



# LG44

## 4 FT LACROSSE POP-UP TARGET TRAINER

### Features:

- Heavy-duty 3/4" mesh netting
- Nylon binding
- Flat steel frame
- 4 Corner targets with mesh pockets
- Set of 4 -10" ground spikes
- Nylon carrying bag
- 4' x 4'
- Orange/Black



### Instructions:

Made with heavy-duty mesh netting and nylon binding, the Champion Sports 4 ft. Lacrosse Pop-Up Target Trainer is designed to help players practice their shooting accuracy.

#### Assembly:

1. Securely hold frame when removing from carry bag. Toss frame 5 ft. in front of you into an open area.
2. To secure goal in its upright position, inset poles into pole pockets at the edge of the goal and lift up the webbing. Use "J" spikes and secure the goal into the ground. Figure 1

#### To Store:

1. Remove the "J" spikes from ground. Remove the poles and stow in carry bag.
2. Grab the edges and fold the goal in half. Figure 2
3. Fold over to opposite corner. Figure 3
4. Push the three loops together until they overlap and lift the entire frame off the ground. Figure 4
5. Slide it into the carry bag.

Figure 1



Figure 2



Figure 3



Figure 4

