teamson

Assembly Guide: Zealfeel 4 x 7 ft Multi-Sport Lacrosse Rebounder

Model: LN-E-RF4x7A-S-V2

Take control of your training with the Zealfeel 4 x 7 ft Rebounder. Engineered for Lacrosse, Baseball, Volleyball, and Soccer, this high-performance bounce-back net features a massive **28 sq ft** practice surface and **5 adjustable angles** to simulate real-game scenarios.

Package Contents

Please ensure your box contains the following items:

- **1 x** 56-Ply High-Strength HDPE Net
- **1 x** Powder-Coated Alloy Steel Frame
- **36 x** Heavy-Duty Ball Bungee Cords
- **1 x** Removable Red Target Strip
- **4 x** Reinforced Ground Stakes
- **1 x** Travel Carry Bag

Assembly Instructions

Step 1: Frame Setup

Lay out the labeled steel tubes on a flat surface. Connect the tubes to form the main rectangular frame and the rear support stand. Ensure each push-button "click-locks" into place. The **alloy steel frame** is built to remain stable even under the impact of high-velocity shots.

Step 2: Install the 56-Ply Net

Unfold the HDPE net and center it within the frame. Thread the **36 bungee cords** through the net edges and wrap them around the frame.

Installation Tip: For the best rebound response, attach the bungees in a "star" pattern (top corners first, then bottom, then sides). This creates the uniform tension required to handle up to **60,000 hits**.

Step 3: Adjust the Training Angle

Locate the adjustment bars on the rear support. Choose from **5 different angles** to customize your session:

- **High Angles:** Best for Lacrosse "pop-ups," volleyball setting, and baseball fly balls.
- **Low Angles:** Perfect for soccer ground-pass returns and baseball "daisy cutters."

Step 4: Attach the Precision Target

Weave the **Red Target Strip** through the net at your preferred height. Use this visual marker to refine your accuracy and shot placement.

Step 5: Secure for Training

- **For Grass/Dirt:** Drive the **4 Ground Stakes** through the base tubes.
- **Stability Check:** Ensure all bungee cords are tight. If practicing high-intensity spikes or shots, double-check that the frame is positioned on level ground.

Performance Features

- **Extreme Durability:** The 56-ply netting is specifically designed to resist tearing and weather damage (UV and rain).
- **Multi-Sport Versatility:** One tool for four sports. Switch from practicing a Lacrosse "crank" shot to a Volleyball "dig" in seconds by simply adjusting the frame angle.
- **Quick Portability:** Designed to be disassembled in minutes and stored in the included carry bag for training at the park or beach.

Care & Maintenance

To maintain the "snap-back" quality of the net, avoid leaving the rebounder in standing water for long periods. Periodically check that the bungees are centered on the frame to prevent uneven wear on the net edges.