

**DR. DISH**

**DR. DISH COMPLETE TRAINER  
USER MANUAL**



# 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

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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.

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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

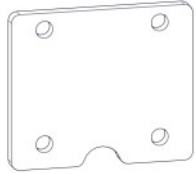
Inspect the Dr. Dish before use to ensure working order.

# ITEMS IN PARTS BOX

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

# 6

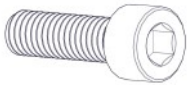
Ball Distance Plate



Distance Knob



M6 Bolt 4



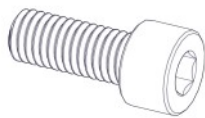
M8 Washer x 2



M6 Washer x 4



M8 Bolt x 2



5mm Allen Wrench



6mm Allen Wrench

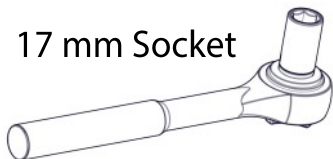


## Useful Tools

Utility Knife or Scissors



17 mm Socket



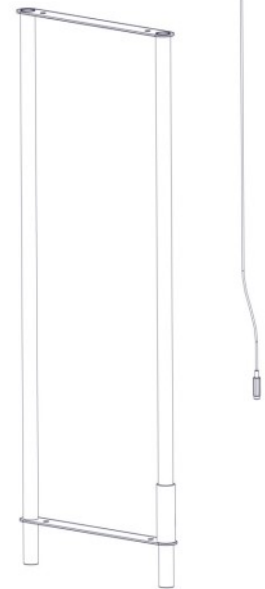
Lost or missing parts?  
Contact us for help at  
1-888-887-7453

# ITEMS ON NET FRAME

Shots Made Counter Head  
with wire



Shots Made Counter  
Handle



## Items needed for shot counter assembly

M10 Nut x 2



M10 Bolt x 2



17mm Open Wrench



8mm Allen Wrench



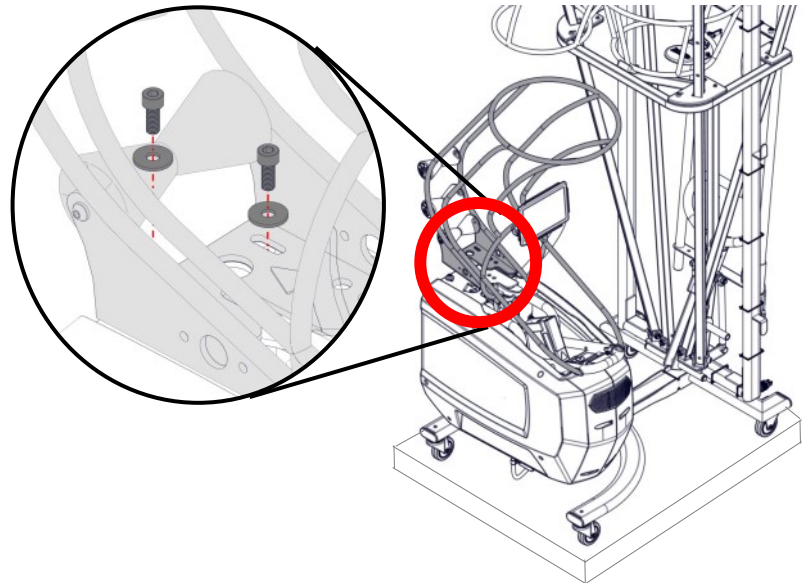
Dr. Dish accessories available for purchase on page 23

# ASSEMBLY

# 7

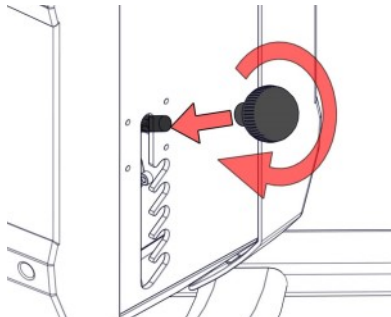
## 1. Attach Ball Feeder While Machine is Still On Pallet

Install ball feeder using 2 washers and 2 M8 bolts.

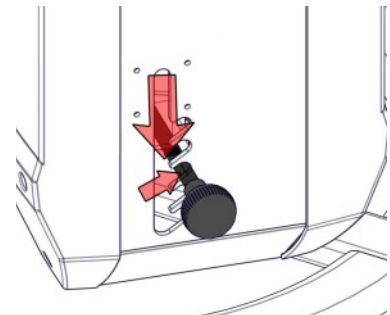


## 2. Attach Ball Distance Knob

Install knob.

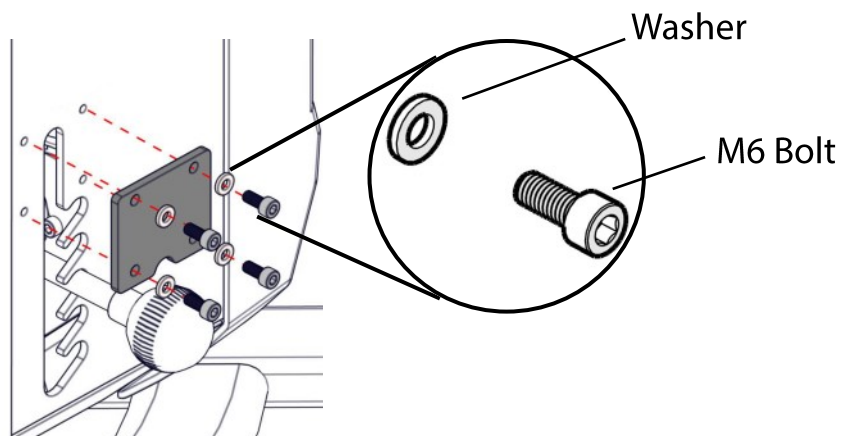


Move Lever to lower position.



## 3. Attach Plate

Install plate using 4 washers and 4 M6 screws.



# ASSEMBLY

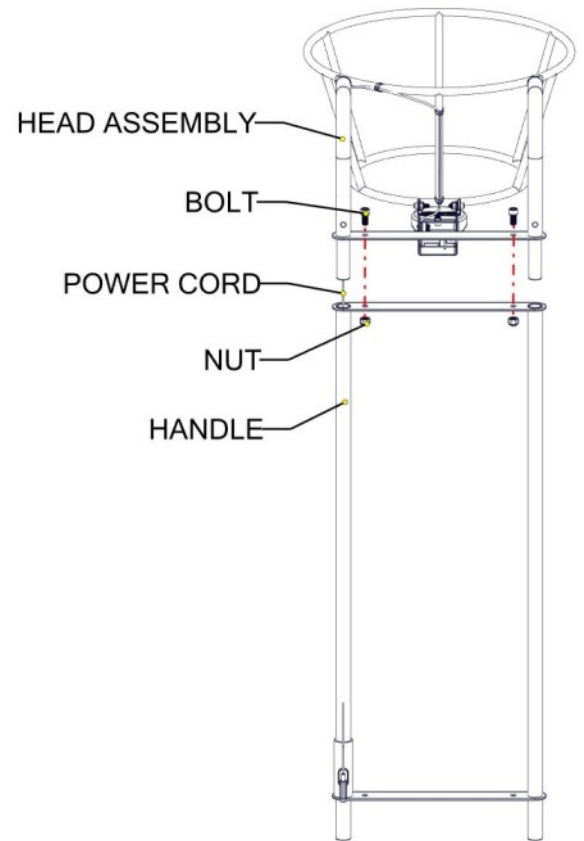
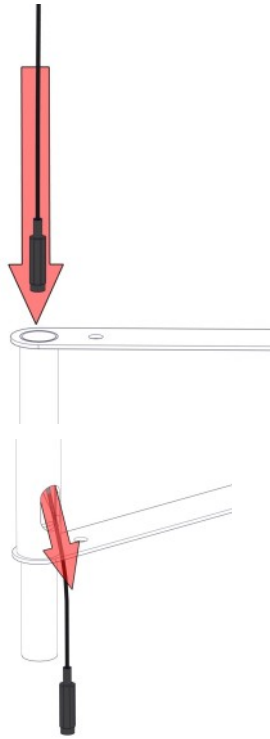
## Shot Counter Assembly



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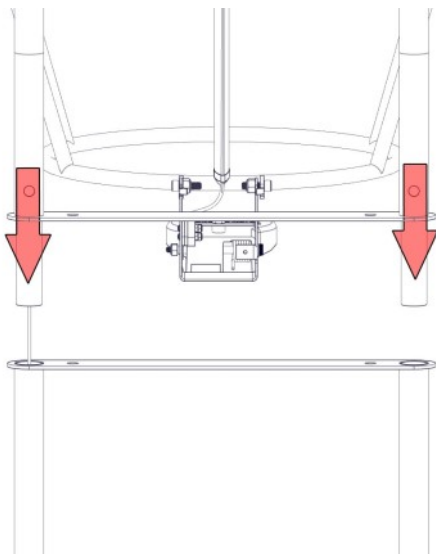
### 1. Route Power Cord

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



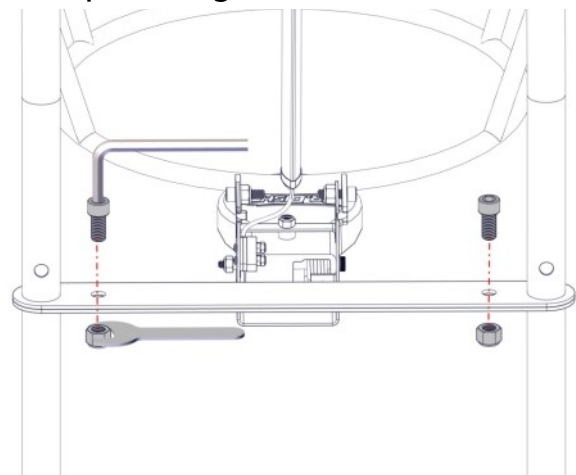
### 2. Slide Together

Insert Head Assembly into Handle



### 3. Bolt Together

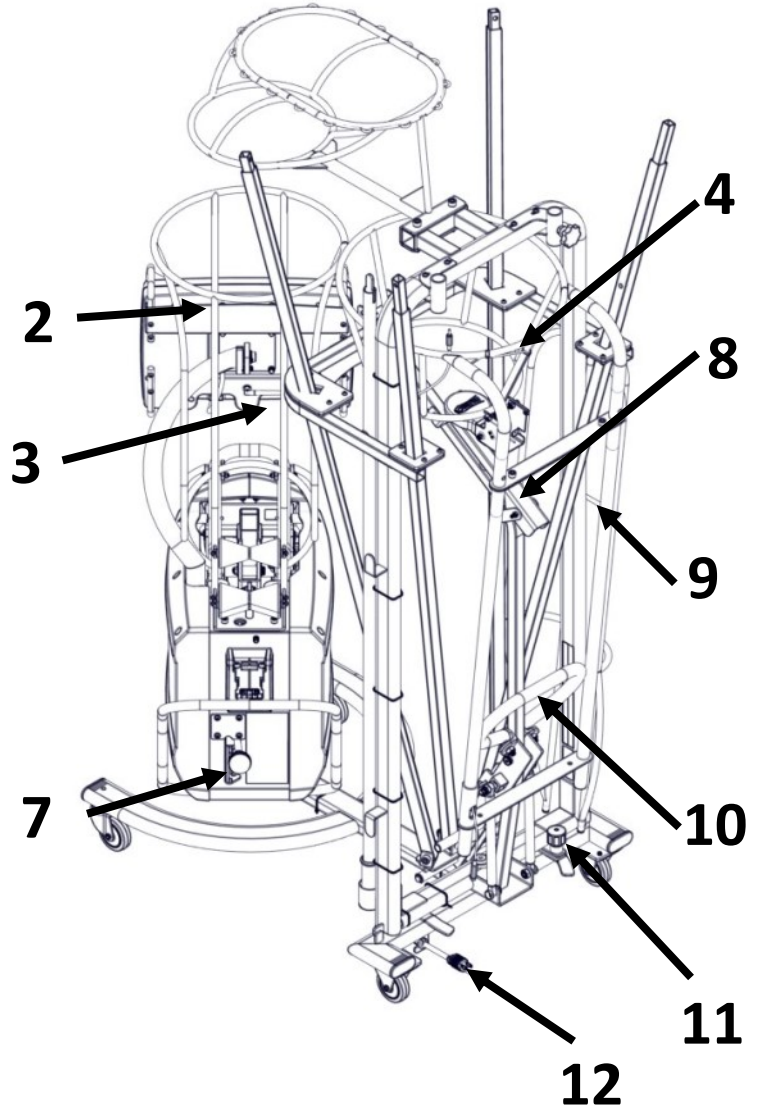
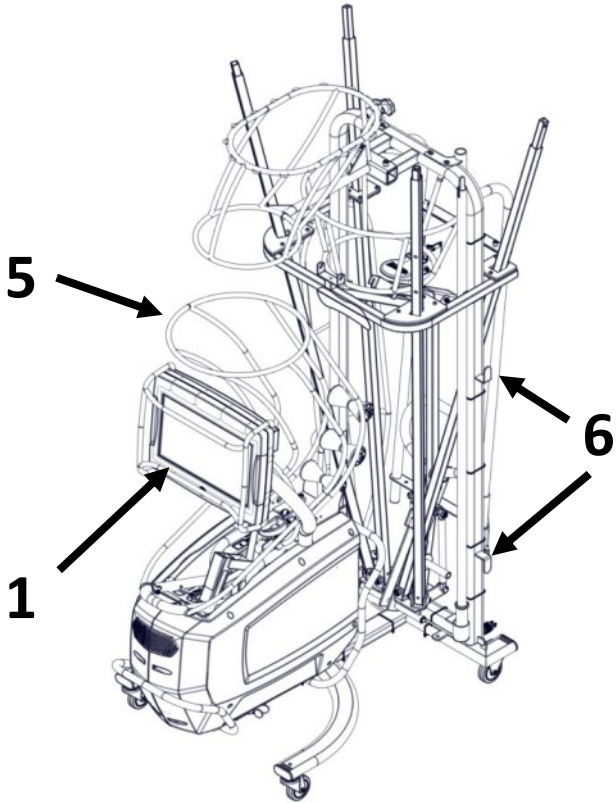
8mm Allen and 17mm wrench included in parts bag





# FEATURE LOCATIONS

# 9



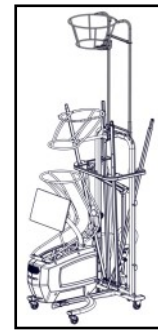
1. Touch Screen Display
2. Storage Pocket
3. USB Port
4. Shots Made Counter (stored)
5. Ball Feeder
6. Extension Cord Holder
7. Ball Distance Adjustment
8. Ramp Catch Arm
9. Pass and Feed Ball Ramp
10. Net System Handle
11. Swivel Frame Release Pin
12. Power Plug

Dr. Dish accessories available for purchase on page 23

1701 W. 94th Street Suite 225 | Bloomington, MN 55431 | 952-873-2633 | 952-443-8485 fax | [info@airborneathletics.com](mailto:info@airborneathletics.com)

# SHOT COUNTER INSTALLATION

Shot Counter Installing on Frame

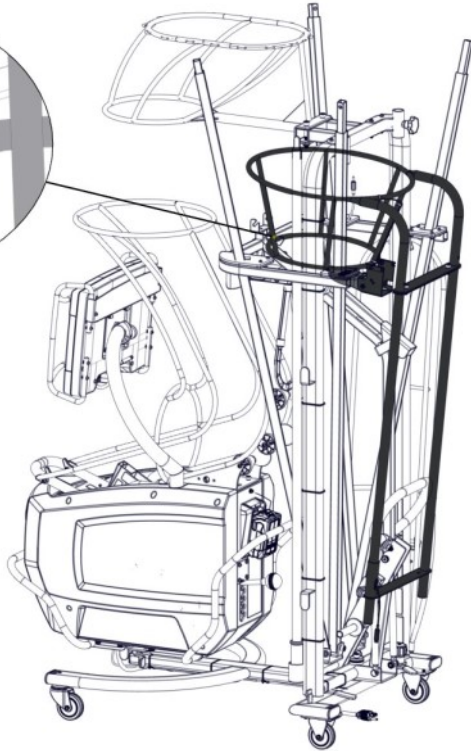


# 10

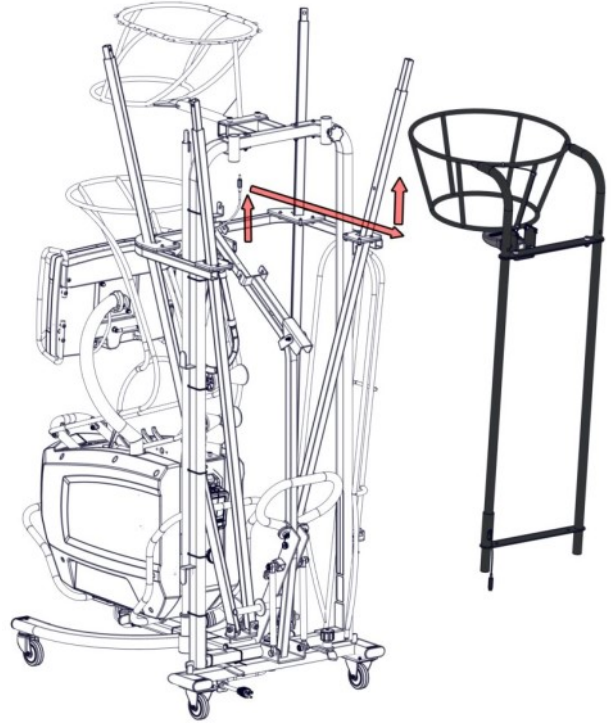
## 1. Remove Counter from Frame



Shot counter rests on hooks

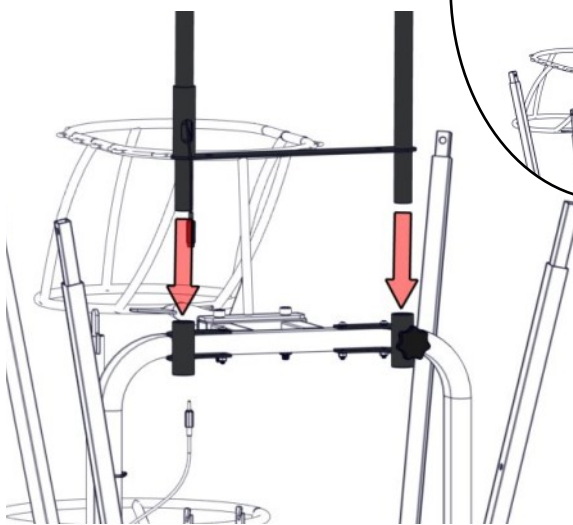


Lift up and out to remove.



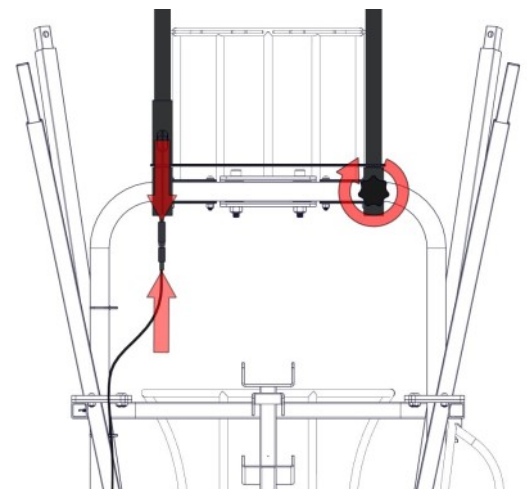
## 2. Place on Frame

Shot counter basket to face forward.



## 3. Secure and Plug In

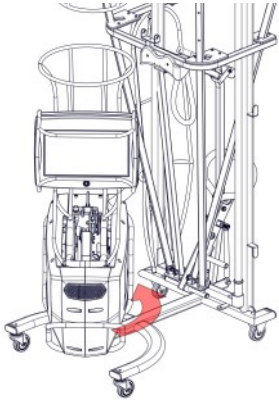
Hand tighten knob and firmly push plugs together.



# NET SYSTEM

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## 1. Rotate Machine



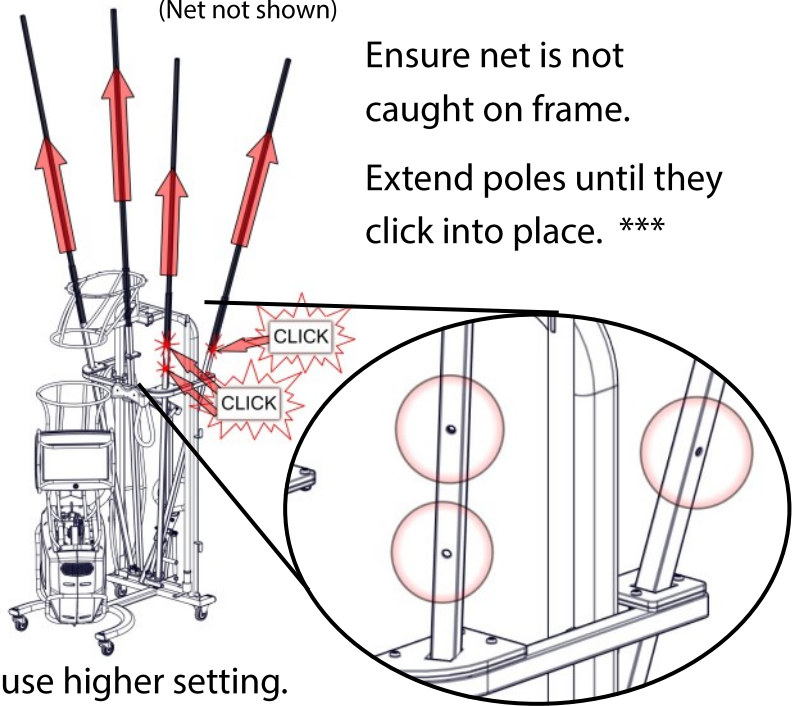
Machine must be rotated at least 45° in either direction to prevent damage.

\*\*\*Net has a high and a low setting.

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

## 2. Extend Poles

(Net not shown)

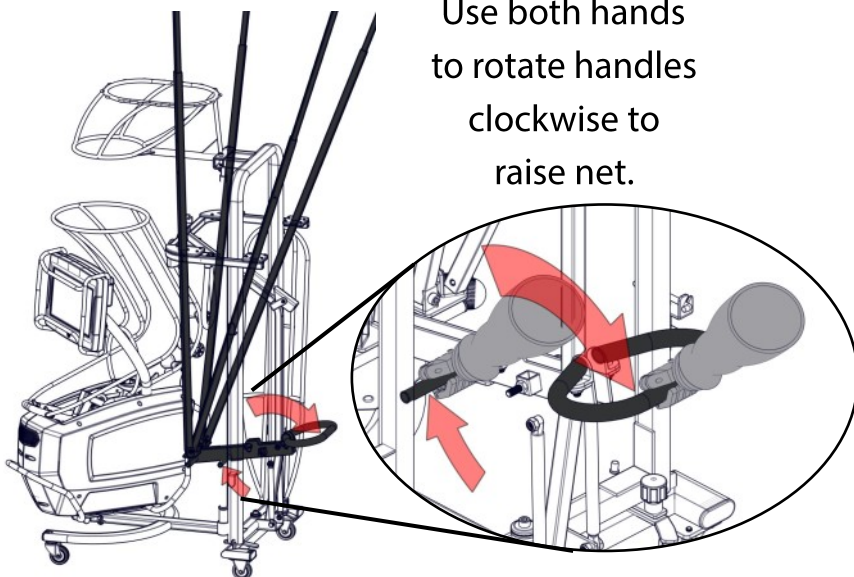


Ensure net is not caught on frame.

Extend poles until they click into place. \*\*\*

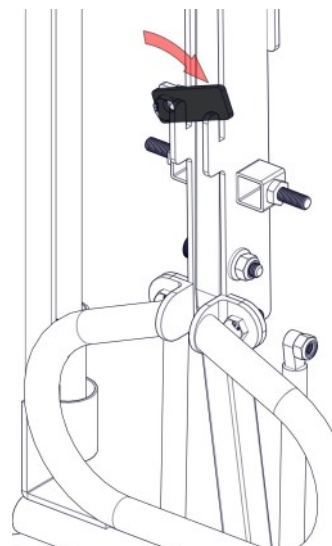
## 3. Lift Poles

(Net not shown)



Use both hands to rotate handles clockwise to raise net.

## 4. Secure

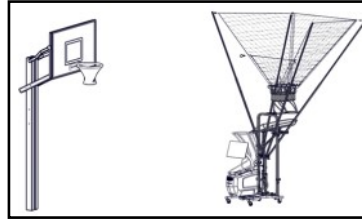


Flip down safety latch to lock net in up position.

# SWIVEL NET SYSTEM

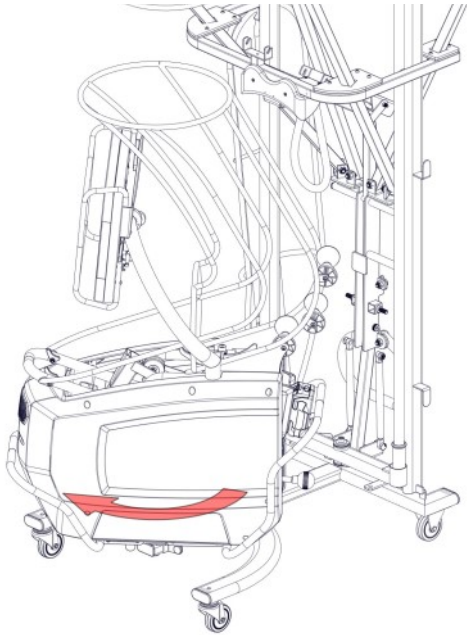
## Rotating Net Frame

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



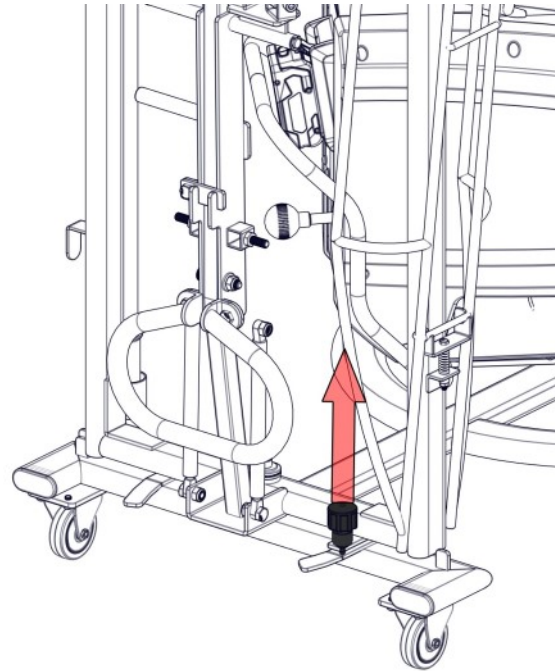
# 12

## 1. Rotate Machine

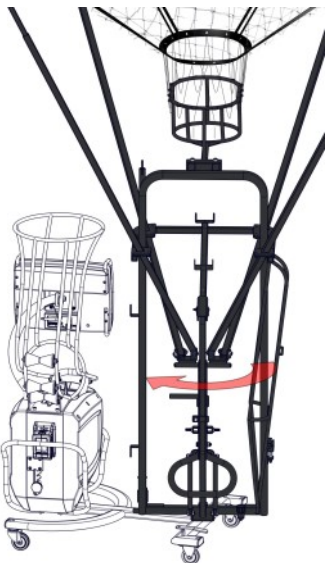


Machine must be rotated at least 45° to prevent damage to machine.

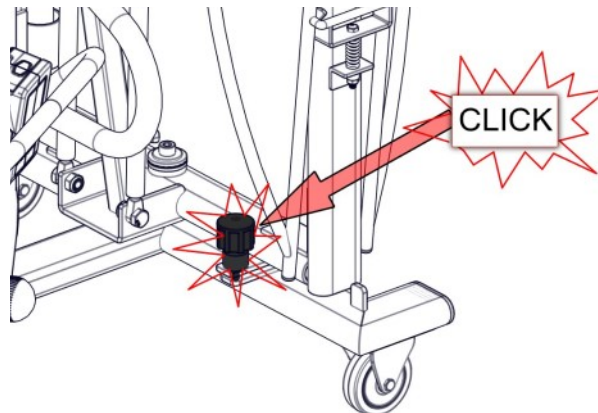
## 2. Lift Release Knob



## 3. Rotate Frame

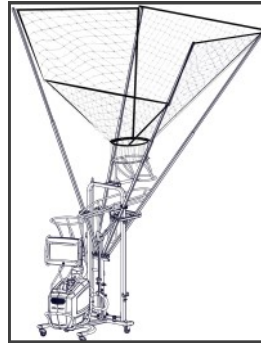


Rotate frame 180 degrees until release knob clicks.



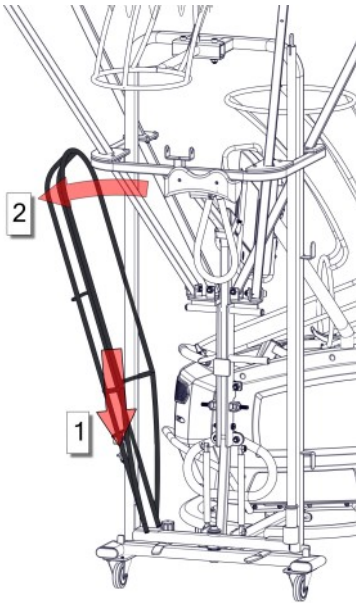
# SWIVEL NET SYSTEM CONTINUED

Installing Ball Ramp



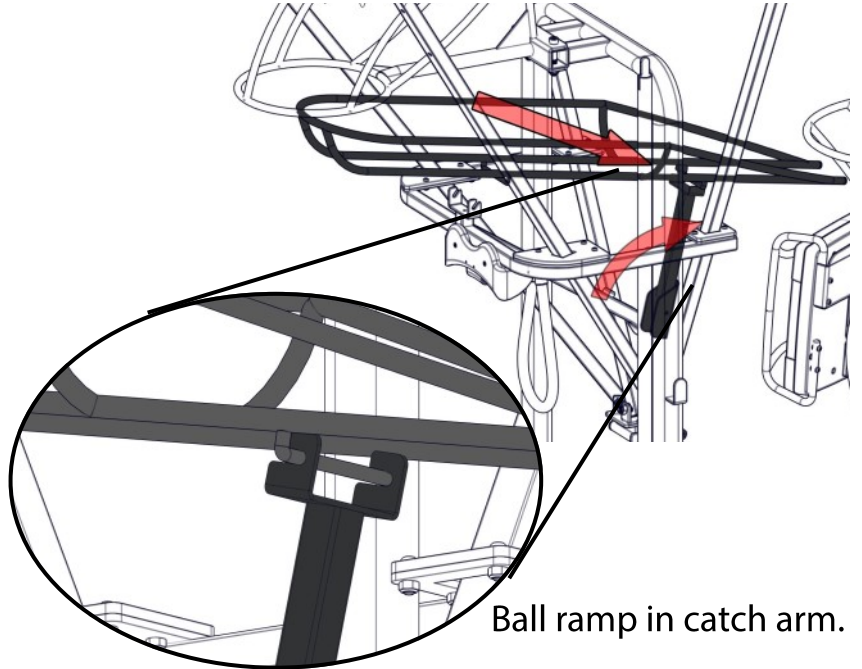
# 13

## 4. Remove Ball Ramp



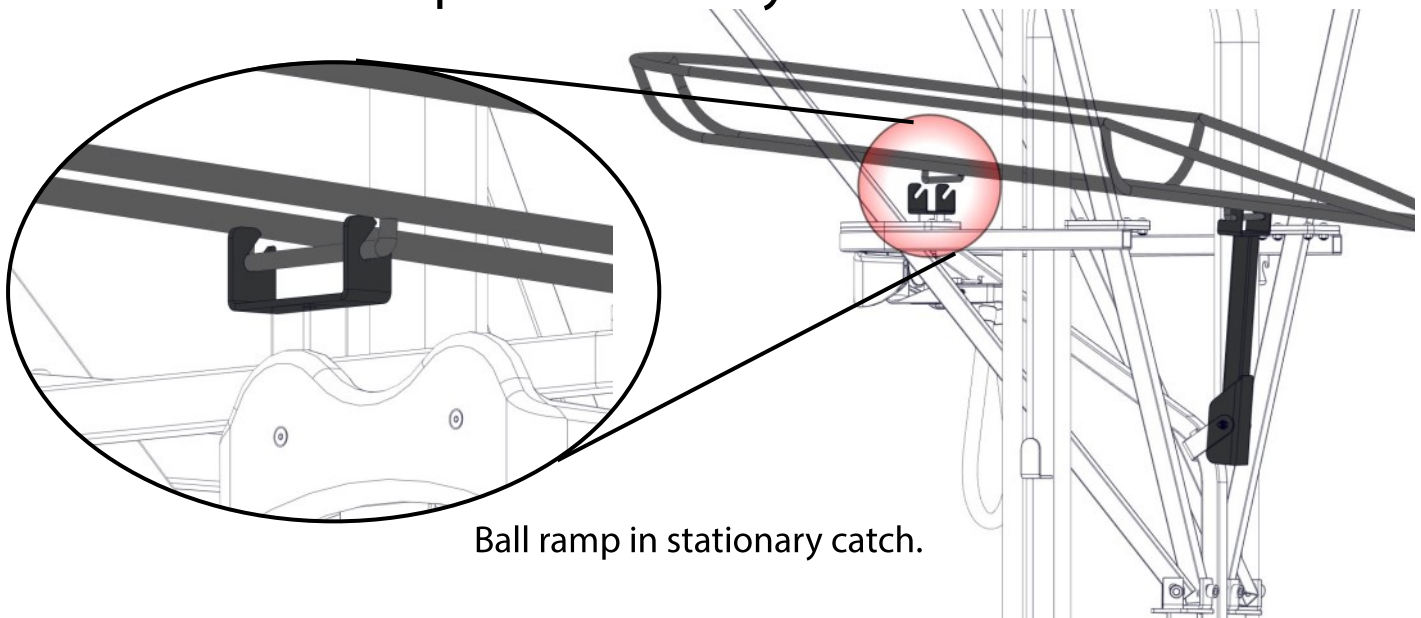
Push down on ball ramp to remove.

## 5. Place Ball Ramp in Catch Arm



Ball ramp in catch arm.

## 6. Place Ball Ramp in Stationary Catch

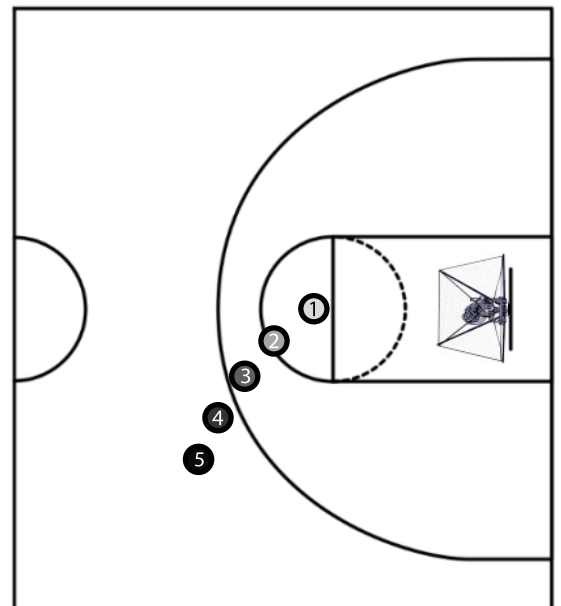
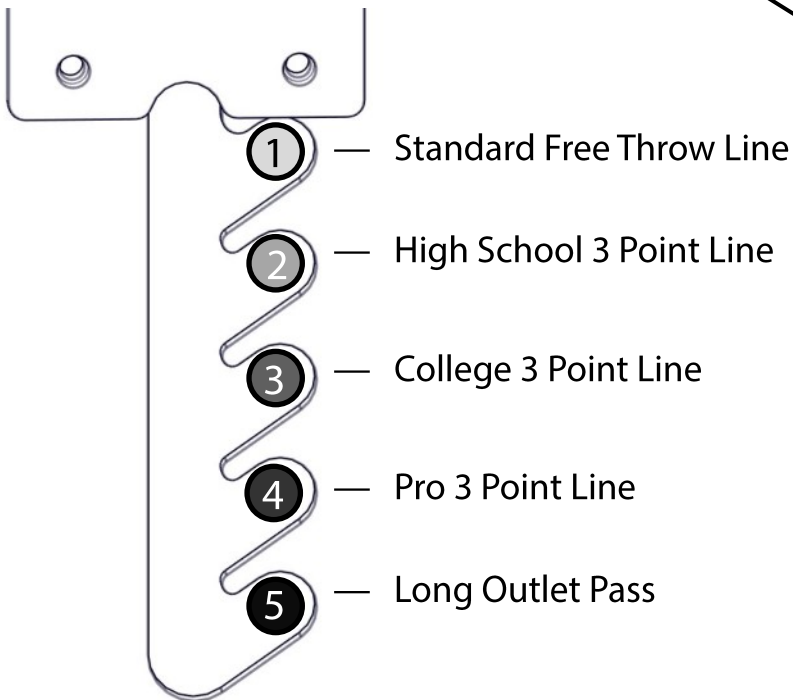
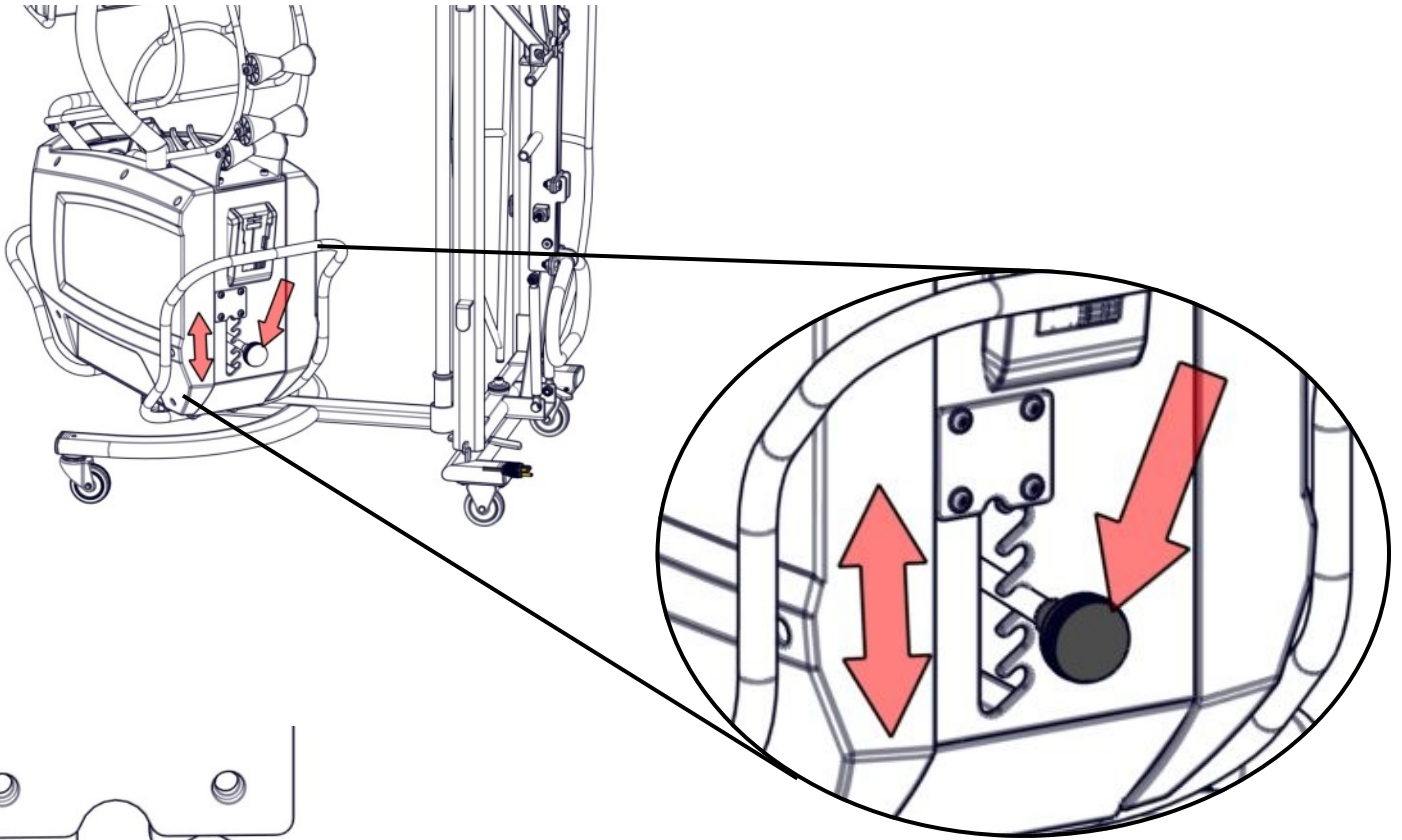


Ball ramp in stationary catch.

# BALL LAUNCH DISTANCE

Adjust Throwing Distance

## 1. Push Down to Move into Desired Position



Note: Distance varies based on player height.

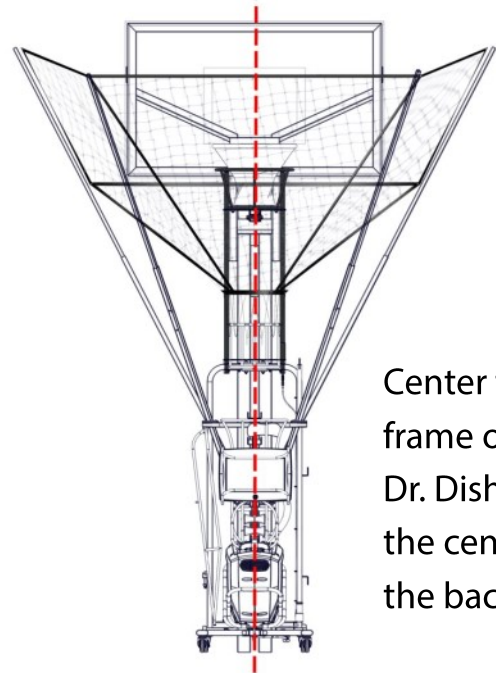
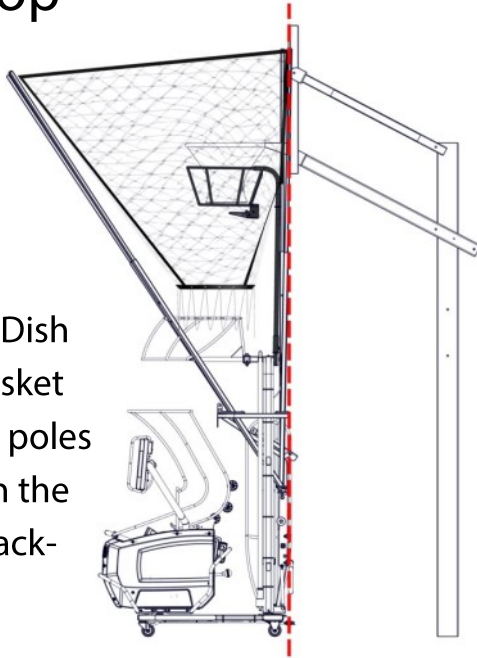
# PLACEMENT ON COURT

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.

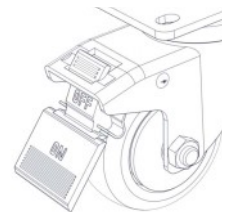
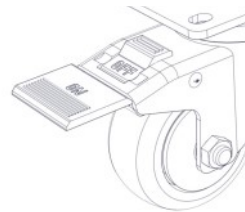


Center the frame of the Dr. Dish with the center of the backboard.

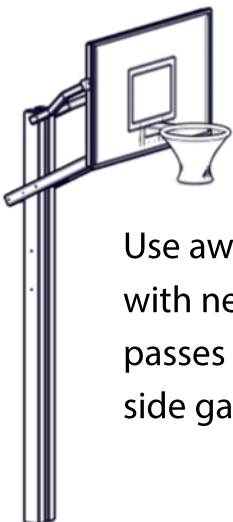
Front wheels lock to keep machine from moving

Unlocked

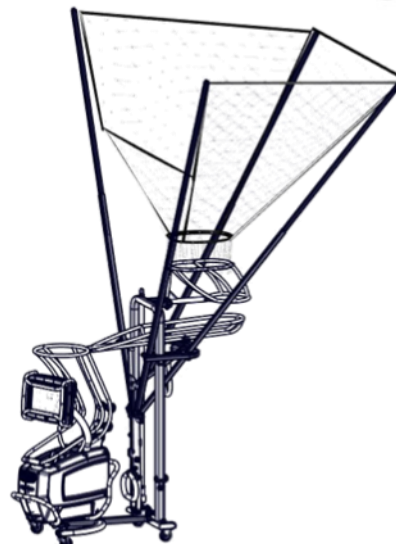
Locked



## Away From Hoop



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

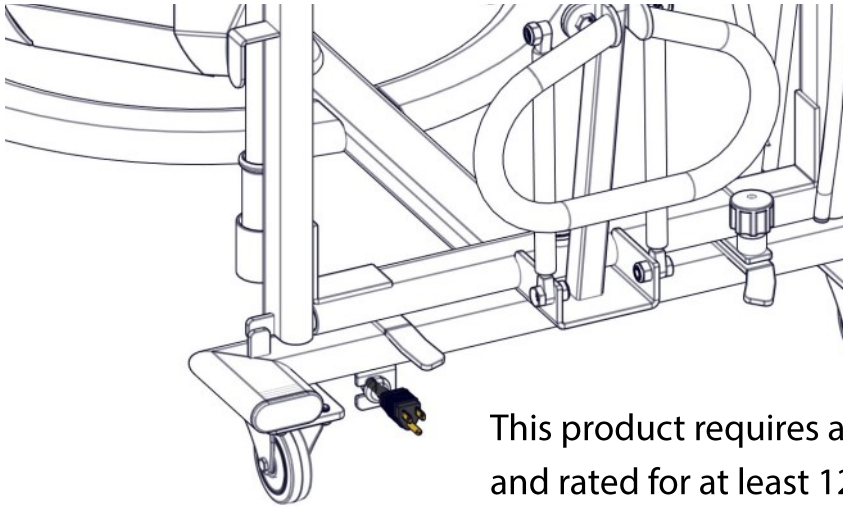


Front wheels lock to keep machine from moving

# POWERING ON

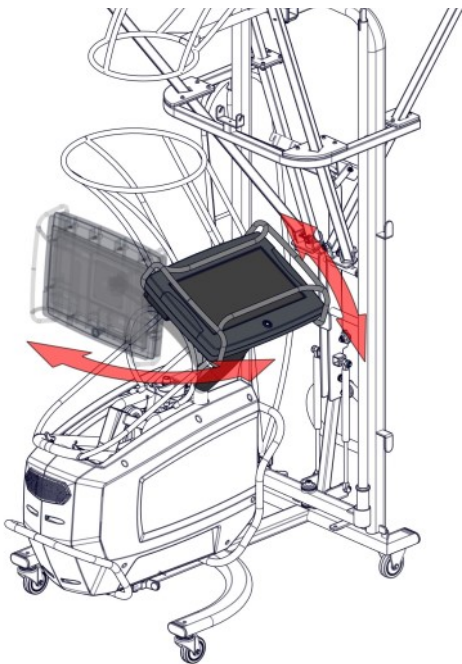
Getting Ready to Work Out

## 1. Use Extension Cord to Plug In

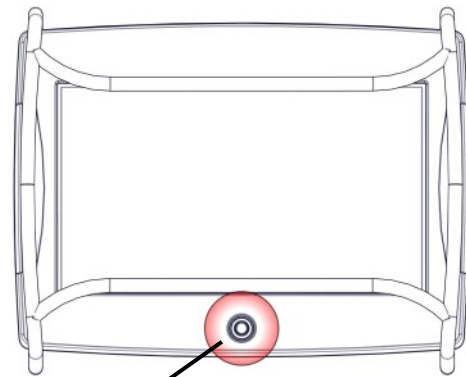


This product requires a type W extension cord that is certified and rated for at least 120 V. 14 AWG minimum with grounding conductor. Available for purchase on page 23.

## 2. Rotate Monitor to Side and Power On



Monitor can rotate horizontally and vertically for best viewing position.



Power Button

Follow on-screen prompts.



## TRACKING STATISTICS (FULL ACCESS WITH ALL-STAR+ ONLY)

### Create Your Account

For access to all of the greatness beyond the screen and statistical tracking, create your Dr. Dish account. You will need an email address, phone number is optional.

- On the machine, on the left side of the screen, select **Profile**.
- Then select **Create Account** and follow the onscreen instructions.

### Other Ways to Access Your Account

## 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. The machine works best with 4 to 5 basketballs.

### Troubleshooting Support

For troubleshooting help and other information, visit [drdishbasketball.com/support](http://drdishbasketball.com/support).

## Cleaning

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

### **▲ 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.

**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

# TROUBLESHOOTING AND SERVICE

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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!**

## Limited Warranty

### Who does this warranty cover?

This limited warranty (the “Warranty”) is issued by Airborne Athletics, Inc. (“Airborne Athletics”, “we”, or “us”) to you, a purchaser who purchased a new or factory refurbished Dr. Dish or new Dr. Dish branded accessories directly from us. The Warranty covers only you, the original product purchaser. The Warranty cannot be assigned or transferred to any subsequent purchaser or user and is not available to products that were purchased from any source other than Airborne Athletics or an authorized dealer.

### What does this warranty cover?

This Warranty covers defects in the product you purchased from an authorized Airborne Athletics retailer (the “Product”) as follows. Airborne Athletics warrants that the Product is free from defects in materials and workmanship and will, under normal and intended use, function substantially in accordance with our Product documentation and technical specifications. Proof of Product purchase is required as a condition to coverage under this Warranty, and the Product requires an online connection to ensure full functionality.

### What is not covered by this warranty?

Regardless of the above, the Warranty does not cover the following:

- Damage or loss of access as a result of Airborne’s termination or suspension of your account.
- Data loss and any costs associated with data recovery.
- Normal wear and tear.
- Defects or malfunctions experienced during or caused by use not in conformity with Product documentation and technical specifications.
- Damage caused by misuse, accident, neglect, abuse, alteration, improper or unauthorized modification, or tampering.
- Damage to your property, home, walls, or floors that may result from installation or removal of the Product.
- Product that has been resold.
- Damage caused by improper or incorrectly performed maintenance or repair.
- Damage caused by improper installation, relocation, or uninstallation.
- Damage caused during shipping or delivery.
- Product or Product parts returned without a Return Material Authorization (RMA) number.
- Commercial use of the Dr. Dish Home and iC3 Product.
- Software and software functionality.

# WARRANTY CONTINUED

## What is the warranty period?

The Warranty period begins the date the Product is shipped and lasts for the period specified below for the applicable Product:

Product	Warranty Period
Dr. Dish Commercial (Rebel +, All-Star +, CT)	5 year or 2 million shots (whichever comes first) coverage for parts and standard domestic shipping of said parts. Labor not included.
Factory refurbished Dr. Dish Commercial (Rebel, Rebel +, All-Star +, CT+)	3 years or 1 million shots (whichever comes first) coverage for parts and standard domestic shipping of said parts. Labor not included.
Dr. Dish Home & Factory refurbished Dr. Dish Home	2 year coverage for parts and standard domestic shipping of said parts. Labor not included.
Dr. Dish iC3	1 year coverage for parts. Labor not included.
Dr. Dish Accessories	1 year coverage for parts. Labor not included.

## How do you submit a claim?

Call 952-873-2633 or email [info@drdishbasketball.com](mailto:info@drdishbasketball.com) to report any Product issues and open a claim under the Warranty. Our team will reach out to you to attempt to help resolve your issue. If the issue cannot be addressed remotely, Airborne Athletics may dispatch a general technician to further investigate and troubleshoot.

If your Product has a defect or malfunction covered by this Warranty, Airborne Athletics will repair, replace, or refund the Product at the sole discretion of Airborne Athletics. If Airborne Athletics determines that a Product should be replaced, the replacement may be a new or a re-manufactured Product. Airborne Athletics may not return the original Product to you, nor can Airborne Athletics guarantee replacement or repair of the Product without risk to or loss of data stored on your original Product.

Do not return any Product to Airborne Athletics without first receiving a Return Material Authorization (RMA) number and instructions for how to proceed. Airborne Athletics may require you to furnish proof of purchase and/or comply with other requirements before receiving Warranty service.

# WARRANTY CONTINUED

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## What law governs the warranty?

The laws of the State of Minnesota, USA, govern this Warranty, without giving effect to any conflict of laws or principles that may provide the application of the law of another jurisdiction.

AIRBORNE ATHLETICS EXPRESSLY DISCLAIMS ANY AND ALL OTHER WARRANTIES, BOTH EXPRESS AND IMPLIED, INCLUDING ANY WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE.

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## More Questions?

If you have questions, or to begin the service process, please contact us at [info@airborneathletics.com](mailto:info@airborneathletics.com)

1701 W. 94th Street Suite 225 | Bloomington, MN 55431 | 952-873-2633 | 952-443-8485 fax | [info@airborneathletics.com](mailto:info@airborneathletics.com)

# ACCESSORIES

Accessories Available for Purchase

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### Custom Fit Cover



### Custom Graphics Kit



### All-Terrain Cart



### 6' Power Cord



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

## CONTACT INFORMATION

Be Better Every Day™



Please contact us with any questions, feedback or concerns related to your Dr. Dish. We are here to help.

Phone: 952-873-2633

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

Fax: 952-443-8485

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

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## Let's Connect

For daily basketball drills, tips and inspiration follow us on social media **@drdishbball** and tag **#drdishfam** to show us how you are putting your Dr. Dish to work!

