

ROTOR TWIN®: Swing Trainer & Hitting Station

Assembly and Use Guidelines

Item #: 100006

Assembly

Use the Hex Key and small open-end wrench (included) to tighten all bolts used to secure both Base Plate Legs and the Base Plate Post to the Base Plate. For proper use the Rotor Twin® Base Legs must be 'weighed down' during use (Sand Bags with separate liners are included – sand is not included).

Warning: The Rotor Twin® is not a toy and requires the use of a bat to be used properly as a hitting station. Appropriate care should be taken to assemble and set up the Rotor Twin® hitting station correctly so as to not cause undue wear and tear to the Rotor Twin® and to ensure the safety of the persons using and around the Rotor Twin® hitting station.

1. Attach base legs to base plate by lining up the two holes of each leg with the holes at each end of the base plate. Place one of the **long bolts** and a flat washer through one of the holes on the end of the base plate and screw into the appropriate hole in one of the base legs. Repeat procedure to insert remaining three bolts (two bolts per leg). Tighten.



2. Attach base plate post to base plate by removing height adjustment lever and sliding the post up through the bottom of the base plate until its base is snug against the underside of the base plate. Place a flat washer on each of the short bolts and insert them through the top of the base plate and through the corresponding holes in the base plate post. Attach the lock nuts to each bolt and use the Hex Key and open-end wrench to tighten.



3. Place the height adjustment lever into place on top of the base plate post. Notice the adjustment screw that is used to adjust (by hand only) the tension to hold rotor post at desired height. In order for the Height Adjustment Lever to fit properly it must be right-side-up (see engraved text on the Height Adjustment Lever).



4. Place the plastic bushing into the top of the base plate post.



5. Connect Rotor Connector Arms w/Baseballs to Rotor Post by depressing spring buttons on the Rotor Post and inserting into the Rotor Connector Arms w/Baseballs. Align the spring buttons with the holes in the Rotor Connector Arms w/Baseballs so that they 'pop through' and secure.

6. Slide the above Rotor assembly (with balls) onto the rotor post (Never put the Rotor Post into the Base Plate Post without the Plastic Bushing in place). **TRICKY PART:** With Rotor assembly (with balls) fitted into the Rotor Post, first tighten the Height Adjustment Lever by hand, holding the bolt in place while tightening the lever until the Rotor Post begins to 'grab' the Rotor Assembly (with balls). Once the Rotor Assembly remains in place without assistance, close the lever on the Height Adjustment lever (see engraved text for 'open' and 'closed' positions), to firmly secure the Rotor Assembly at the desired height. Note that if the lever cannot be closed, or if the lever is closed but the Rotor Assembly height can still be adjusted by hand, open the lever and loosen or tighten the Height Adjustment Lever by hand (see above), fine tuning until the Height Adjustment Lever can be fully closed around the Rotor Assembly.



7. Fill each of the 4 plastic bag liners to the desired level with sand and "Zip" the liners closed. Then slide filled liners into the canvas sandbags. Close the sandbags. When closing the plastic liners squeeze out as much air as possible as you seal the liners. **Secure the sandbags** to the base plate legs by sliding a leg into the slot at the top of each bag. The Velcro ties should be on the outside and should be tied securely.

Use and Care

1. Always hit parallel to base plate with legs pointing to and away from hitter.
2. Store the Rotor Twin in a dry place. Leaving it outside in the rain or sub-freezing temperatures will add unnecessary wear and tear to the unit.
4. Periodically check the screws and bolts and retighten as necessary.
5. Train hard and have Fun!

Parts Included with the Rotor Twin®

- BAP16** Bolt/Accessory Pack (16Pcs)
- BALLARM** Baseballs & Connector Arm (1ea)
- HAL** Height Adjustment Lever (1ea)
- RP** Rotor Post (1ea)
- BPL** Base Plate Legs (2ea)
- SB** Set of Four Sandbags (4ea)
- SBL** Set of Four Sandbag Liners (4ea)
- PRB** Plastic Bushing (1ea)