAM POWERNET

2x OLYMPIC GOLD MEDALIST

2x WORLD CUP CHAMPION

2x FIFA PLAYER OF THE YEAR

For Model 1046

WARNING

- Read all instructions before using.
- Poles are under tension. Use caution during assembly and disassembly. Failure to do so may result in injury.
- Use caution around sliding / moving parts to avoid pinching.
- Store equipment after use. Do not leave outdoors.

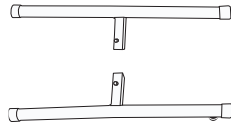
FOR VIDEO INSTRUCTIONS VISIT:  POWERNET  TrainingNets.com

PARTS LIST

(1) NET



(2) SIDE LEG



(2) LOWER FIBERGLASS POLE



(1) MIDDLE BAR



(2) THREE PART SHOCK CORDED POLE

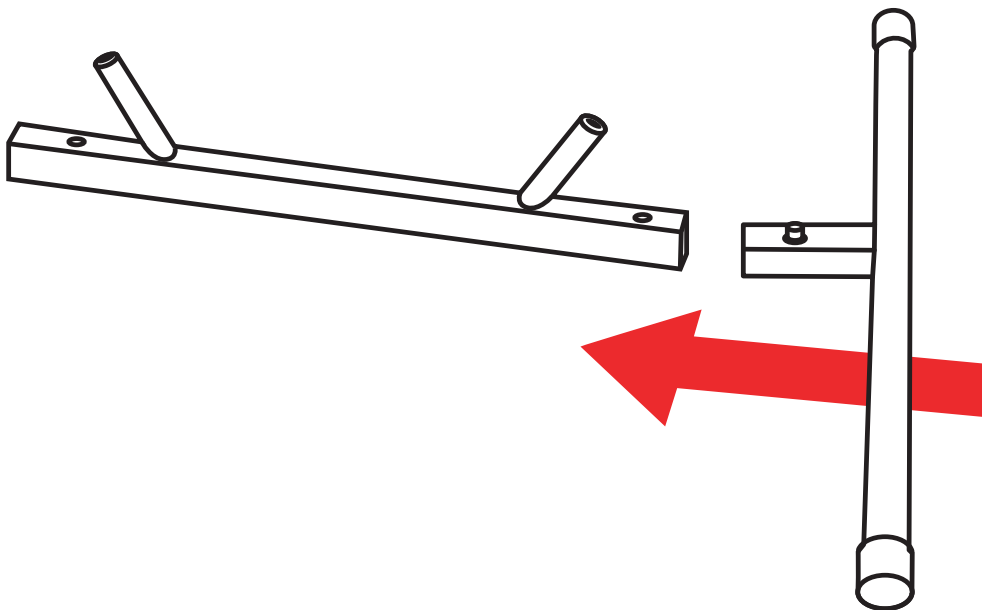


(2) UPPER FIBERGLASS POLE



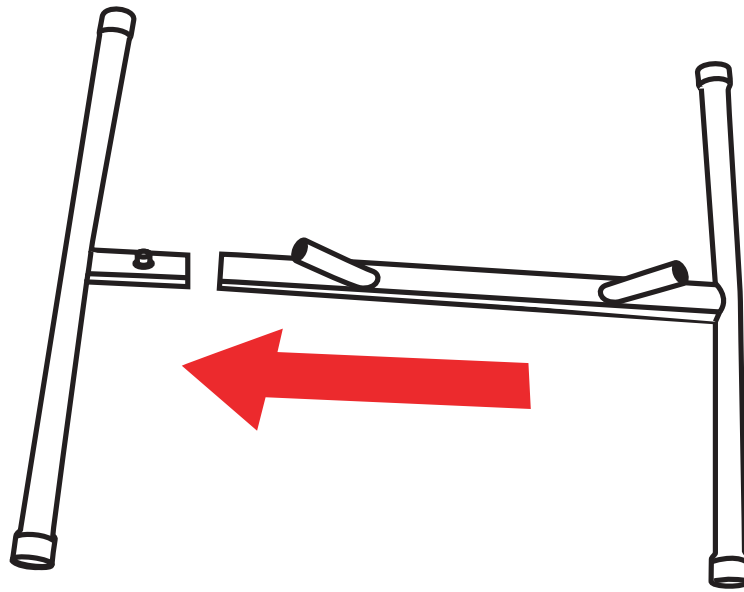
1

Insert **Middle Bar** into **Side Leg** and snap into place.



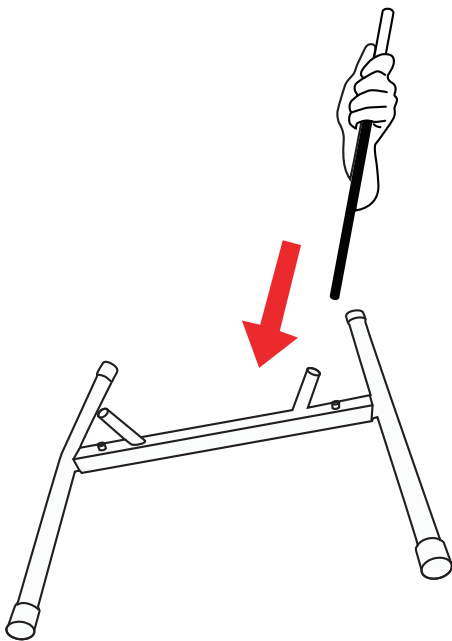
2

Repeat on opposite side.



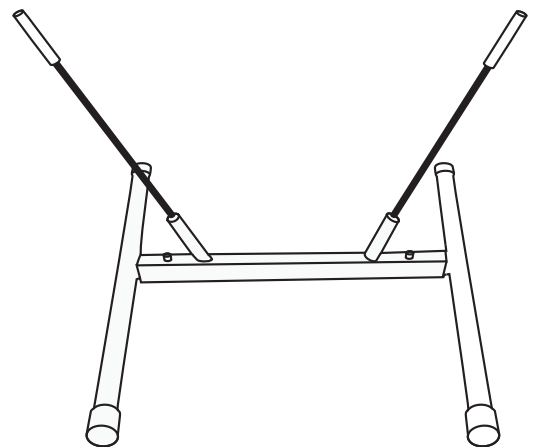
3

Insert **Lower Fiberglass Pole** into a **Middle Bar** post.



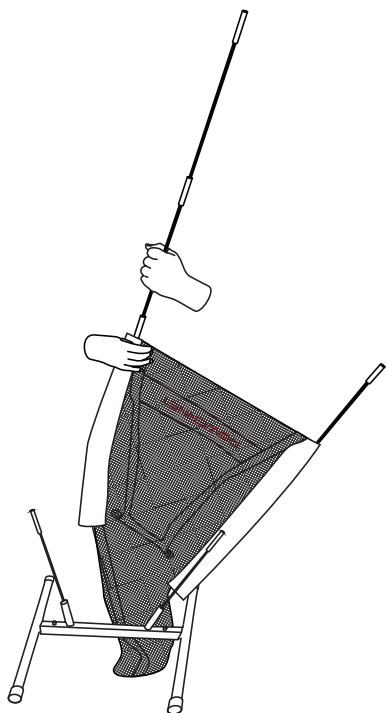
4

Repeat on opposite side.

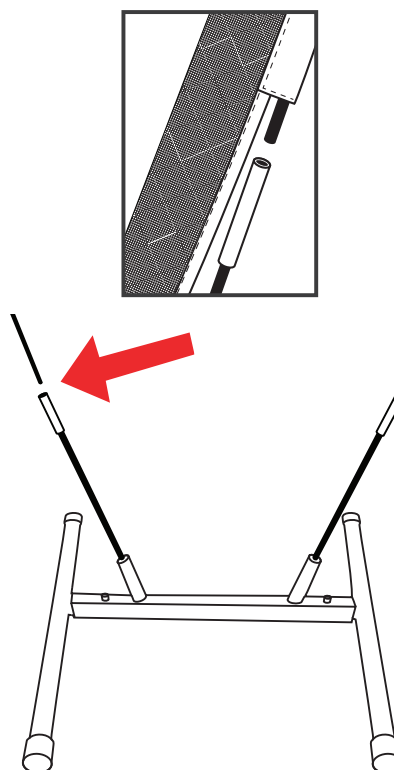


5

Unfold the **Three Part Shock Corded Pole** and slide it through the left side sleeve of the **Net**.

**6**

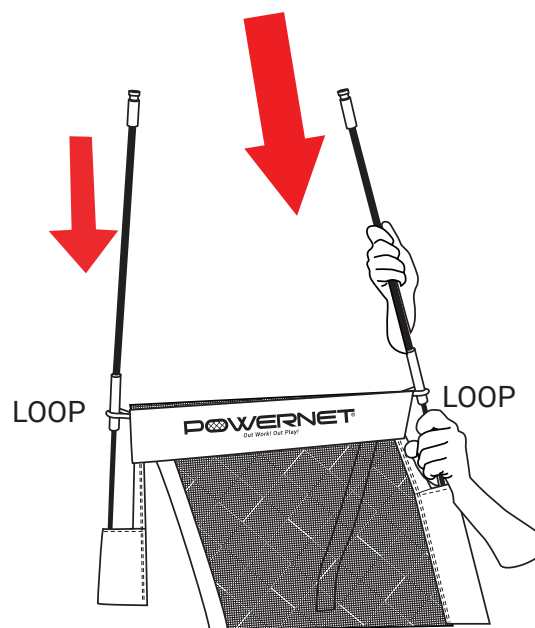
Insert the **Three Part Shock Corded Pole** into the left **Lower Fiberglass Pole**.

**7**

Repeat steps 5 & 6 on opposite side.

**8**

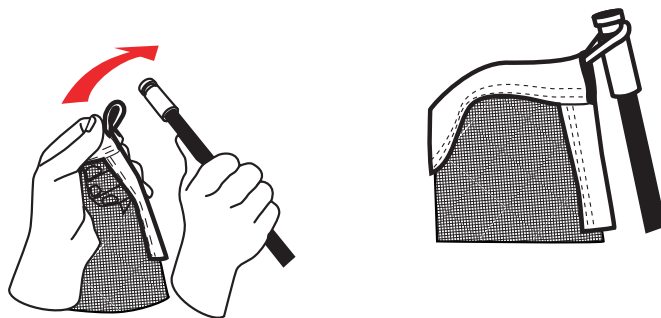
Insert an **Upper Fiberglass Pole** into a **Three Part Shock Corded Pole**. Repeat on opposite side.



NOTE: Make sure to pass the **Fiberglass Pole** through each loop on the **Net**.

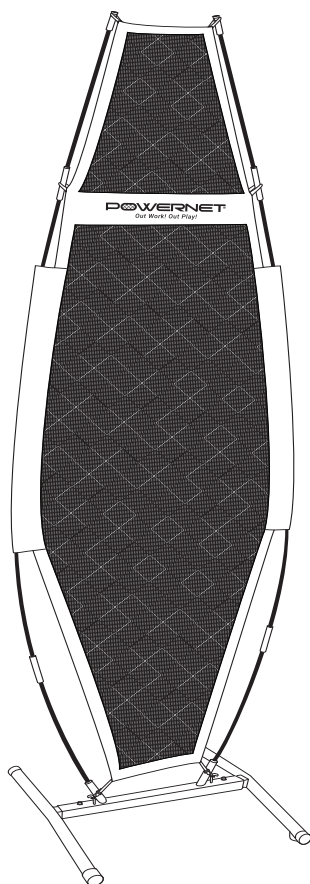
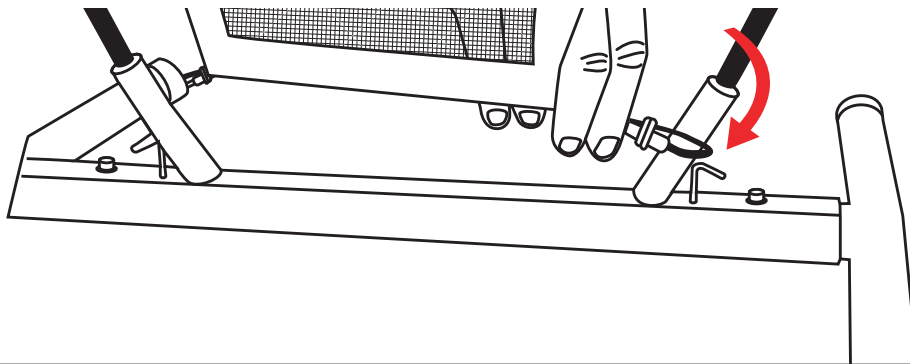
9

Standing by the **Net**, on one side, slide sleeve up and pull one **Fiberglass Pole** inward and hook the white loop on **Net** around the silver notch. Repeat on opposite side.



10

Attach lower **Net** loop onto side base post as shown. Repeat on opposite side.



POWERNET®

Out Work! Out Play!

OUR VISION

Building confidence through sports is a far-reaching achievement that takes time and repetition.

Winners aren't built overnight. Individuals who challenge themselves to excel in sports walk away with something even greater than the game; pride, confidence and self-respect. This places them in a position to experience sustained success in all areas. Our driving force is to get PowerNet gear in the hands of the player. We trust in the process of training and hard work as we know it leads to success on and off the field. Our hope is to play a role in building winners in sports and in life.



Carli Lloyd
CARLI LLOYD

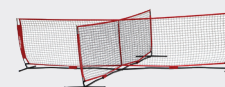
**CHECK OUT MORE
POWERNET GEAR**
TrainingNets.com



12x6 FT SOCCER GOAL



16x10 FT SOCCER BARRIER



12x3 FT 4-WAY SOCCER

FOR VIDEO INSTRUCTIONS VISIT:



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