



# HEAVY SETTER™

WEIGHTED TRAINING VOLLEYBALL

INSTRUCTION MANUAL  
AND EXERCISE GUIDE



## **⚠️ WARNING: PLEASE READ!**

- » Read all setup and usage instructions carefully.
- » Recommended for athletes over 14 years old. Athletes under 18 years of age should use under strict adult supervision.
- » Be sure to consult your healthcare professional before beginning this or any type of exercise program.
- » Always check equipment for worn or damaged parts before use. If any defects are found, do not use product.
- » The SKLZ Heavy Setter™ is a training tool designed to help accentuate your workout. Take breaks and do not overexert yourself.

### **BEFORE YOU BEGIN:**

- » Make sure you have all of the Heavy Setter™ components. Please contact SKLZ customer service toll free at 877-225-7275 x128 if you are missing anything.
- » Read all setup and usage instructions carefully.



## **REPS AND SETS: A GENERAL GUIDELINE**

Reps and sets are a way to track progress with your training. This is a general guide. Programs will vary depending on your specific needs, goals, off-season or in-season, experience, etc.

### **AS A GENERAL GUIDELINE TO START:**

- » 8-10 repetitions for 2-3 sets when training for strength
- » 4-6 repetitions for 3-5 sets when training for power

### **PROPER FORM**

When trying movements for the first time focus on being able to perform all movements without breaking form. Do not push through or ignore aches and pains as you perform any movement.

### **ADDITIONAL EXERCISES:**

Visit [SKLZ.com](https://www.sklz.com) for in-depth training and product videos.



## REPETITIVE SETTING

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### EXERCISE STEPS:

- STEP 1 – Begin by throwing the ball up in the air and setting it overhead. Work on setting it directly over your forehead. As the ball comes down set it again and again.
- STEP 2 – Repeat setting for short intervals. You can time your intervals or aim for a specific number of sets in a row. (e.g. 1 minute of straight setting or 20 sets in a row)
- STEP 3 – To increase difficulty set one low set followed by a higher set. Repeat this for multiple intervals. Next, try two low sets followed by a high set and repeat for multiple intervals. Try as many as three or four low sets in a row followed by a high set.

### TRAINING TIP:

This drill is very simple and can be done anywhere and anytime. It improves setting technique and consistency and should be done often to condition proper mechanics.

The Repetitive Setting Drill can be done with a partner.

## WALL SETTING

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### EXERCISE STEPS:

- STEP 1 – Find a flat wall in the gym where you will be setting.
- STEP 2 – Begin overhead setting the ball against the wall. Keep your hands close (6-12 inches) to the wall so the ball comes back quickly.
- STEP 3 – Continuously set the ball against the wall trying not to let it drop. Work on accuracy and ball control.
- STEP 4 – As you progress, move a little further away from the wall to increase difficulty. Slightly increase the height of your sets as you move away from the wall.

### TRAINING TIP:

The SKLZ Heavy Setter will help to improve your setting strength, control, and accuracy. These drills are a great workout and can also be used as a warm-up making an actual volleyball feel light as a feather.

As with any training drills, it is important to use proper technique. Remember to keep your arms above your head, make proper contact with your fingers, and push out with your wrists.



## UP-DOWN SETTING

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### EXERCISE STEPS:

STEP 1 – Start standing up and setting the ball over your head. Work on setting it directly over your forehead. As the ball comes down set it again and again. Set the ball high enough so that it would be above the net in a game situation.

STEP 2 – As you develop a solid setting rhythm, continue setting while slowly moving into the sitting position.

STEP 3 – Once seated, continue to set. Keep the ball under control.

STEP 4 – While continuing to set, stand back up on your feet. It may be necessary to set the ball higher as you stand up in order to maintain rhythm and give yourself enough time to stand up.

### TRAINING TIP:

If you master the Up-Down Setting Drill into the seated position you can go all the way down and lay on your back while continuing your setting rhythm.





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## WEIGHTED TRAINING VOLLEYBALL



### DO YOU HAVE A WINNING SPORTS PRODUCT OR IDEA?

Visit our website to learn how to submit a product application for consideration. It may become our next winning product!

[SKLZ.com](http://SKLZ.com)

### 90-DAY LIMITED WARRANTY – HEAVY SETTER™

Pro Performance Sports (PPS) warrants to the original consumer purchaser of any PPS product it manufactures that the product will be free of defects in materials or workmanship for 90 days (unless specified in alternate warranties) from the date of purchase. If defective and purchased from a retail store, return the product along with receipt to the retail store where the product was purchased. If the item was purchased from PPS, return the product along with proof of the date of purchase (i.e. the packing slip) postage prepaid to the address below for replacement consideration:

Pro Performance Sports :: 5823 Newton Drive :: Carlsbad, CA 92008 :: Attn: Returns

This warranty does not cover damages resulting from accident, misuse, abuse or lost merchandise. Only valid in the USA. All returns sent to PPS require a Return Merchandise Authorization number (RMA). For returns to PPS and for all other Customer Service inquiries, please call toll free: 1-877-225-7275

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