teamson

Assembly Guide: Zealfeel 4 x 7 ft Volleyball Rebounder

Model: VN-E-R4x7A-S-V2

Take your solo training to the next level with the Zealfeel Rebounder. Featuring a high-tension **45-ply HDPE net** and **6 adjustable angles**, this tool is designed for perfecting your setting, spiking, and digging drills.

Package Contents

Before starting, ensure you have all the components:

- **1 x** 45-ply Anti-tear HDPE Net
- **1 x** 1.25" Heavy-Duty Steel Frame (Labeled Tubes)
- **25 x** High-Tension Bungee Cords
- **1 x** Square Target & **1 x** Grid Target
- **4 x** Reinforced Rubber Feet
- **4 x** Ground Stakes (for outdoor stability)
- **1 x** Travel Carry Bag

Assembly Instructions

Step 1: Frame Construction

Lay out the powder-coated steel tubes. Following the labels on the tubes, click them together using the push-button locking system. Ensure the **1.25" frame** is fully secured into a rectangular shape with the support legs attached at the base.

Step 2: Attach Rubber Feet

Slide the **4 reinforced rubber feet** onto the bottom of the frame legs. These provide grip on gym floors and concrete, preventing the rebounder from sliding during high-impact spikes.

Step 3: Install the High-Tension Net

Lay the HDPE net over the frame. Starting at the corners, loop the **25 bungee cords** through the net eyelets and around the steel frame.

Pro Tip: Work in an "X" pattern (top left, then bottom right) to ensure even tension across the 28 sq ft surface.

Step 4: Set Your Training Angle

Locate the adjustment pins on the rear support bar. Choose from **6 different angles** depending on your drill:

- **Steep Angle:** Best for digging and low-receive practice.
- **Shallow Angle:** Ideal for setting and high-arc return drills.

Step 5: Attach Targets & Anchor

- **Targets:** Use the velcro straps to attach the **Square or Grid targets** to the center of the net to improve your accuracy.
- **Outdoor Use:** If practicing on grass, secure the frame using the **4 Ground Stakes** to keep the unit stable against powerful hits.

Training Tips

- **Setting:** Use a medium angle to practice repetitive hand-eye coordination.
- **Spiking:** Set the rebounder to a slight tilt so the ball returns to a "pop-up" height, allowing you to reset for the next hit.
- **Bumping:** Use the grid target to visualize the "perfect pass" zone.

Care & Maintenance

- **Bungee Longevity:** Periodically check bungee cords for wear. Avoid over-stretching during assembly.
- **Weather Care:** While the frame is rust-resistant, storing the unit in the included **travel bag** during extreme weather will preserve the 45-ply netting’s elasticity.