

FORCE 8 LINEOUT MACHINE

- ✓ **Synchronization** with thrower and lifters;



The lineout machine provides practice of techniques and movements of lifters and thrower.

This new feature is designed for training coordination of lifters and throw-in to increase rate of success.

The elastic band system and possibility of adding additional weight means you can train strength of grip, lifting, shoulders and legs from youth to elite senior players.

The FORCE 8 Lineout can be used for individual training or in pairs to coordinate lifters.

The throwing target can be set at the height of your choice for individual throw-in training or attached to the lifting system to simulate catching the ball at height in game-like situations.

The net catches the ball, thus avoiding wasted time and loss of attention re-gathering balls.

After use, remove and keep in a dry place.

Technical Features:

- ✓ Dimensions: width 140 cm; length 140 cm;
- ✓ Weight: 60 kg;
- ✓ Made of galvanised steel with anti-rust treatment;
- ✓ Epoxy coating.

Advantages:

- ✓ Very light. Can easily be transported by one person;
- ✓ Can be used on natural or artificial grass without damaging the turf;
- ✓ Frees up other players as no need to use extra players for weight,
- ✓ Totally safe for training with players from 15 years of age and up.

Instruction Manual:

Before using the machine read these instructions and the safety guide carefully. Be sure to understand all instructions before using machine. Keep this manual for future reference.

Warnings:

The machine must not be used in the absence of a coach who has had the necessary FORCE 8 training and **Force 8 Certificate**.

Manufacturer's safety guidelines must always be respected.



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