

# Dr. Dish User Manual

Dr. Dish  
Complete Trainer



# SPECIFICATIONS

# 2

## 1. Product Specifications

Product Storage Dimensions 49in x 34in x 78in (LxWxH)

Product Weight 296 lbs

## 2. Power Supply Specifications

Power Input 115Vac @ 7A or 230Vac @ 4A

Frequency 50/60hz

Output Rating 24Vdc, 350W

Note: If using a 230V outlet, please contact manufacturer prior to plugging in machine, see back cover.

## 3. Applicable Standards

ASTM F2276-10 Standard Specification for Fitness Equipment

# READ AND SAVE THESE INSTRUCTIONS

# IMPORTANT SAFETY INSTRUCTIONS

# 3

1. Read all the instructions before using the machine.
2. This is not a toy and is intended for use by or under the supervision of adults.
3. Do not contact moving parts.
4. Only use the attachments recommended or sold by the manufacturer.
5. Do not leave outdoors or expose to rain or moisture.
6. To disconnect, turn all controls off, then remove plug from outlet.
7. Do not remove cord from machine.
8. Do not unplug by pulling on cord. To unplug, grasp the plug.
9. Unplug from outlet when not in use and before servicing or cleaning.
10. Do not operate machine with a damaged cord, plug, after machine malfunctions, is dropped or damaged in any manner. Call manufacturer for examination, repair, or electrical or mechanical adjustment.
11. See page 18 for preventative maintenance. If further maintenance is required, please contact manufacturer.
12. This machine incorporates an earth ground connection for functional purposes only.

## GROUNDING INSTRUCTIONS

This appliance must be grounded. In the event of malfunction or breakdown, grounding provides a path of least resistance for the electric current to reduce the risk of electrical shock. This appliance is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

Improper connection of the equipment-grounding conductor can result in a risk of electrical shock. Check with a qualified electrician if you are in doubt as to whether the appliance is properly grounded. Do not modify the plug provided with the appliance. Never remove the grounding prong from the plug. If damaged, have it repaired by manufacturer before use. If the plug will not fit the outlet, have a proper outlet installed by a qualified electrician.

### **⚠ CAUTION ⚠ ATTENTION**

This Is Not A Toy and Intended for Use By or Under the Supervision of Adults.  
Ceci n'est pas un jouet et est destiné à être utilisé par ou sous la surveillance d'adultes.

### **⚠ WARNING ⚠ AVERTISSEMENT**

To reduce the risk of electrical shock, unplug before cleaning or servicing.  
Pour réduire le risque d'électrocution, débranchez-le avant de le nettoyer ou de l'entretenir or equivalent.

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# GENERAL INFORMATION

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## 1. Storing

The Dr. Dish should be stored in a dry, dust-free environment.

## 2. Moving

The Dr. Dish can be moved with one person on a flat and level surface. If moving on an incline, two people are recommended.

## 3. Placement

The Dr. Dish should be used on a solid, level surface.

## 4. Personal Safety

To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the product before use. It is the responsibility of the owner to ensure that all users of this product are adequately informed of all warnings and precautions. Use the product only as described in this manual. Airborne Athletics assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Playing basketball, or training in the sport of basketball, is exercise. How you begin your exercise program depends on your physical condition. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems. Frequent and strenuous exercise should be approved by your doctor first.

Warming up is an important part of your workout and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat the warm up exercises to reduce sore muscle problems.

If any discomfort should result from your use of this product, stop exercising and consult your doctor. While performing any type of exercise routine you must drink plenty of fluids. You must replace the water lost from exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed. It's important to work at your own pace.

Please keep all children away from the product when product is unattended. Adult supervision is required at all times during use of this product.

Please ensure this product is assembled and installed by adults.

## 5. Equipment

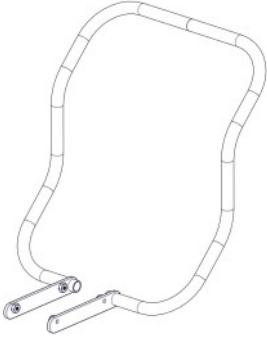
Inspect the Dr. Dish before use to ensure working order.

# ITEMS IN PARTS BOX

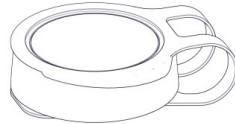
Remove all packaging cable ties that are securing the counter, ball ramp, and net poles prior to use.

Rear Bumper

\*\*\*MAY NOT BE INCLUDED\*\*\*



Remote Button



M6 Washer x 8 \*\*\*

\*\*\*4 MAY NOT BE INCLUDED\*\*\*



Distance Knob



M6 Split Washer x 4

\*\*\*MAY NOT BE INCLUDED\*\*\*

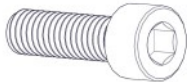


M8 Washer x 2

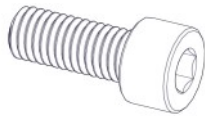


M6 Bolt x 8

\*\*\*4 MAY NOT BE INCLUDED\*\*\*



M8 Bolt x 2



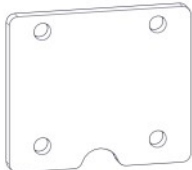
5mm Allen Wrench



6mm Allen Wrench



Ball Distance Plate



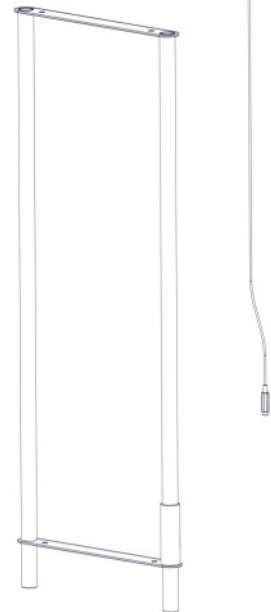
# 6

## ITEMS ON NET FRAME

Shots Made Counter Head  
with wire



Shots Made Counter  
Handle



M10 Nut x 2



M10 Bolt x 2



17mm Open Wrench



8mm Allen Wrench



Dr. Dish accessories available for purchase on page 21

[www.DrDishBasketball.com](http://www.DrDishBasketball.com)

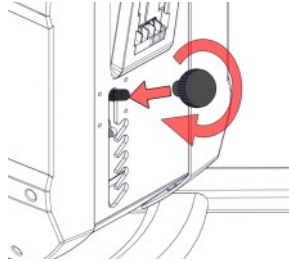


# ASSEMBLY

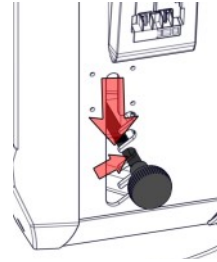
# 7

## 1. Attach Ball Distance Knob

Install knob

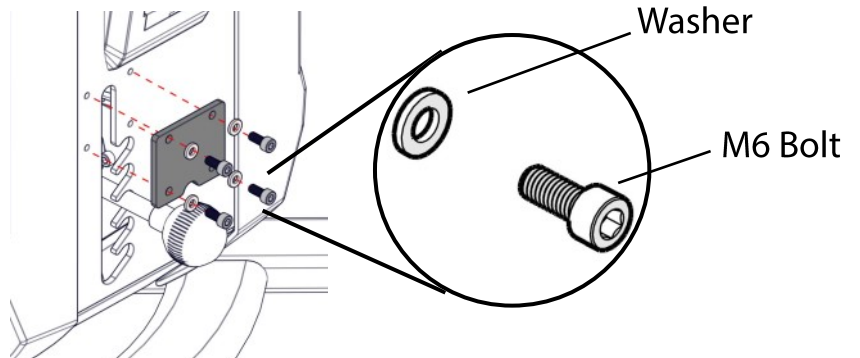


Move Lever to lower position.



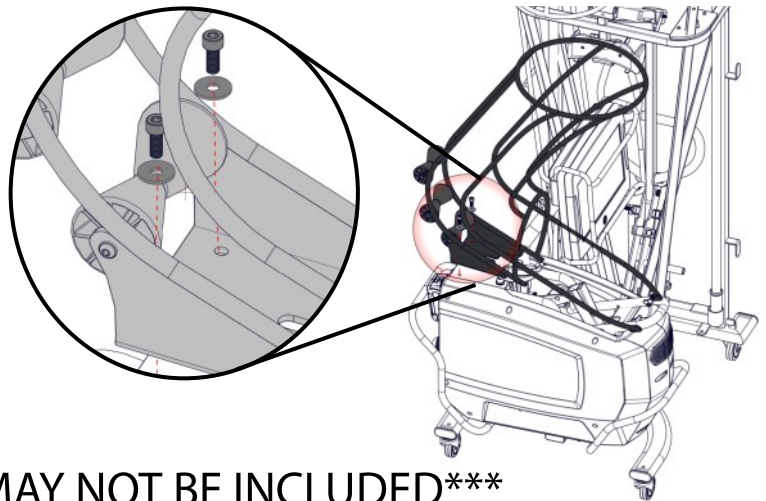
## 2. Attach Plate

Install plate using 4 washers and 4 M6 screws .



## 3. Attach Ball Feeder

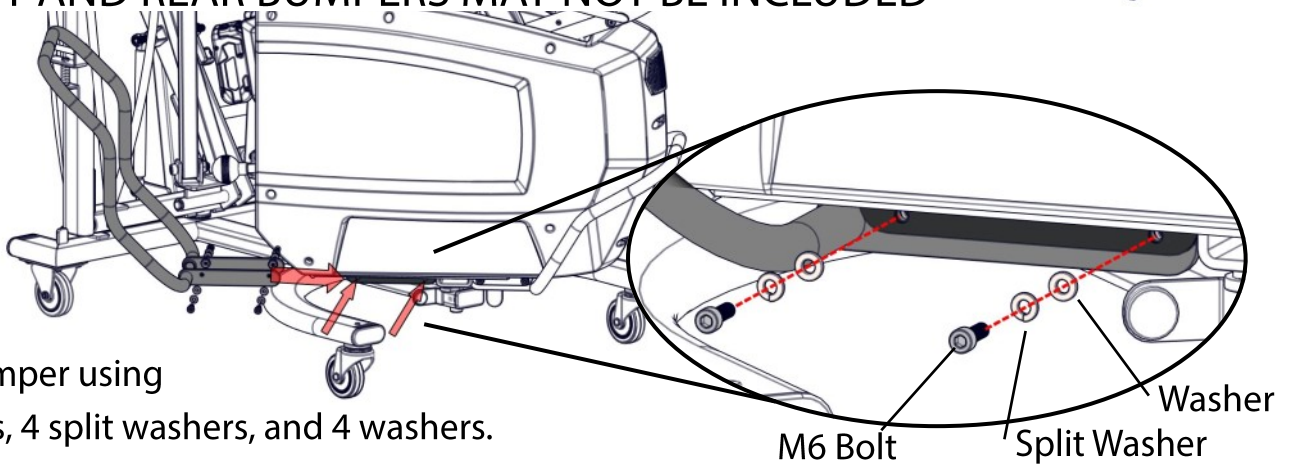
Install ball feeder using 2 washers and 2 M8 bolts.



## 4. Attach Rear Bumper

\*\*\*FRONT AND REAR BUMPERS MAY NOT BE INCLUDED\*\*\*

Install bumper using 4 M6 bolts, 4 split washers, and 4 washers.



# ASSEMBLY

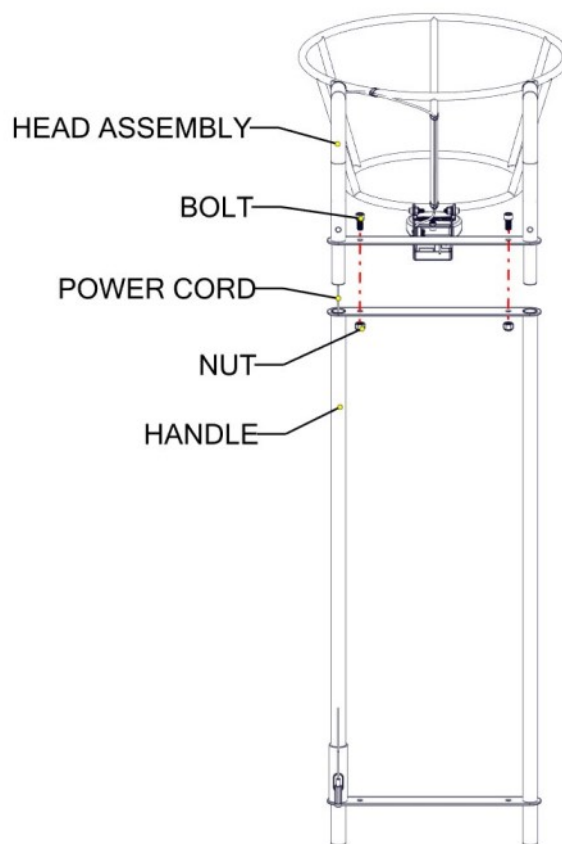
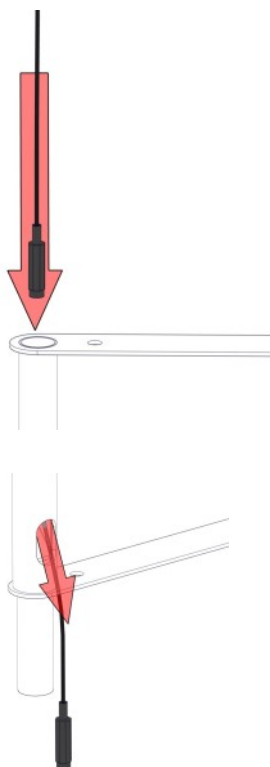
## Shot Counter Assembly



8

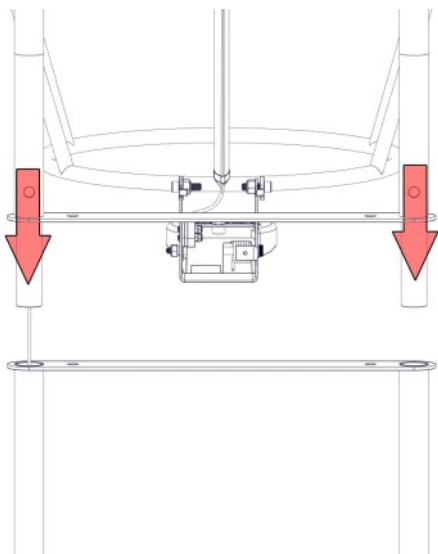
### 1. Route Power

Insert power cord in tube of handle, coming out the bottom oval hole



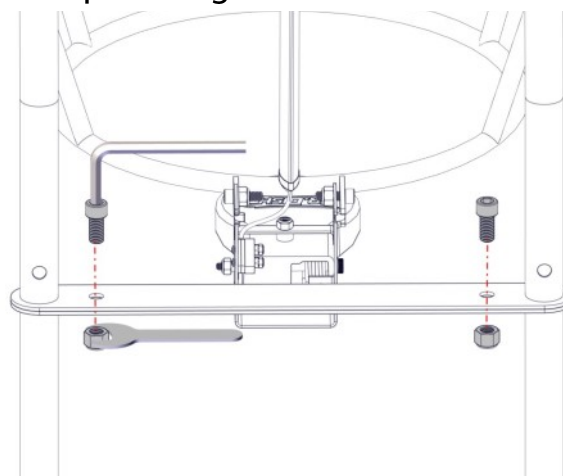
### 2. Slide Together

Insert Head Assembly into Handle



### 3. Bolt Together

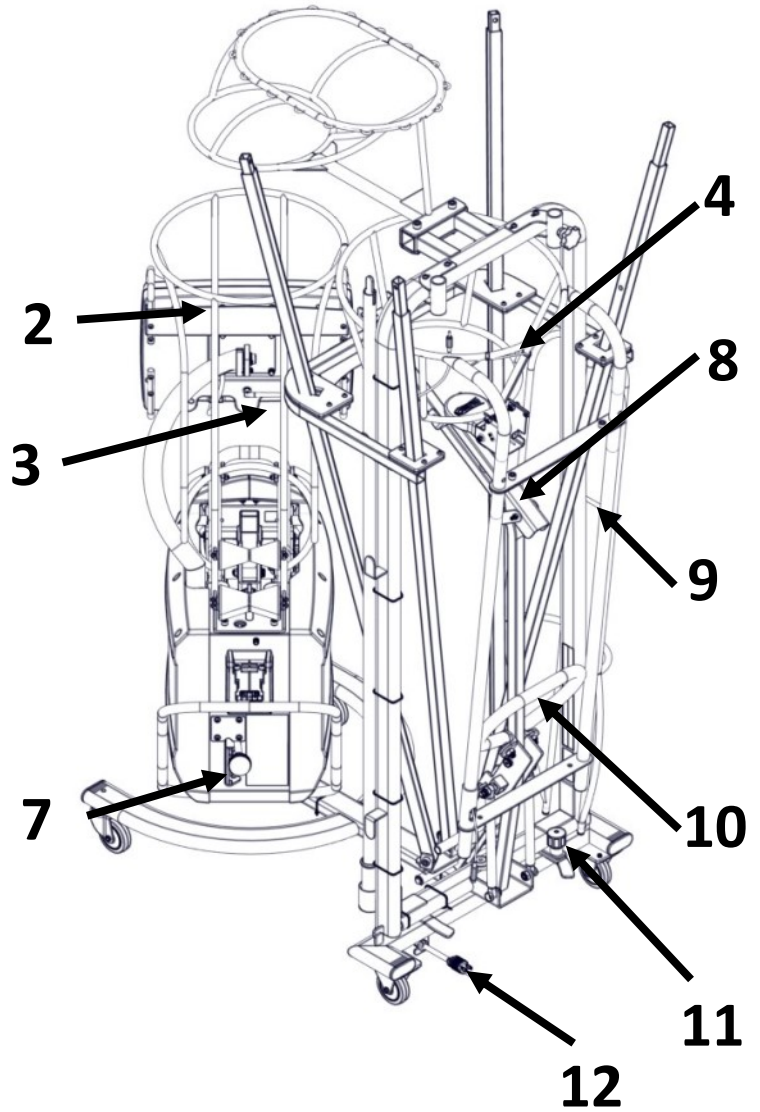
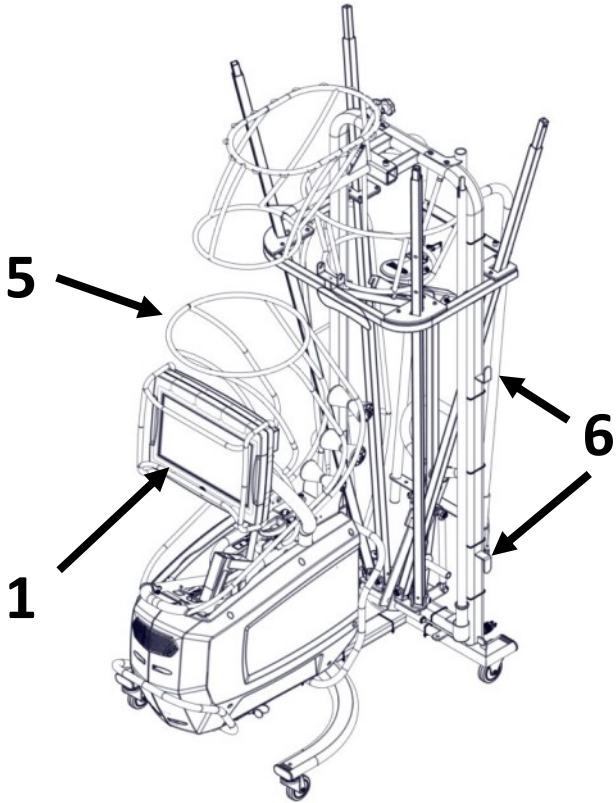
8mm Allen and 17mm wrench included in parts bag





# FEATURE LOCATIONS

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1. Touch Screen Display
2. Storage Pocket
3. USB Port
4. Shots Made Counter (stored)
5. Ball Feeder
6. Extension Cord Holder
7. Ball Distance Adjustment
8. Ramp Catch Arm
9. Pass and Feed Ball Ramp
10. Net System Handle
11. Swivel Frame Release Pin
12. Power Plug

Dr. Dish accessories available for purchase on page 21

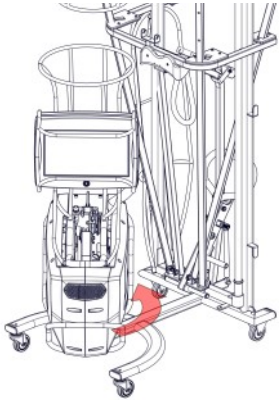
[www.DrDishBasketball.com](http://www.DrDishBasketball.com)

Dr. Dish CT Rev 4

# NET SYSTEM

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## 1. Rotate Machine



Machine must be rotated at least 45° in either direction to prevent damage.

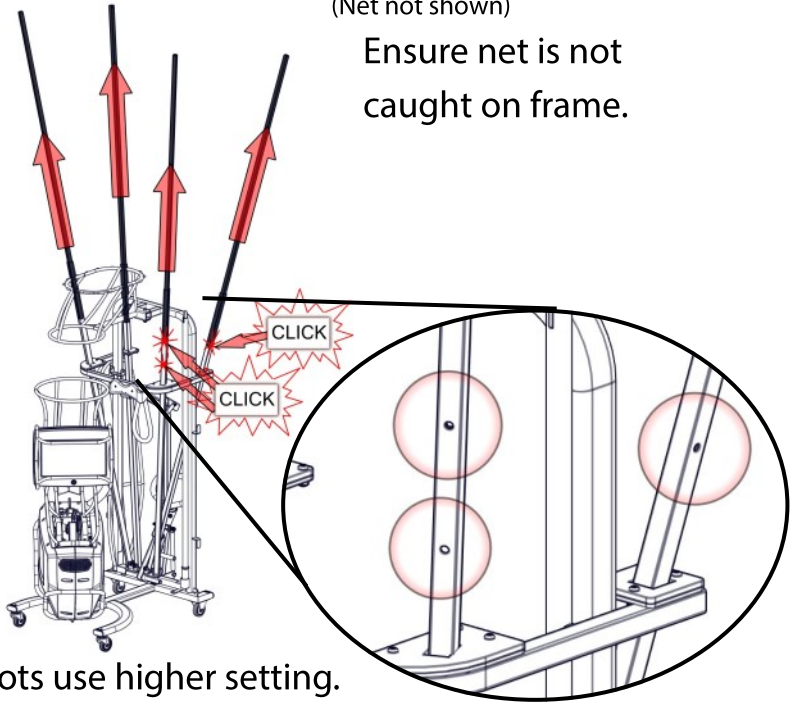
Net has a high and a low setting.

- For taller players and 3 point shots use higher setting.

## 2. Extend Poles

(Net not shown)

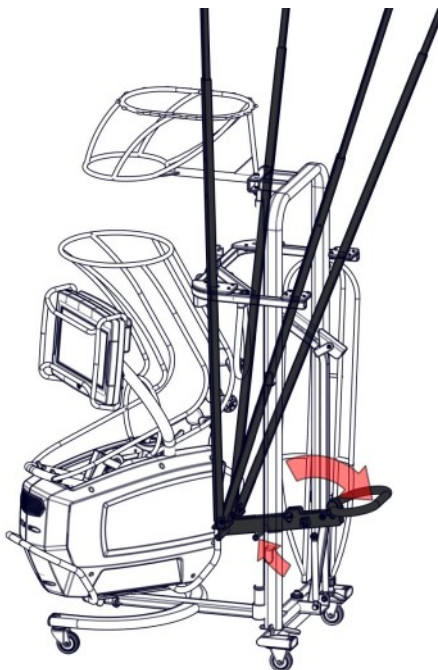
Ensure net is not caught on frame.



## 3. Lift Poles

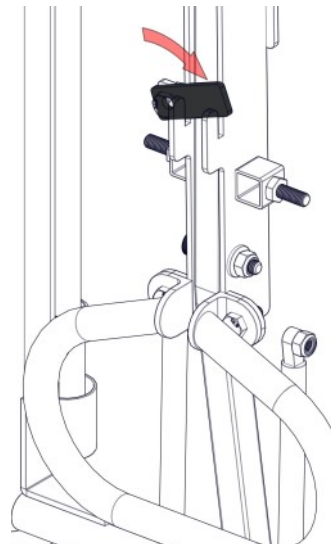
(Net not shown)

Pull handle outward and down to raise.



## 4. Secure

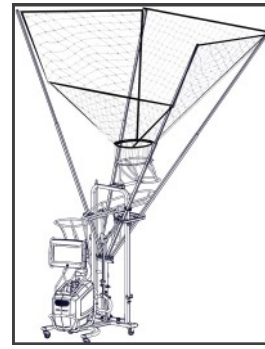
Flip down safety latch to lock net in up position.



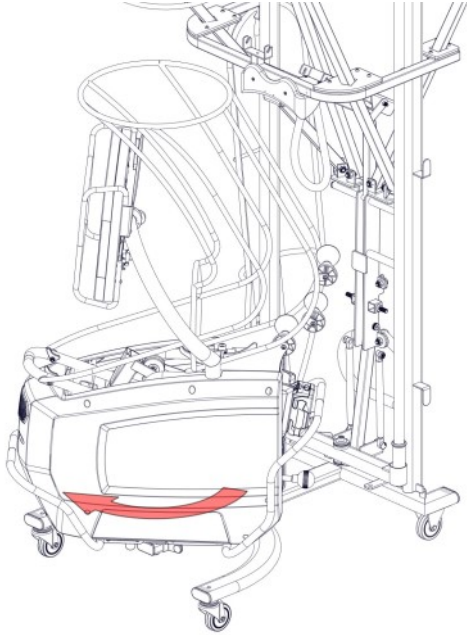
# SWIVEL NET SYSTEM

Rotating Net Frame

# 11

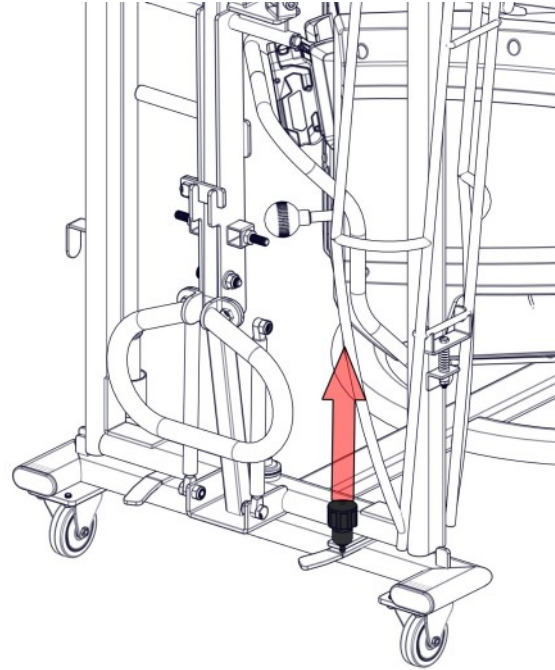


## 1. Rotate Machine

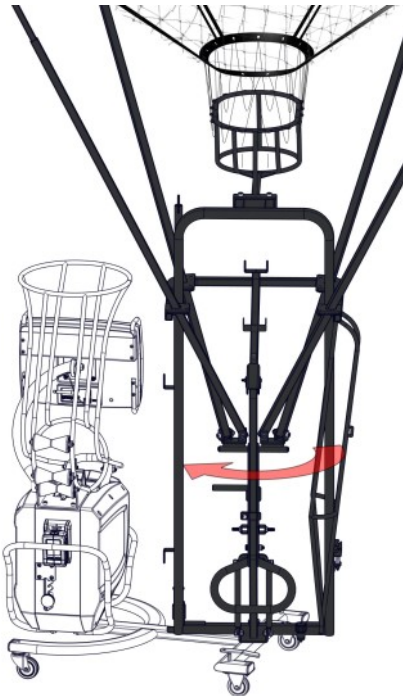


Machine must be rotated at least 45° to prevent damage to machine.

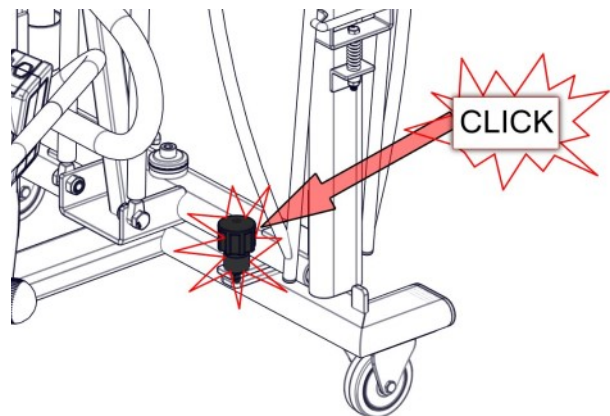
## 2. Lift Release Knob



## 3. Rotate Frame



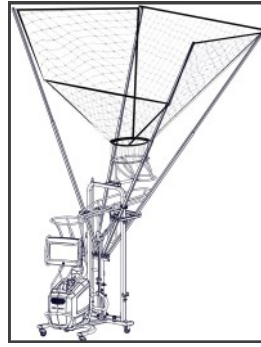
Rotate frame 180 degrees until release knob clicks.





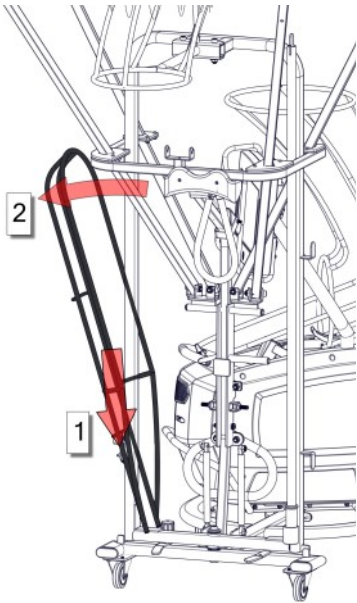
# SWIVEL NET SYSTEM CONTINUED

Installing Ball Ramp



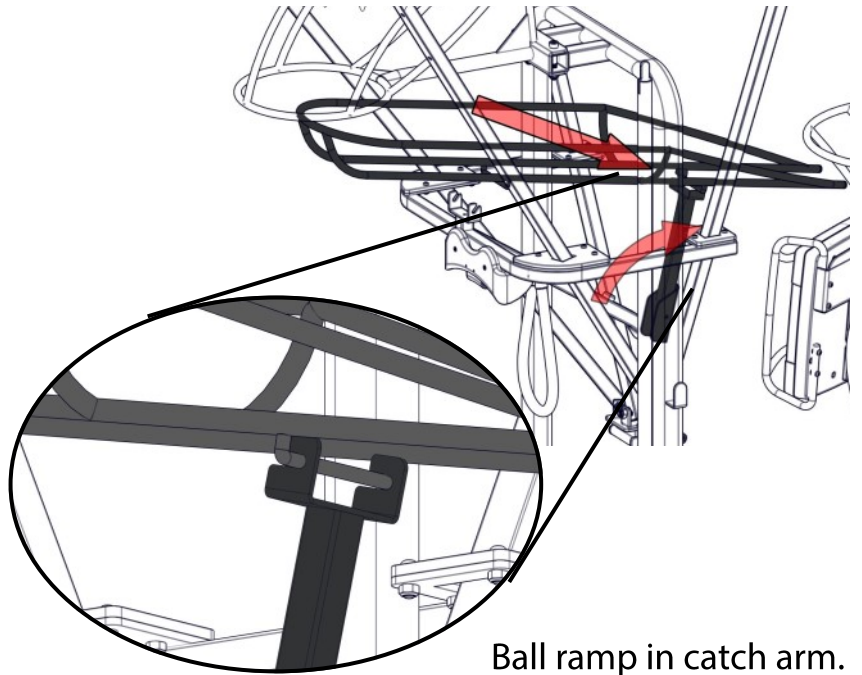
# 12

## 4. Remove Ball Ramp



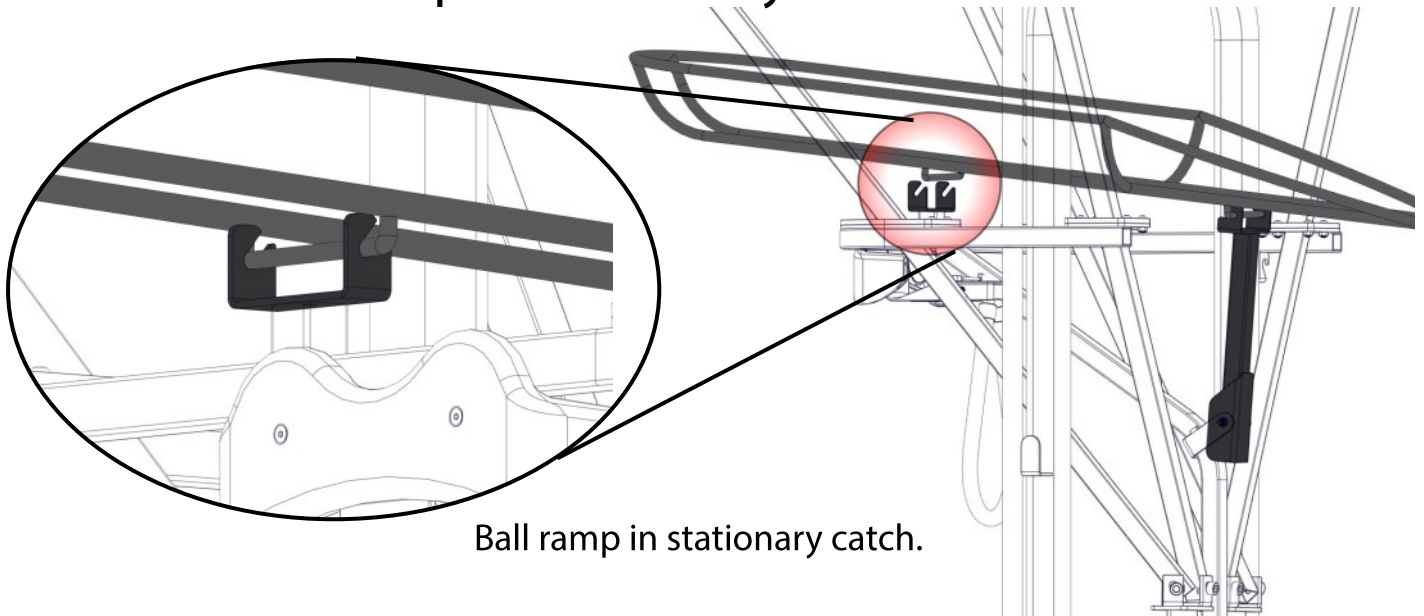
Push down on ball ramp to remove.

## 5. Place Ball Ramp in Catch Arm



Ball ramp in catch arm.

## 6. Place Ball Ramp in Stationary Catch



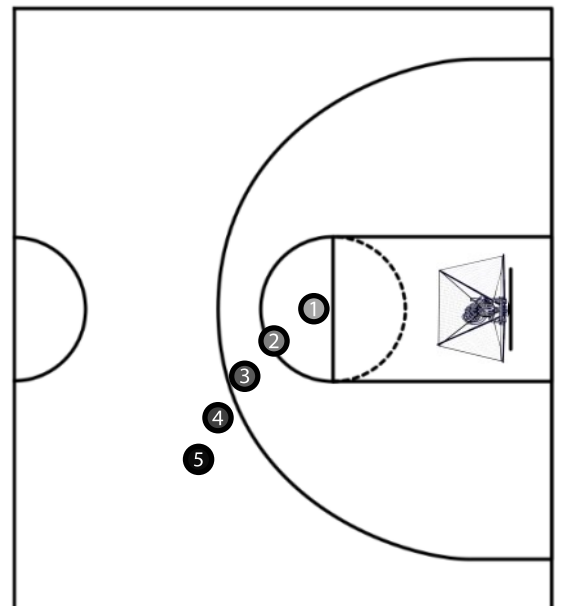
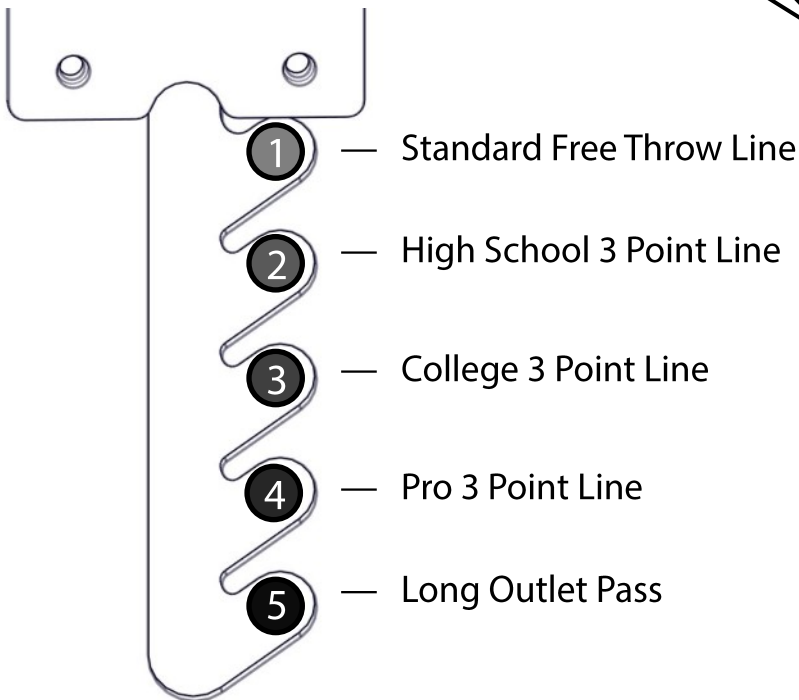
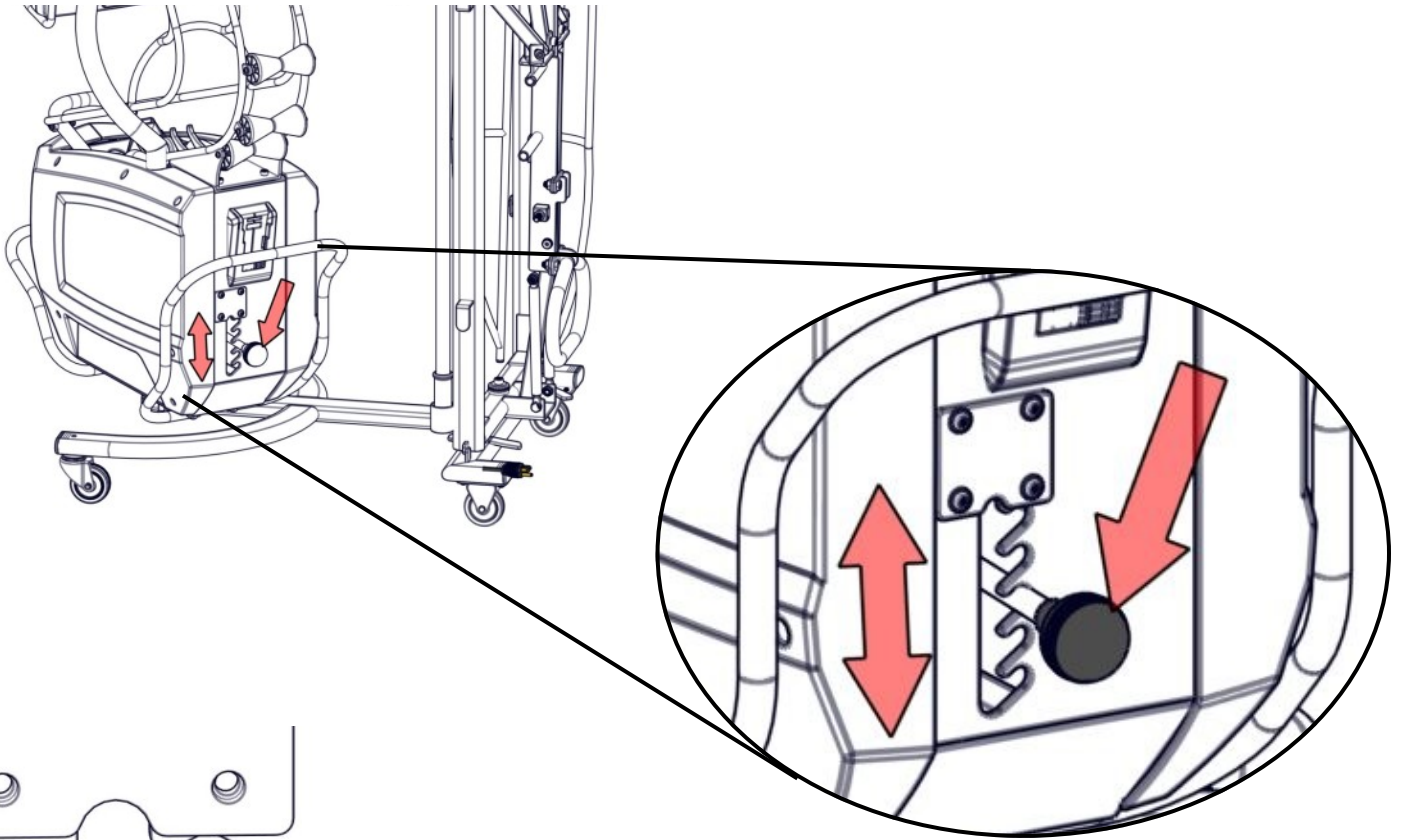
Ball ramp in stationary catch.

# BALL LAUNCH DISTANCE

Adjust Throwing Distance

# 13

## 1. Push Down to Move into Desired Position



Note: Distance varies based on player height.

# SHOT COUNTER INSTALLATION

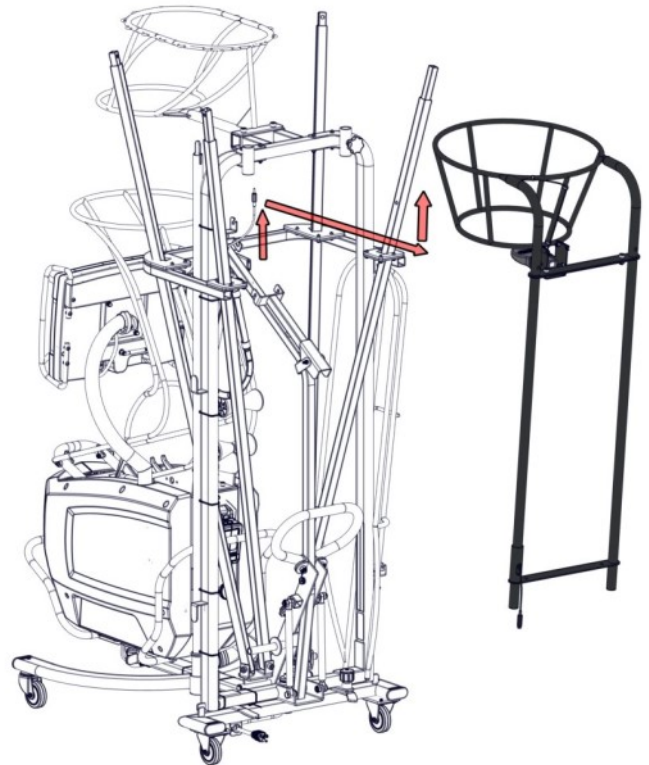
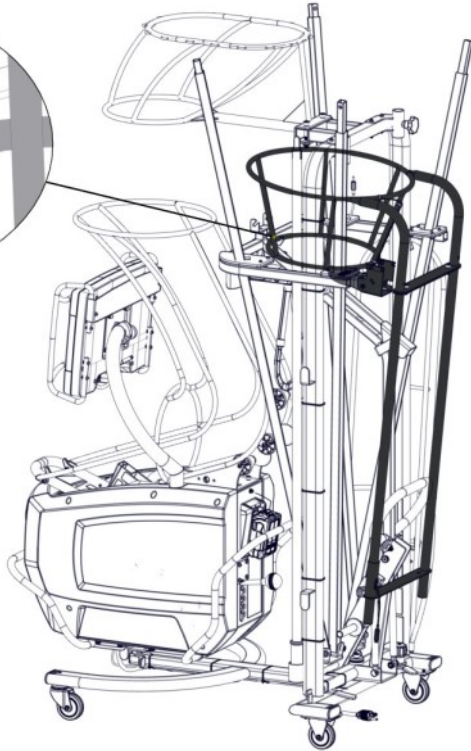
Shot Counter Installing on Frame

# 14

## 1. Remove Counter from Frame



Shot counter rests on hooks

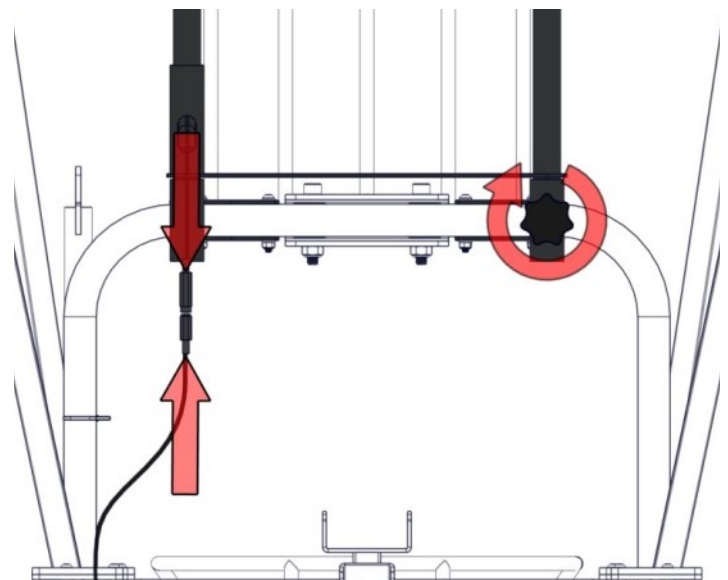


## 2. Place on Frame



## 3. Secure and Plug In

Tighten knob and connect power cord





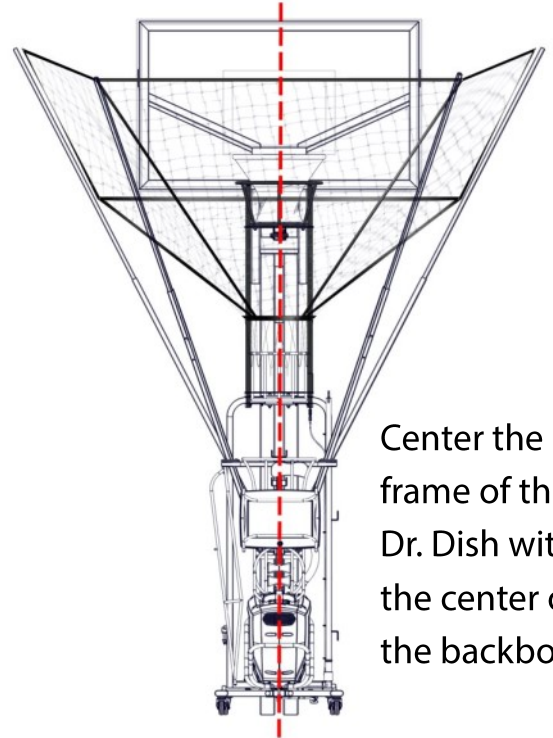
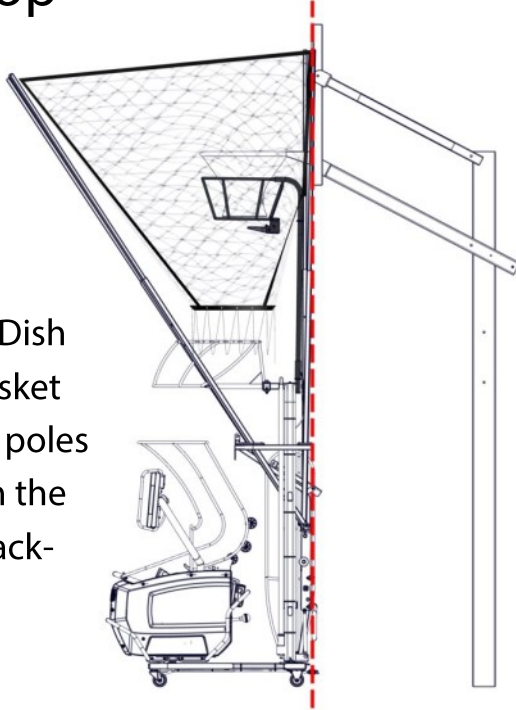
# PLACEMENT ON COURT

Positioning Under or Away from Hoop

# 15

## Under Hoop

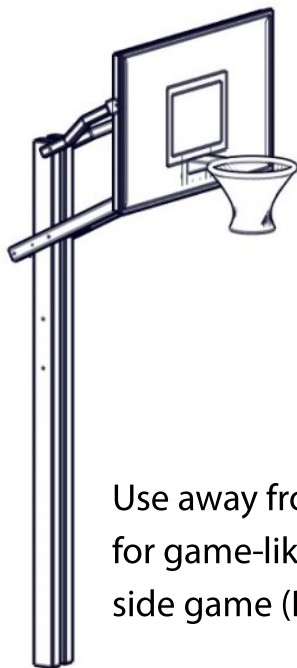
Place the Dr. Dish under the basket until rear net poles are even with the face of the backboard.



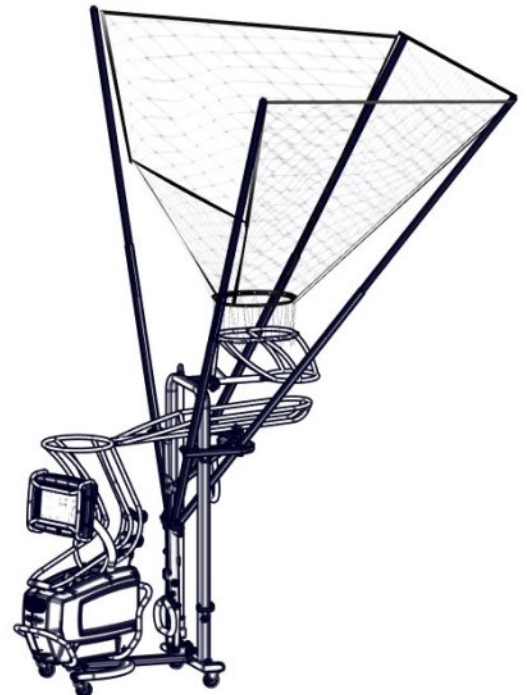
Center the frame of the Dr. Dish with the center of the backboard.

Front wheels lock to keep machine from moving

## Away From Hoop



Use away from basket setup, with net rotated, for game-like passes and to develop your inside game (Post Entry Passes).



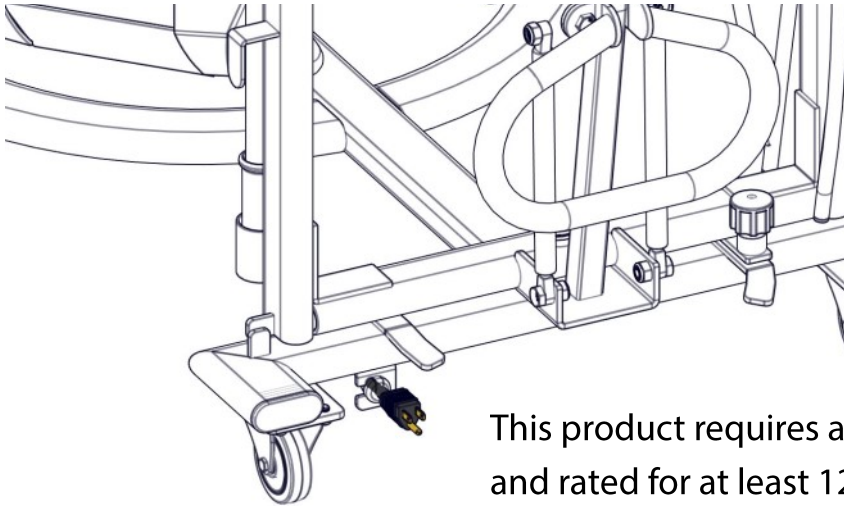
Front wheels lock to keep machine from moving

[www.DrDishBasketball.com](http://www.DrDishBasketball.com)

# POWERING ON

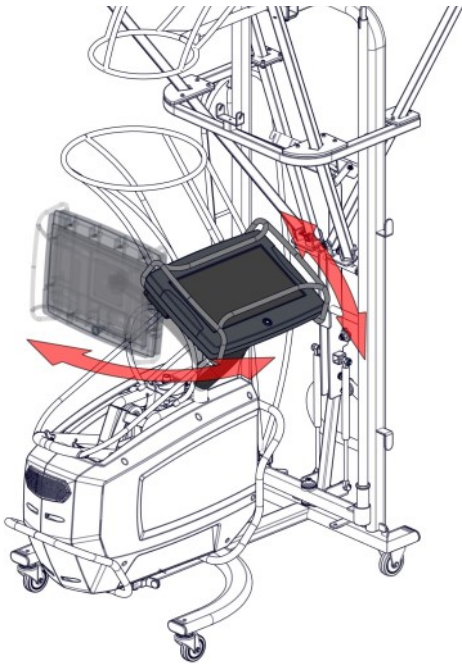
Getting Ready to Work Out

## 1. Use Extension Cord to Plug In

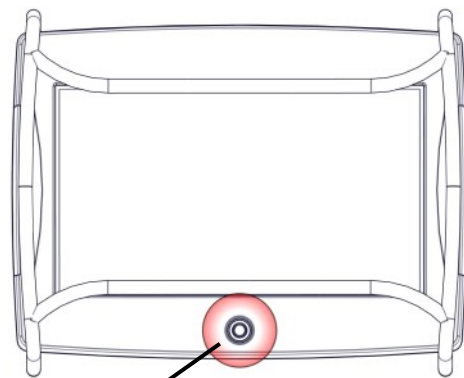


This product requires a type W extension cord that is certified and rated for at least 120 V, 14 AWG minimum with grounding conductor. Available for purchase on page 21.

## 2. Rotate Monitor to Side and Power On



Monitor can rotate horizontally and vertically for best viewing position.



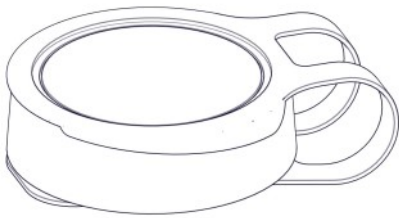
Power Button

Follow on-screen prompts.

## Accessories

### 1. Remote Button

Manually throw the ball with a push of a button.



To enter remote mode, change tempo to 0 on touch screen.

Press once to throw a ball in remote mode.

Press and hold at any time to pause.

## Tracking Statistics

### 1. Create Your Training Management System Account

For access to all of the greatness beyond the screen and statistical tracking, create your account in our online Training Management System at [tms.drdishbasketball.com](http://tms.drdishbasketball.com). Two options below for creating your account.

#### Option A

Enter your phone number in on the CT screen, create a pin and follow the prompts in the text message you will receive. You will also need to verify your email address.

#### Option B

Visit [tms.drdishbasketball.com](http://tms.drdishbasketball.com) to sign up. You will need to verify your phone number and email address to complete your profile.

#### Coaches Can Set Up Teams

To oversee team activity, create a team under your account online and share your team link with others via text or email to add them to your roster.

**IMPORTANT: Avoid Damage! Excessive use may require more frequent service intervals.**

Please use the following timetables to perform routine maintenance on your machine. Proper maintenance will help to ensure overall performance and longevity of the machine. **Our maintenance videos can be found online and offer a step by step demonstration of the following intervals.**

\*\*\* Before any internal inspections are performed, machine must be unplugged to ensure safety. On CT model machines, please be sure to manually release the throwing arm to the forward position to prevent an accidental launch during inspection. \*\*\*

## **⚠ WARNING ⚠ AVERTISSEMENT**

To reduce the risk of electrical shock, unplug before cleaning or servicing.  
Pour réduire le risque d'électrocution, débranchez-le avant de le nettoyer ou de l'entretenir.

## Maintenance Schedule

### Service Intervals

#### ***Break-In After 2,000 Shots***

- Check all shroud bolts (tighten if necessary)
- Check HUD/Touch Screen mounting bolts (tighten if necessary)
- Check front and rear caster mounting bolts (tighten if necessary)
- Inspect that all visible cables/wires are secure (replace cable ties if necessary)

#### ***Weekly (Daily During Times of Heavy Use)***

- Wipe machine down (a multi-purpose cleaner is recommended)
- Blow out interior of machine with compressed air (canned air used for electronics, keyboards, computers, etc. is recommended)
- Inspect for loose cables/wires (replace cable ties if necessary)
- Keep It Clean

Continue to next page

# SERVICE AND TROUBLESHOOTING

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## Maintenance Schedule Continued

### *Every 20,000 Shots or Annually*

- Check all shroud bolts (tighten if necessary)
- Check HUD/Touchscreen mounting bolts (tighten if necessary)
- Verify serial cable connection is tight
- Check HUD/Touchscreen pivot function (adjust if necessary)
- Check front and rear caster mounting bolts (tighten if necessary)
- Remove any debris from casters
- Inspect that all visible cables/wires are secure (replace cable ties if necessary)
- Check to make sure photo eyes are clean and tightly secured
- Check net tension
- Check counter harness connections (visually inspect for damaged plugs and cables)
- Check net system shaft/shaft bolt tightness
- Visually inspect upper feeder and counter head for any stress fractures

### *Every 75,000 Shots or Every 2 Years*

- Remove shrouds and visually inspect components
- Blow out interior of machine with compressed air (canned air used for electronics, keyboards, computers, etc. is recommended)
- Wipe down interior of machine (a multi-purpose cleaner is recommended)
- Inspect cable/wire management (replace cable ties if necessary)
- Verify all harness connections to power board are secure
- Ensure terminals on power supply terminal block are tight
- Check all visible fasteners, making sure they are both present and tight
- Check rotation motor gears and mounting bolts
- Visually check reed switch gaps (ensure switches are secure)
- Verify launch arm bumpers are intact and tight (Qty. 2 lower blue bumpers and Qty. 1 black/orange upper bumper)

### *Every 150,000 shots or Every 5 years*

- Inspect all internal white rollers (replace if necessary)
- Check bearings on both machine and net system
- Check launch arm bolt (remove and grease if necessary)
- Replace launch arm bumpers (Qty. 2 lower blue bumpers and Qty. 1 black/orange upper bumper)
- Inspect all internal components for excessive wear

**Please feel free to reach out to our service department with any questions or concerns. We look forward to assisting you and ensuring that your Dr. Dish is always ready for the next workout!**

# SERVICE AND TROUBLESHOOTING

# 20

## Troubleshooting

### Balls stuck in net

- After extensive use the net may stretch. Tighten the net by feeding excess bungee cord through the frame working from the front to back on each side. Feed the excess through the cord stops. Cut excess cord off with a scissors.

### Other Pointers

- To ensure each pass is consistent, make sure to use properly inflated basketballs.

## Cleaning

Use a damp cloth to wipe exterior of machine free of dust and residue.

## Registration

Complete registration form at [drdishbasketball.com/register](http://drdishbasketball.com/register) to ensure proper warranty coverage.

## Warranty

**5 Year Full Warranty.** Coverage includes remote diagnostics and any replacement part(s) that may be needed from the date of purchase and for 5 years thereafter. We provide a 1 year warranty on Dr. Dish accessories. This 5 year warranty is non-transferable.

- In all cases above, shipping and handling is the responsibility of the customer.
- Customer may be asked to verify original purchase.
- Warranty excludes claims due to unintended use, misuse, or due to nature.
- All claims must be in writing.

### **⚠ WARNING ⚠ AVERTISSEMENT**

To reduce the risk of electrical shock, unplug before cleaning or servicing.

Pour réduire le risque d'électrocution, débranchez-le avant de le nettoyer ou de l'entretenir.



# ACCESSORIES

Accessories Available for Purchase

# 21

Custom Fit Cover



Custom Graphics Kit



Remote Button with Clip



Heart Monitor and Strap



Battery



6' Power Cord



For pricing and to order visit:  
[www.drdishbasketball.com](http://www.drdishbasketball.com)

# CONTACT INFORMATION

Be Better Everyday™



Online: [www.drdishbasketball.com](http://www.drdishbasketball.com)

Fax: 952-873-2687

Phone: 1-888-887-7453

Email: [info@drdishbasketball.com](mailto:info@drdishbasketball.com)

Mail: 1701 W 94th St, Suite 225  
Bloomington, MN 55431



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[www.DrDishBasketball.com](http://www.DrDishBasketball.com)

Dr. Dish CT Rev 4