

## STEP 1

- REMOVE THE SWIVEL AND PARTS FROM THE BOX
- ENSURE THE PARTS ARE NOT
  DAMAGED
- BEGIN THE ASSEMBLY OF THE
  SWIVEL BASE



ALLE D

1 X SWIVEL LOCK 5 X SMALL SCREW (1 SPARE) 1 X SCREW DRIVER

- TAKE THE SWIVEL LOCK AND PLACE IT AS SHOWN ON THE SWIVEL CHASSIS
- INSTALL WITH RED SWITCH TO BOTTOM OF CHASSIS WITH THE SMALL SCREWS PROVIDED USING THE SCREW DRIVER



### STEP 2



NA NA

- PLACE THE SWIVEL MECHANISM ONTO THE CHASSIS USING 4 x M6 SCREWS (NO2 SCREWS)
- PUT ALL 4 SCREWS ON LOOSELY, THEN TIGHTEN ALL 4 USING THE ALLEN KEY PROVIDED





# STEP 3

2 X WHEEL AXLES



- PLACE AXEL THROUGH CHASSIS
   PLACE SPACER ON EACH
- PLACE SPACER ON EACH END OF AXEL AS SHOWN
- PLAC
  WASH
  AND
  ONTO
  - PLACE LARGE WASHER ONTO AXEL AND THEN SPACER ONTO AXEL

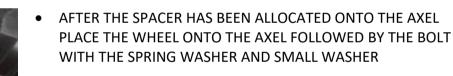


# **STEP 4**



2 X ALLEN KEYS 4 X BOLTS 4 X SMALL WASHER 4 X LARGE WASHER 4 X SPRING WASHER

FOR WHEEL ASSEMBLY



• IMPORTANT!!! PLEASE PLACE THE SPRING WASHER INTO THE LARGE BOLT FIRST FOLLOWED BY THE SMALL WASHER, SCREW ONTO THE AXEL!

• REPEAT FOR THE OPPOSITE SIDE OF THE AXEL AND USING BOTH LARGE ALLEN KEYS TIGHTEN THE BOLTS. ENSURE BOTH SIDES ARE TIGHT! REPEAT FOR ALL WHEELS!



• PLACE THE CRADLE ONTO THE SWIVEL

WHEELS (X4)

 IMPORTANT: ENSURE THAT THE LOCKING SLOT SECTION IS PLACED OVER THE LOCKING MECHANISM. (AS PICTURED)





 RELEASE LOCK LEAVER AND TURN SWIVEL SIDEWAYS TO HELP WITH EASE OF ASSEMBLY OF THE SCREW AND NUT ONTO CRADLE

#### STEP 6





\*PLEASE DISPOSE OF ALL PLASTIC BAGS IMMEDIATELY, KEEP OUT OF REACH OF CHILDREN, PLASTIC BAG CAN BE A HAZARD\*

### STEP 7

- TURN SWIVEL SIDE WAYS THEN PLACE BOTH SCREWS INTO CRADLE AND SWIVEL, PLACE NUT UNDER ONTO THE SCREW AND FINGER TIGHTEN
- ONCE BOTH NUTS ARE SECURE USE THE ALLAN KEY AND THE SMALL SPANNED TO TIGHTEN! ONCE TIGHTENED TURN SWIVEL BACK TO THE LOCK SLOT AND LOCKING MECHANISM AS IN PICTURE 1



PUT THE LOCK KNOB THROUGH

THE LARGE

WASHER AND

THEN SCREW

INTO TO PLACE

AND TIGHTEN.

**REPEAT OTHER** 

SIDE!

### STEP 8

2 X MALE LOCKING KNOBS 2 X FEMALE LOCKING KNOBS 2 X LARGE WASHER 2 X SMALL WASHERS 2 X SHOULDER BOLTS



TAKE A SMALL WASHER AND PLACE IT INTO THE SWIVEL BOLT, PUT THROUGH THE INSIDE OF THE MACHINE  PUT BLACK KNOB ONTO THE SWIVEL BOLT. AS PICTURED
 REPEAT FOR BOTH SIDES OF

MACHINE



TO SECURE POWAPASS MACHINE TO CRADLE

### **STEP 9**

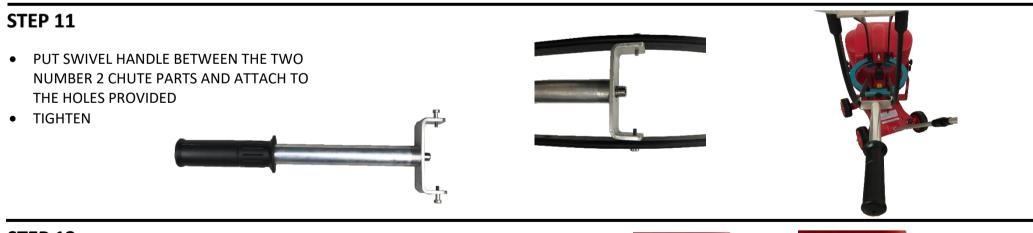
- NOTE: TWO PROPLE REQUIRED!!
- ONCE SWIVEL BOLTS ARE ON, TAKE THE MACHINE AND PLACE ONTO SWIVEL CRADLE.
   BEWARE DO NOT LET MACHINE GO!! CONTINUE TO HOLD MACHINE!
- LETTING IT GO AT THIS POINT WILL CAUSE IT TO FALL BACKWARDS! USING ANOTHER PERSON GO TO NEXT STEP AND ALLOCATE THE LOCKING KNOBS IN NEXT STEP!

### **STEP 10**

- TAKE THE BLACK LOCKING SLEEVE AND PLACE OVER THE THREADED END OF THE HANDLE AS SHOWN, SCREW LOOSELY ONTO THE BLACK THREADED PART
- PULL THE SILVER THREADED END OF HANDLE OUT TO FULL EXTENSION AND THEN TIGHTEN THE LOCKING SLEEVE







# **STEP 12**

- WHEEL AND CRADLE LOCKS
- SIMPLY PUSH THE SILVER END IN TO LOCK THE HEELS AND SWIVEL CRADLE.
- TO UNLOCK PRESS THE RED BUTTON!
- NOTE: ENSURE LOCKS ARE DISENGAGED BEFORE MOVING WHEELS OR SWIVEL, FAILURE TO DO THIS MAY CAUSE DAMAGE TO THE LOCKS



#### \*PLEASE READ THE WARNINGS BEFORE USING THE POWAPASS MACHINE\*

\*DISPOSE OF THE PLASTIC PACKAGING SAFELY\*

If you have any questions about the Powapass football training machine, please contact your local distributor or email

mailto:sales@powapass.com

Please share your images & videos online @powapass

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