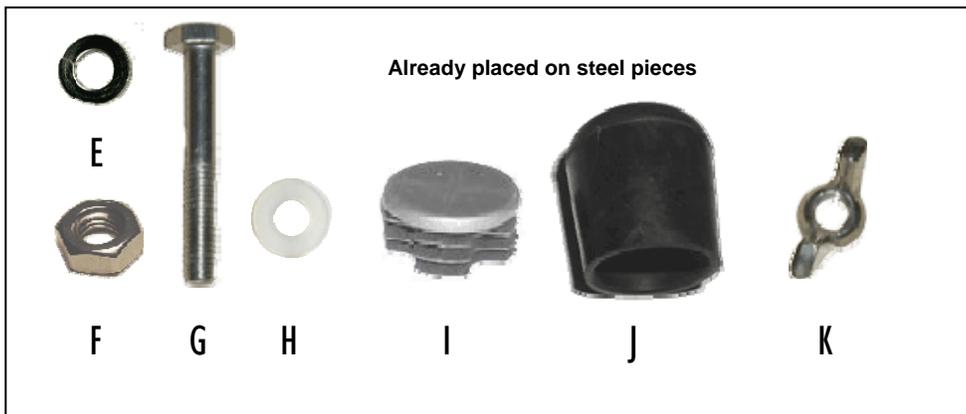


Parts

- 7 steel pieces
- 2-83" side posts with brackets (A)
- 2-78" crossbars (B)
- 1-78" top U crossbar (C)
- 2-66" legs (D)
- 48- 6" bungees
- 1- net
- 4- lock washers (E)
- 4- nuts (F)
- 4- 2" bolts (G)
- 4- nylon washers (H)
- 2- round insert caps (I)
- 4- round rubber foot tips (J)
- 4- wing nut (K)



Step 1- frame

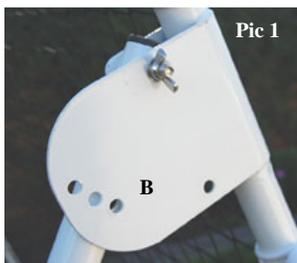
Find a soft spot like grass or carpet. Lay the two sides (A) with the brackets facing up and the 2½" insert sleeves facing each other. The holes on the sleeves should be facing up. The 2½" sleeves are the lower part of the Laxback. Connect the U shaped crossbar (C), with the holes facing up, to the tops of the sides to form the top of the Laxback. Take one crossbar (B), with the buttons facing up, and slide the ends into the sleeves of the side posts (A). Line up the holes on the crossbar with the buttons on the posts and the buttons should pop through.

Step 2- the legs

Lay the two leg sides (D) so that the holes are lying above the brackets of the side posts and the 2½" sleeves are facing each other. The two legs should be lying on top of the two side posts of the main frame. Take the second crossbar and line up the holes like you did on the main frame inserting the end into the sleeves of the legs.

Step 3- attaching the legs to the frame

Place the flat washers (E) onto the bolts. Insert the 2" bolts (F) through the top holes of the brackets and through the top holes of the side legs. See **Pic 1** below. Once the bolt pokes through the other side of the bracket, place the nylon washer (E) over it and either the wing nut or regular nut. Hand tighten the wing nuts. The second hole on the leg is for locking your legs into a position on the bracket, *if you choose to*.



Step 4- the net

Once the legs are attached to the frame, stand the Laxback upright. Attach the net by first placing two bungees through the lower corner squares of the net so that there is one bungee on the side and the other is on the top or bottom, like in **Pic 2**. You only need to place 1 bungee on the top corners.

Once you've placed bungees on the corners, place the next bungees two squares (one skipped square) from the corner like above. You should be able to place them 4 or 5 squares apart to fill in around the net.

You will likely have uneven spacing so place them closer together toward the middle of the sides and tops. There should be 11 or 12 bungees on each of the 4 sides depending on how you space them. It's important to have the net tight in the corners and to have the

bungees evenly spaced. Also, because the net size will naturally vary, the bungees might not all go exactly the same number of squares apart. The more consistent your placement the more consistent the rebound will be.

Step 5- Using and Adjusting

The Laxback is now ready to use. To move it, fold the legs up against the frame and hold the middle of the leg crossbar with one hand while you stabilize it with the other hand on the net above your shoulders.



Once you've you put it together, the net and the bungees will stretch within a day or two. You may want to tighten up the net to give it a faster return. Pull the bungees off of one side and move them in one set of squares at a time. You may have to do this a few times. For a complete description of how to adjust the bungees and get the right tension on the net, visit <http://www.backdoorgoals.com/support.shtml>.

Once you play with the net tension and the angle of the legs, you may find an angle the works best. The first position on the back (see **Pic 1, B**) is good for most people with a tight net. If you are younger or newer to lacrosse you may want to tilt the legs back and keep a slower return. Place the other bolts in the holes to lock it in that position to keep it more stable.

If you like to continually adjust the angle, leave the position bolts off.



Thanks for buying a Backdoor Goals Laxback. For more information, replacement bungees, practice drills, and a drills DVD, see the web site <http://www.backdoorgoals.com>