



Fence Trainer parts in photo to right

The **Fence Trainer** is simply the best training aid to practice the extension and swing needed for serving. Use it alone or set it up as a “station” in group lessons or team practices. The new and improved Fence Trainer sets up in seconds and is very easy to use. Six height adapters adjust the Fence Trainer to players ranging in height from about 4 feet 6 inches to 6 feet tall. The unit is designed to quickly hook over any 10-foot fence and attach easily with or without windscreens. It’s so easy to set up that you don’t even need a ladder! When you open your box, lay out the parts and check them against this photo.



The Fence Trainer is suitable for all levels of play. Swing freely and as hard as you want.



SET-UP: Snap the 3 parts of the Fence Trainer together. Decide which height position would work best for you. Then hook the top of the unit securely over the top metal pole of the fence. Before hooking the securing the bungee, test the ball height for the user. If correct, hook the bungee while keeping the “spine” of the unit perpendicular to the ground. If the height needs adjustment, remove the unit, unscrew and reposition the hitting arm. **NOTE:** Take care hooking the bungee as tension is needed to stabilize the unit. For safety reasons, hold the bungee securely while stretching and hooking to the bottom of the fence.



BALL REPLACEMENT: With proper care, your Fence Trainer should last for years. However, from time to time depending on the amount of use, the ball may wear out and need to be replaced. Your kit includes a ball coring tool that makes replacing the ball quick and easy. You will need two pair of pliers. Pull the nut down to expose the metal insert that slides inside the hole in the ball. Hold that insert with one pair of pliers. Use the second pliers to unscrew the lock nut. Slide off the ball. Use the coring tool to carefully “screw” a clean hole through a replacement ball (not provided) and reconnect in the same way.

Ball on wire with security nut pictured below.
Coring tool photo to the right.



WARNING: The Fence Trainer is made from powder coated steel. It is rust resistant but NOT rust proof. For proper use and care, do not leave outside in rain or damp conditions.