

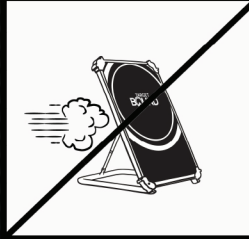
TargetBound Safety



Risk of pinching
when folding



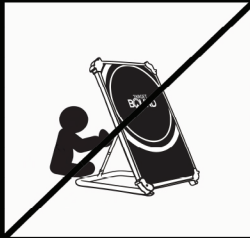
Fast moving balls may rebound
at unexpected angles, create
a suitable safe zone



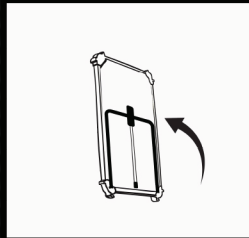
Do not use in windy
conditions



Do not lean or
play on target



Do not let children
near target unsupervised



Fold & CLICK leg before
moving or carrying



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TARGET BOUND

TB-80 User Manual

POWER UP YOUR SERVE & FOLLOW UP SHOTS

“We know that 70% of points are won or lost in the first four shots. But how often do we practise serve + 1?”

As a tennis coach since 1993 working in the USA and UK, I am passionate about seeing players improve their performance. Having seen first-hand the difficulty I and my colleagues have in engaging quality serving practice I decided to do something about it.

I worked on ideas for serve + 1 practise using some early prototypes. Neil and David then joined to form TargetBound where together we were able to take the product development to another level. With the help of Sheffield Hallam University Centre for Sports Engineering Research, our team spent over two years on research and development and found a solution that really works.

I am so excited to make this product available and hope you enjoy using it. I am sure it will help you power up your serve & serve + 1.”



Shane Deacon, Founder

Warranty

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Information contained in this document or as otherwise supplied to Users is believed to be accurate and in good faith, but it is for the Users to satisfy themselves of the suitability of the product for their own particular purpose. TargetBound Ltd gives no warranty as to the fitness of the product for any particular purpose and any implied warranty or condition (statutory or otherwise) is excluded except to the extent that exclusion is prevented by law.

Lifecycle

Environmental Consideration



TargetBound is designed to last for years of use. If parts wear out or break, we will try and provide replacements at reasonable cost to maintain the life of the product and reduce waste.

When the product does reach the end of its useful life please recycle / dispose of it correctly and safely using local recycling sites. TB-80 contains components that are recyclable including metals. If you require detailed information, please contact us at TargetBound Sports Ltd.

Advisory Notes

This product contains:

Aluminium.

Plastics.

PIR : Polyisocyanurate Foam

It is prudent to take precaution against ignition, fire spread and smoke hazard. Do not store near heat sources.

Extinguishing media: Fire can be extinguished using: Water. Foam, carbon dioxide or dry powder.

Specific hazards: In case of fire, toxic and corrosive gases may be formed.

Protective measures in fire: Self-contained breathing apparatus and full protective clothing must be worn in case of fire.

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TargetBound : Safety



To reduce the risk of serious injury, read the entire manual paying specific attention to all safety information before you prepare and use the target.

In purchasing, assembly and/or using the target you acknowledge that you do so at your own risk.

Preparing For Use

Depending on frequency of use, check all joints, bolts etc. regularly to ensure that they are in good condition.

Damaged or worn components may endanger your safety or shorten the lifespan of the target. Replace worn or damaged components and remove the target from use until this has been done. Pay attention for any burrs or sharp edges that may be present. Use only spare parts manufactured by TargetBound Sports.

Before using the equipment to exercise, always do stretching exercises to properly warm up.

Keep hands away from all hinged areas when moving parts. When folding, unfolding, or adjusting the target take care not to pinch hands.

The target is only designed for use on a tennis or padel court in good condition (a firm flat surface), with tennis or padel balls. The target should be used only for its intended purpose.

Balls can bounce unexpectedly off the edge so due care and consideration must be given using the product near other players.

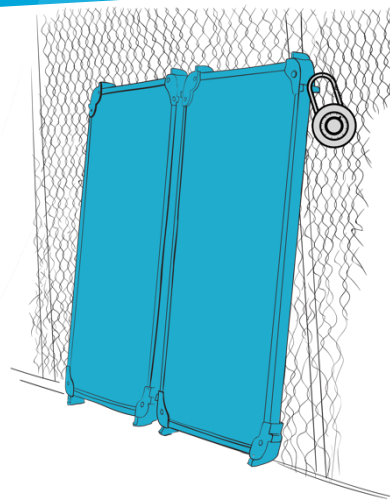
Do not use corrosive or abrasive materials to clean the equipment. A slightly dampened cloth is usually sufficient.

It is the responsibility of the owner to ensure that all users of this product are properly informed of how to use it safely.

TargetBound can be stored outside on court. Note that the target presents a large surface to the wind. For this reason, if the storage location is not sheltered, we recommend securing to a fence with a padlock using the securing rings on the target corners.

If stored indoors keep away from heat sources.

Store it



STORE OUTDOORS. The target is suitable for outdoor storage. You can lean them against the side of your court against a fence, this encourages players to use them more often.

TIP! Use a padlock to secure each target to a fence when not in use. The code can match the court code if you have one.

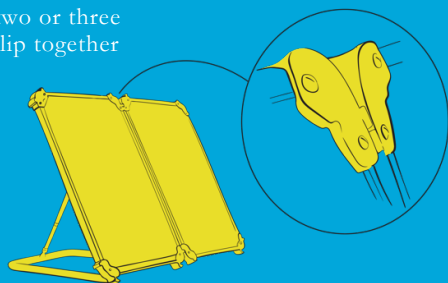
When folded, the target presents a large surface to the wind. For this reason, ensure that it is stored in a sheltered position or secure it as above.

STORE INDOORS. If storing indoors please store away from heat sources (electrical heater, cigarettes etc).

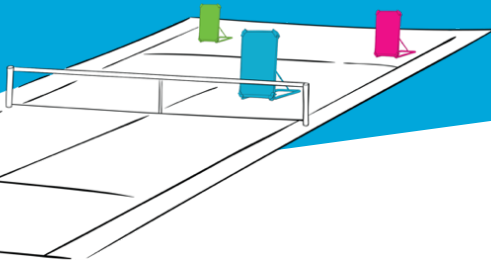
Notes

Power Up – Use Multiple Targets

To create a larger target area, use two or three TargetBound targets. They easily clip together with our 'Link System' (patent pending). Remember to set the back leg to the same tilt angle.



TIP: Create dynamic TargetBound drills. Use multiple targets to practice your first, second and third shots. Place around court as required to get those sequences more accurate and consistent.



Share it

Share your TargetBound drills and ideas for practise on your favourite social media. We would love to see them!



Using The Target Safely

Using TargetBound is fun and great for developing your serve and follow up shots. However, there are important safety aspects to be aware of.

Appropriate adult supervision is always required when the target is used with or around children. There are small parts that could choke if swallowed as well as other hazards indicated in this manual.

Due to the fast and unpredictable nature of the deflection of balls particularly if the ball catches an edge of the target, there is a risk of injury to anyone in the rebound zone (the area around the target where the ball can rebound). The size of this area depends on the type of ball and speed of the ball being struck.

Consider the rebound zone particularly when higher risk situations arise. For example, when:

- People use the target who are unaware of the fast and unpredictable nature of the ball rebound.
- Anyone in the rebound zone who is not taking part in the activity and/or not watching the ball, including players on other courts nearby.

- Anyone in the rebound zone with users who are being irresponsible.
- Younger and/or less skilled users.

We advise supervision by a responsible adult where any of these scenarios may be present and limit the number of people in the rebound zone accordingly. If hitting hard serves at the target, we recommend doing so on a court with netting around it.

Only one ball should be used at a time. It is critical to always keep your eye on the ball and exercise care when using the target.

Do not sit or stand behind the target. Do not climb on the target. Do not place hands near the hinge section, risk of pinching.

On windy days care must be taken in using the target. If the wind is strong or blustery the target can suddenly move or topple over risking injury. We recommend not using the target during windy conditions.

If any injury is sustained whatsoever, neither the manufacturer, distributor nor retailer shall be held liable

TargetBound : Play

TargetBound is a fun way to power up your serve, transition & follow up shots. Using TargetBound is intuitive, but here are a few little pointers that may help you get acquainted.

Move It

TargetBound can be moved and carried once folded. Ensure the leg is clicked into the folded position before moving. Once folded, the target can be carried in either standing or sideways orientation.

Hold the foot to carry. It has some weight to it for stability, if it is too heavy, ask for help.

When placing the target into a vehicle, place it target face upwards and do not place anything that could scratch or damage it on top.



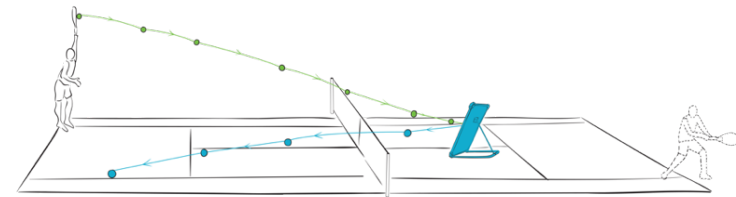
TIP! Keep the cardboard packaging and use it to protect TargetBound when transporting or storing.

Set it up

Unfold the target and set the extending leg to the position you prefer. **WARNING!** When folding, unfolding, or adjusting the target take care not to pinch hands in the hinge.



Position on the court as shown. We suggest 2.2 meters from the net is a good starting point (this can be altered depending on the height of the server). Direct the face of TargetBound to return the ball towards forehand or backhand.



The return is subtly unpredictable to sharpen your preparedness for the return ball. Using the adjustable leg, you can tune the return ball by:

- Tilting forwards for faster serves and/or a lower return ball.
- Tilting backwards for slower serves and /or a higher (loopy) return.

Get inspired with TargetBound Discover!

Want to find some great ideas for drills? Find video tutorials online at www.targetboundsports.com/discover



TIP: Out on court - point your phone camera at the TargetBound logo and it will link you through to our Discover! area.

We will continue to update new lessons and ideas to inspire your practice sessions.

