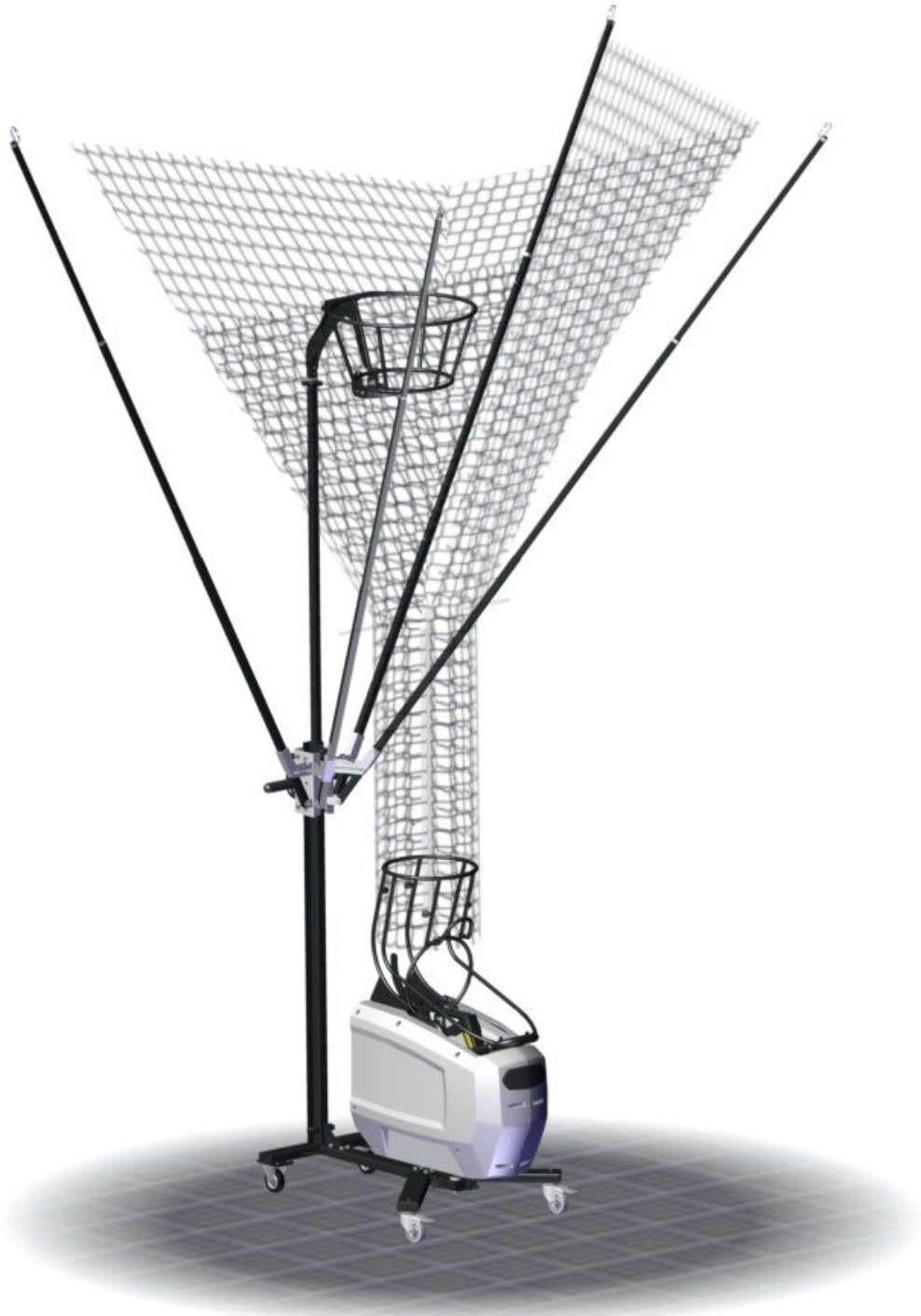


DR. DISH

**DR. DISH HOME 2 BETA
USER MANUAL**



DR. DISH  **FLIPSLED**  **AIRCAT**

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SPECIFICATIONS

3

1. Product Specifications

Product Storage Dimensions 40in x 27in x 70in (LxWxH)

Product Weight 190 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

4

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.

Do not contact moving parts.

3. Only use the attachments recommended or sold by the manufacturer.
4. Do not leave outdoors or expose to rain or moisture.
5. To disconnect, turn all controls off, then unplug from outlet.
6. Do not remove electrical cord attached to machine base frame.
7. To unplug, grasp the plug. Do not unplug by pulling on cord.
8. Unplug from outlet when not in use and before servicing or cleaning.
9. Do not operate machine if it is damaged in any ways such as damaged electrical cord or plug, after machine malfunctions, is dropped or damaged in any other manner. Call manufacturer for examination, repair, or to make electrical or mechanical adjustment.
10. See page 22 for preventative maintenance. If further maintenance is required, please contact manufacturer.
11. 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.

1. Storing

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

2. Moving

The Dr. Dish Home 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 Home 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.

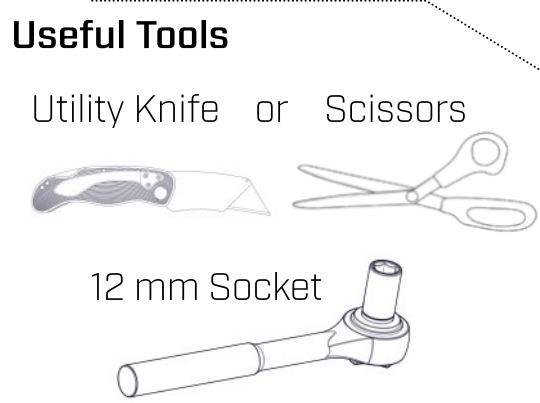
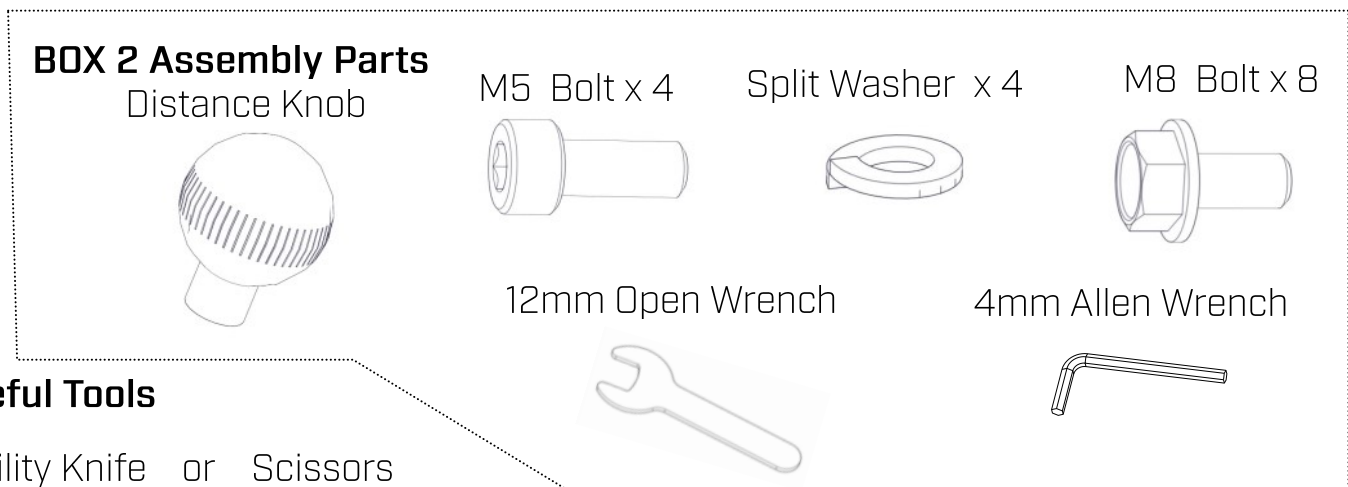
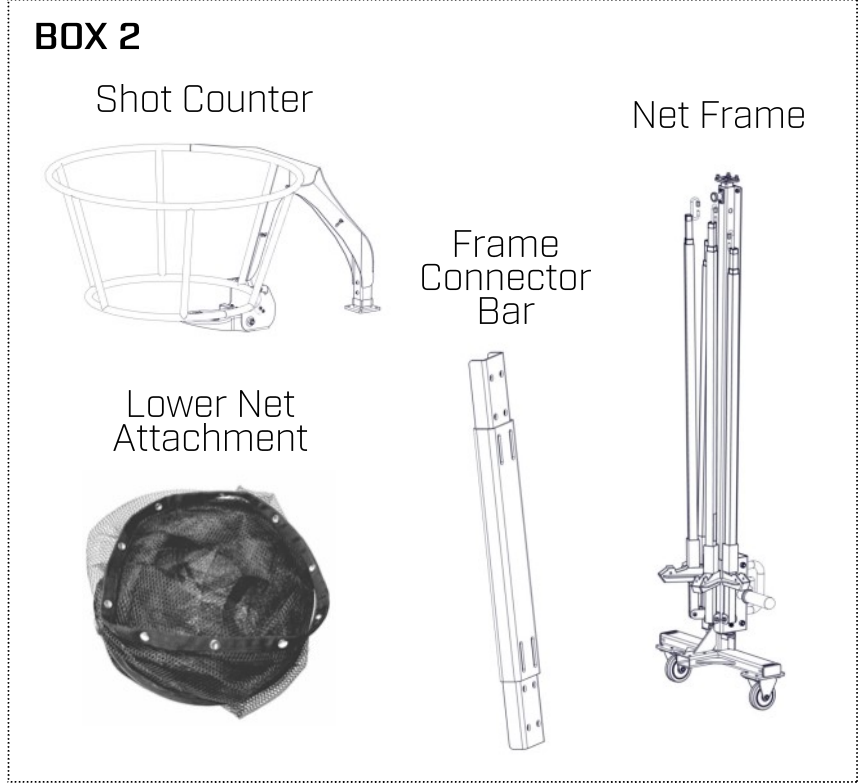
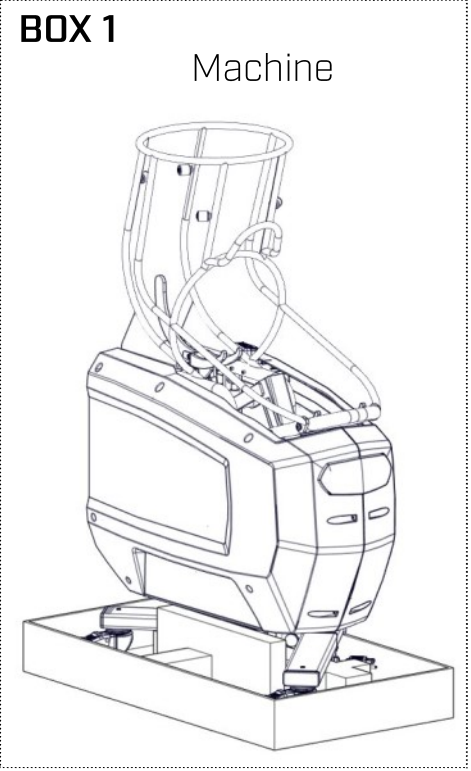
Please ensure this product is assembled and installed by adults.

5. Equipment

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

COMPONENTS

Do NOT remove machine from packaging base until after assembly.

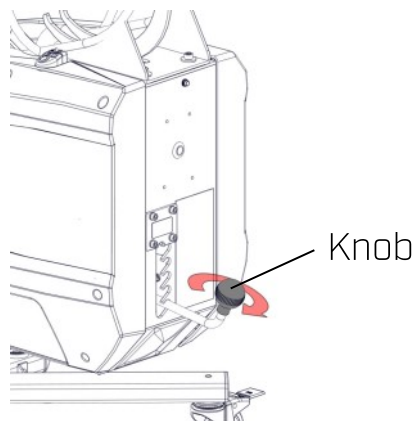


2 people needed for assembly

Lost or missing parts?
Contact us for help at
1-952-873-2633

1. Attach Knob for Distance Adjuster

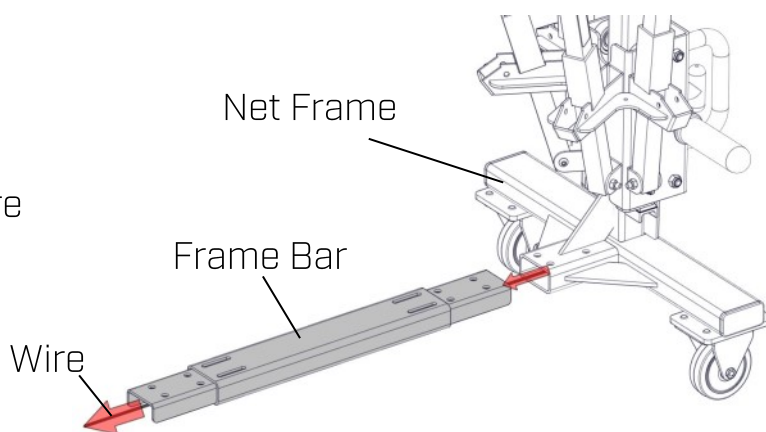
Spin knob clockwise on threaded rod until tight.



2. Feed Wire Through Frame Bar

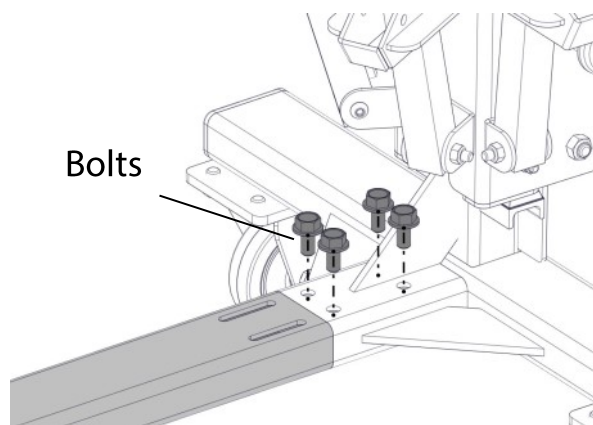
Uncoil wire in net frame.
Slide wire through frame bar.

Note: Both ends of the frame bar are identical.



3. Bolt Frame Bar to Net Frame

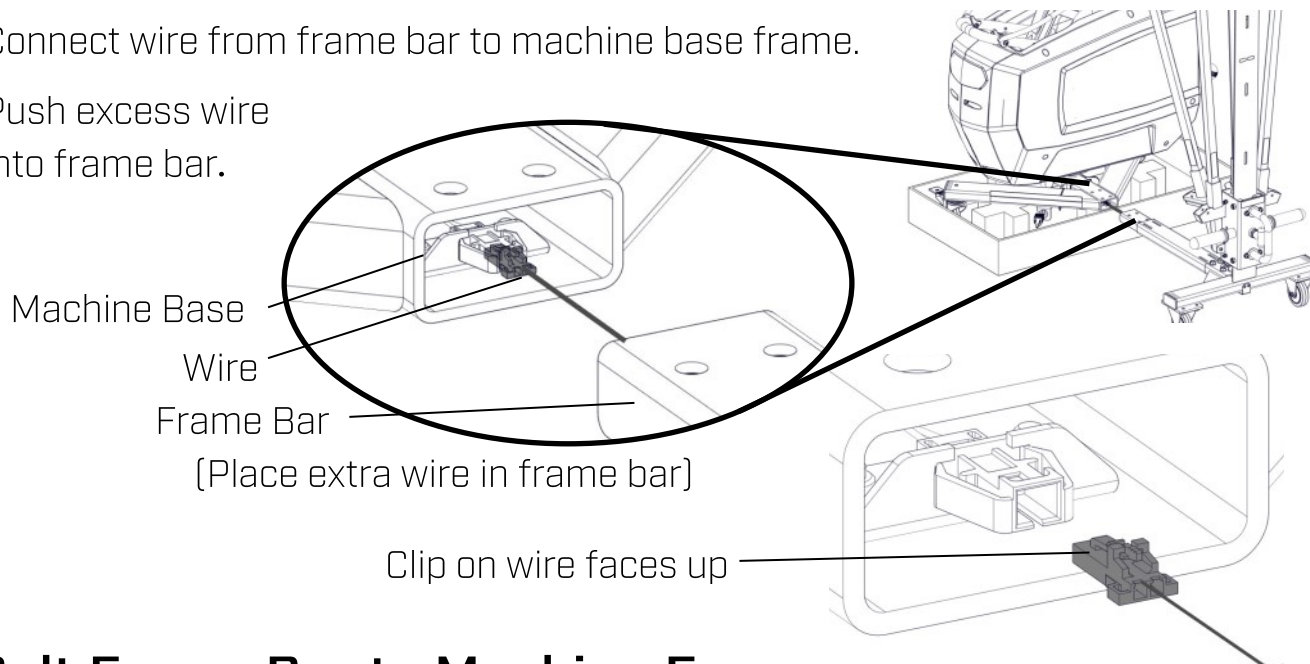
Insert the frame bar into the net frame.
Loosely install 4 M8 bolts.
Once all bolts are in place, use a wrench to firmly tighten all bolts.



4. Connect Wire

Connect wire from frame bar to machine base frame.

Push excess wire into frame bar.



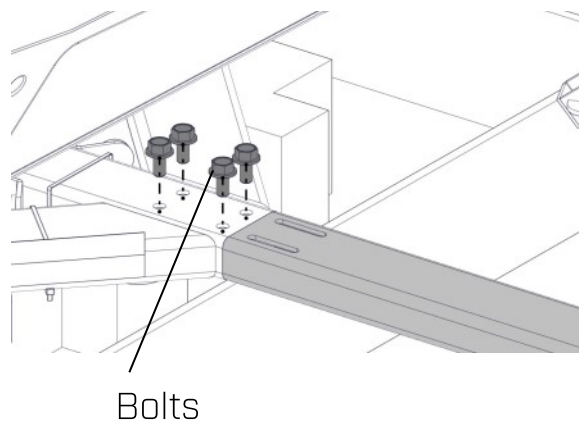
5. Bolt Frame Bar to Machine Frame

Insert the frame bar into the machine frame.

Loosely install 4 M8 bolts.

Once all bolts are in place, use a wrench to firmly tighten all bolts.

2 people needed

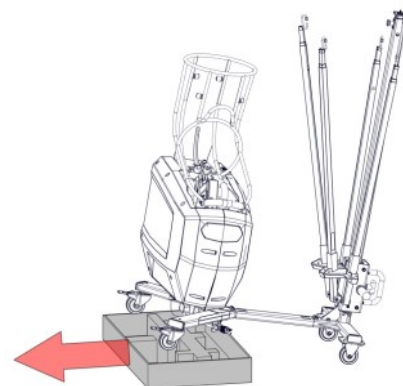


6. Lift Machine Off Box

Carefully tilt machine back and pull out packaging base.

Discard packaging base.

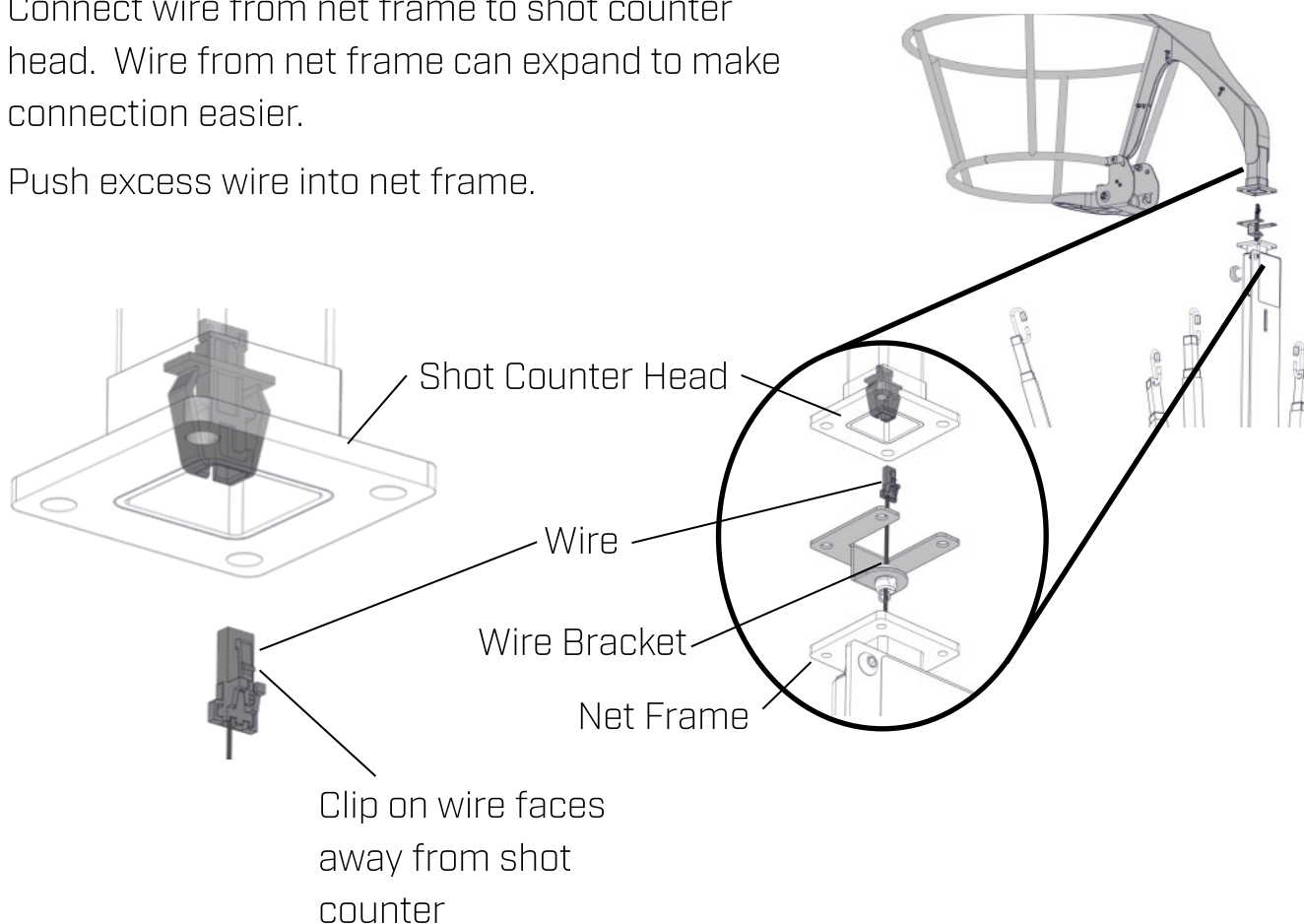
2 people needed



7. Connect Wire

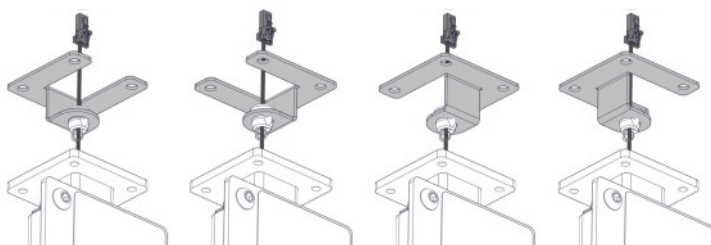
Connect wire from net frame to shot counter head. Wire from net frame can expand to make connection easier.

Push excess wire into net frame.



Orientation of wire bracket is not critical.

2 people needed

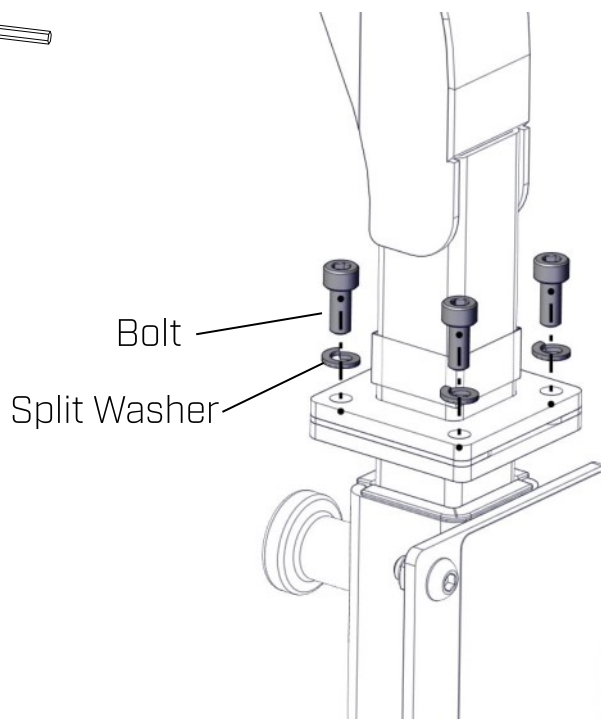


8. Secure Shot Counter Head

Use 4 M5 bolts and split washers to secure shot counter head to net frame.

Tighten bolts.

4mm Allen Wrench



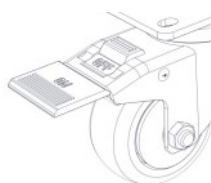
9. Unlock Wheels

Unlock front wheels to easily move machine near hoop for setup.

Locked

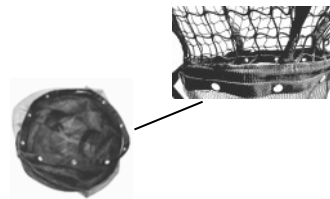


Unlocked

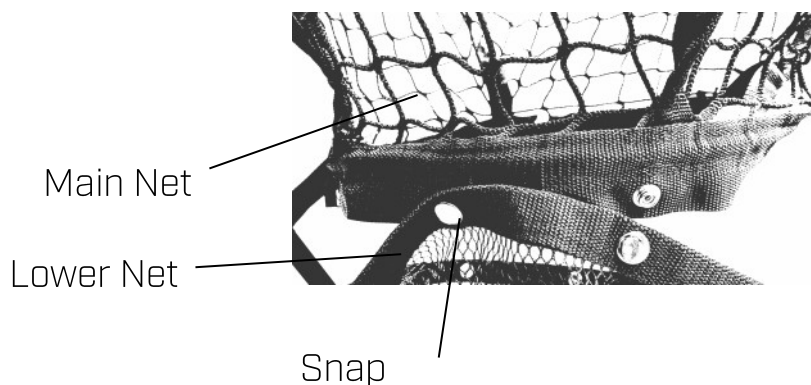


10. Lower Net Attachment

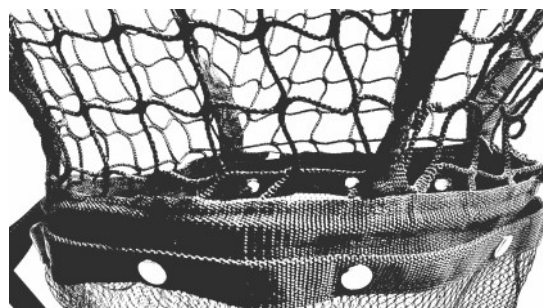
It is easier to install the lower net section when the net system is raised to the 8 ft setting.



Secure the lower net attachment to the main net with the snaps.



Lower net is fully attached when all snaps are secure.

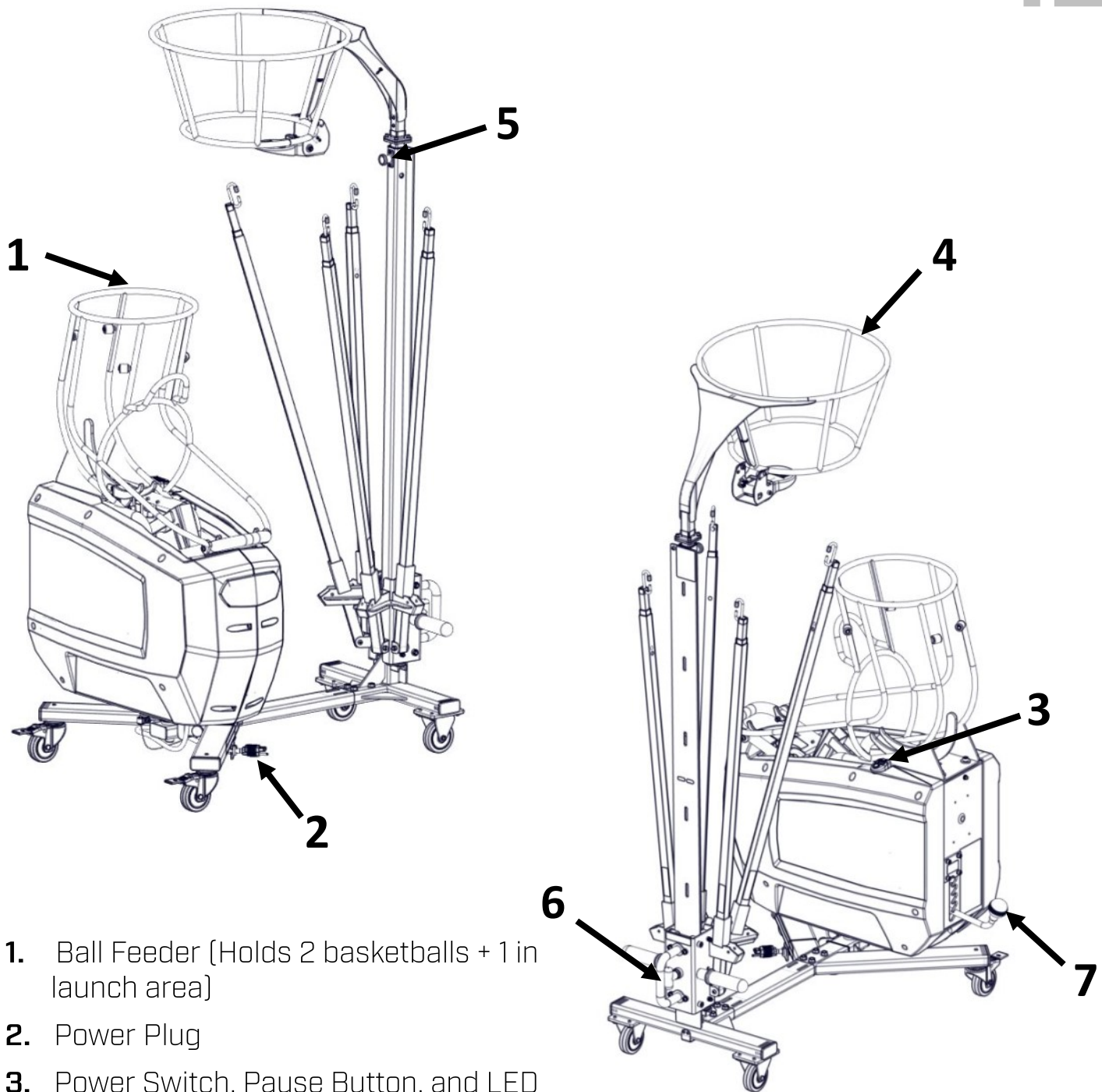


Fit the weighted ring of the lower net around ball feeder on machine.



FEATURE LOCATIONS

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1. Ball Feeder (Holds 2 basketballs + 1 in launch area)
2. Power Plug
3. Power Switch, Pause Button, and LED Indicator
4. Shots Made Counter
5. Shots Made Counter Height Adjustment Knob
6. Net System Handle
7. Ball Distance Adjustment

Note: The machine works best with 3 basketballs.

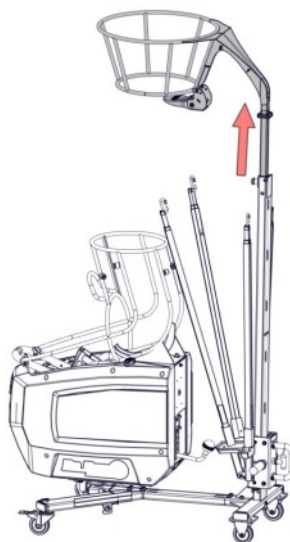
SET UP

MOVING TO TRAINING LOCATION

1. Raise Counter

Raise the shot counter head 6 to 9 inches.

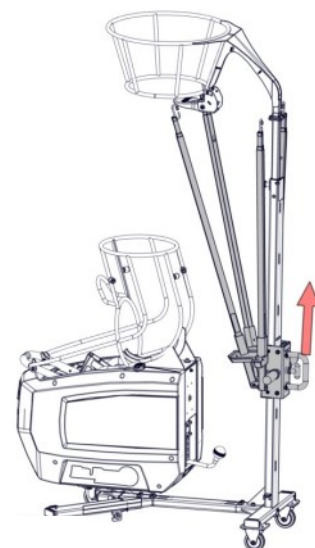
If raised higher, you may not fit machine through a standard doorway.



2. Raise Net System

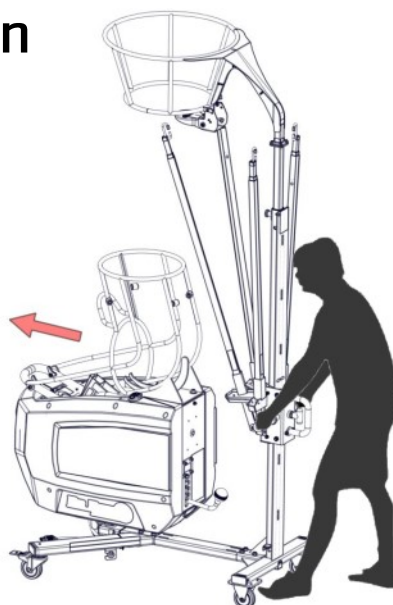
Raise net system to about the 8' hoop setting or the next hole higher.

If raised higher, you may not fit machine through a standard doorway.



3. Push to Training Location

Use handles on net system to push machine to the court or training location.



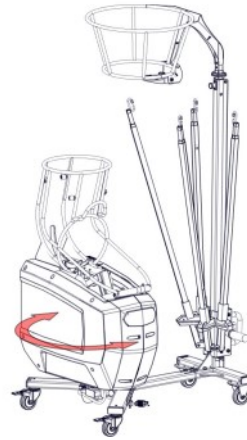
SET UP SHOT COUNTER



14

1. Rotate Machine

Machine must be rotated 180° in either direction to prevent damage.



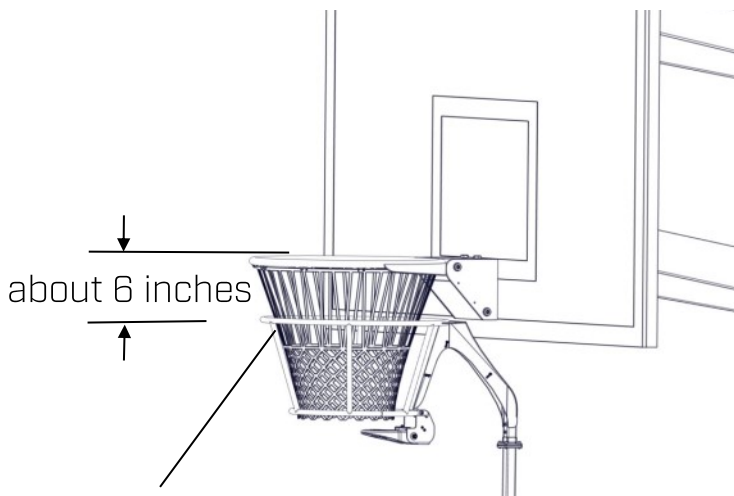
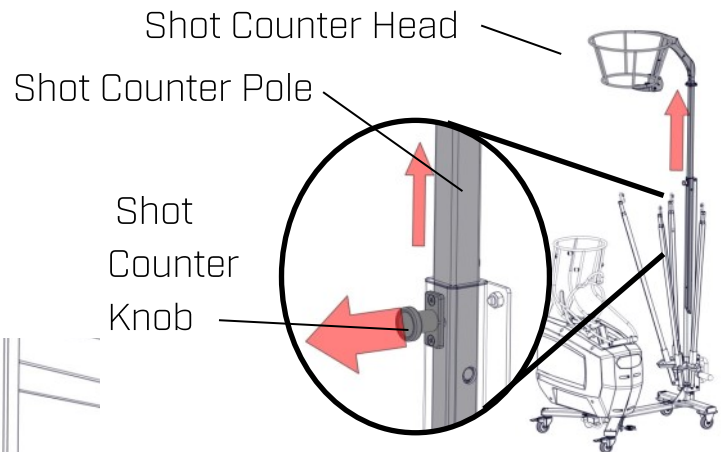
[Net not shown]

2. Lift Shot Counter Head

Pull the shot counter knob to be able to lift shot counter pole.

Lift shot counter until shot counter head is about 6 inches below hoop.

Release knob to secure shot counter.



Shot counter brace may touch backboard.

TIP: Change in net weave is about where shot counter head should be.



Use caution when setting shot counter to correct height. If pole should slip, release shot counter knob to stop shot counter from falling.

SET UP

NET SYSTEM: POLE EXTENSION



15

3. Extend 1st Set of Poles

Pull the first pole out until it locks in place.
Do this for all 4 pole assemblies.



(Net not shown)



4. Extend 2nd Set of Poles

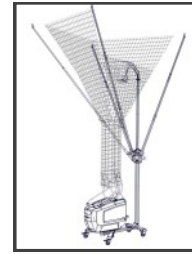
Pull the middle pole out until it locks in place.
Do this for all 4 pole assemblies.

TIP: If net poles are hard to extend, net may be caught on something.



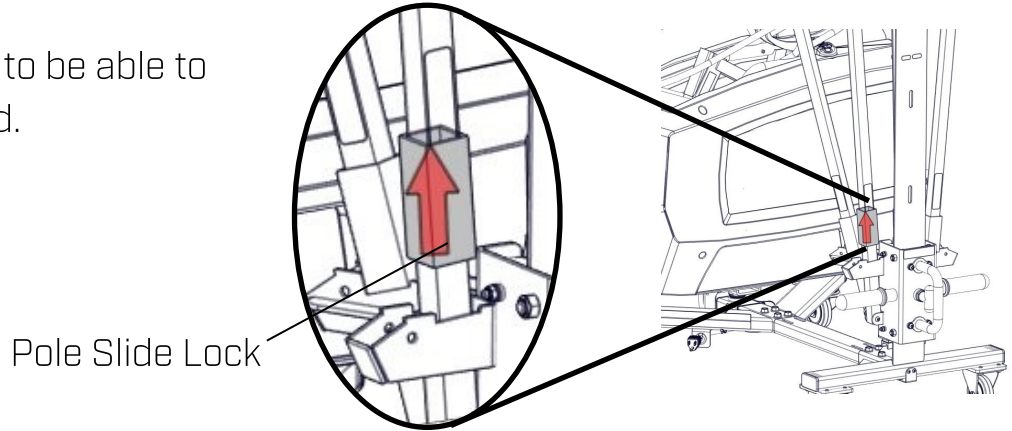
SET UP

NET SYSTEM: NET TENSION



5. Lift Pole Slide Lock

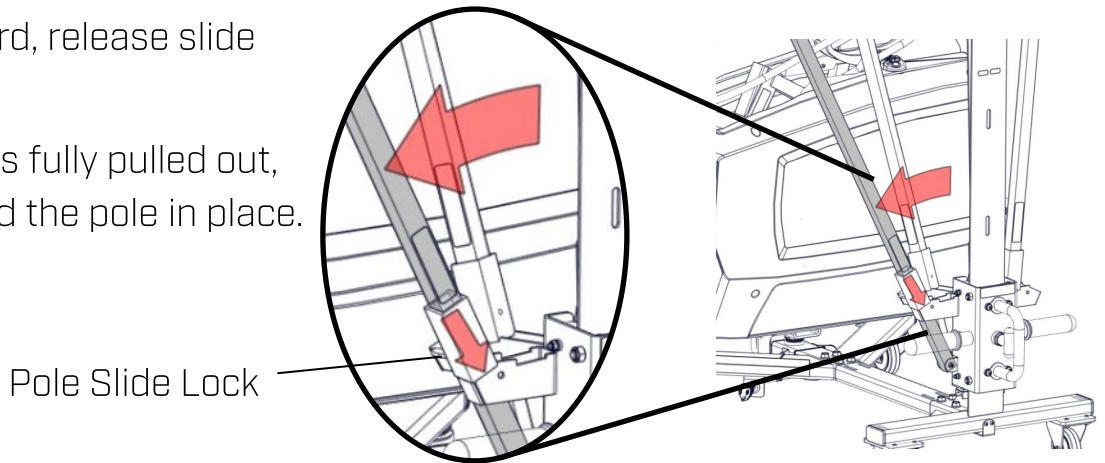
Lift pole slide lock to be able to move pole outward.



6. Pull Pole Out, Lock In Place

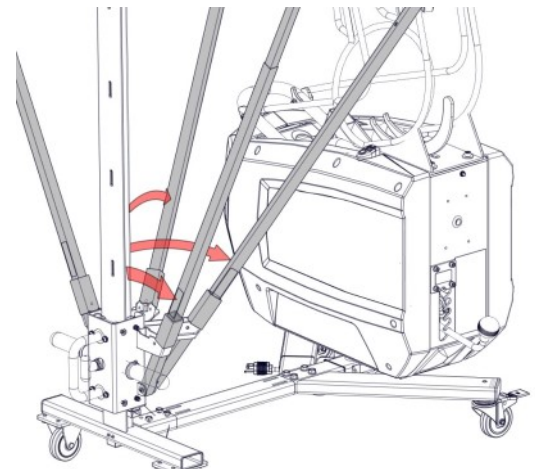
Pull pole outward, release slide lock.

When the pole is fully pulled out, the lock will hold the pole in place.



7. Pull All Poles Out, Lock In

Repeat steps 5 and 6 for the other 3 poles.



SET UP

NET SYSTEM: HEIGHT ADJUSTMENT



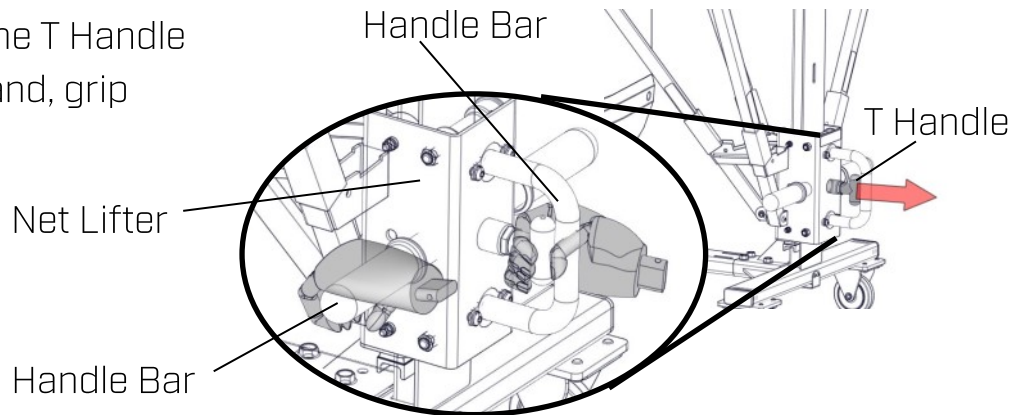
17

8. Pull T Handle on Net Lifter

With one hand, pull the T Handle out, with the other hand, grip the handle bar.



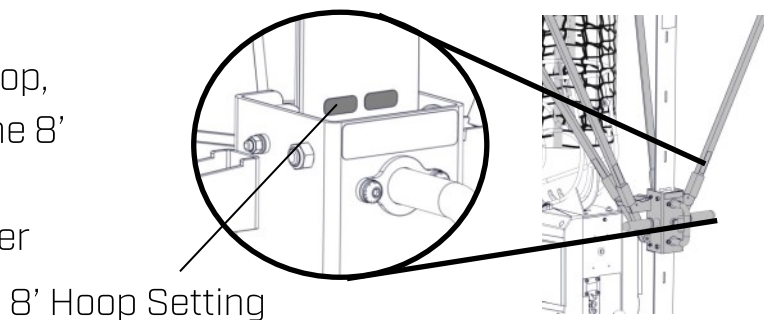
Net system may be heavy



9. Lift Net System to 8'

If you are using an 8' basketball hoop, stop the net lifter assembly near the 8' hoop decal.

Release the T handle so the net lifter can lock in place.



8' Hoop Kit Sold Separately

See page 11 for lower net installation

Visit www.drdishbasketball.com/accessories

10. Lift Net System to 10'

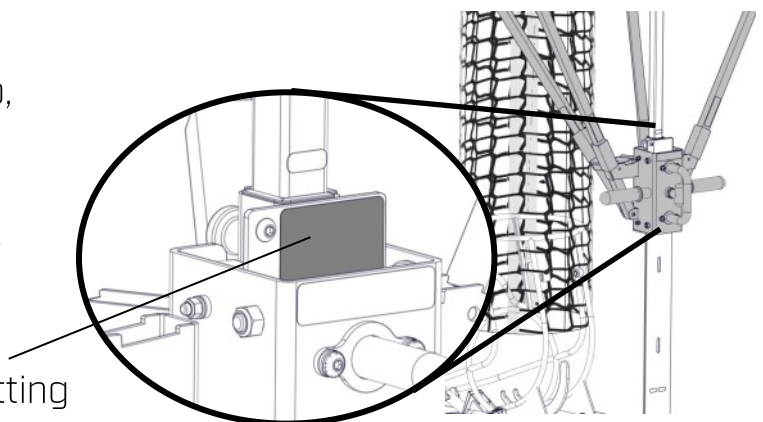
If you are using a 10' basketball hoop, stop the net lifter assembly near the 10' hoop decal.

Release the T handle so the net lifter can lock in place.



Net system may be heavy

10' Hoop Setting



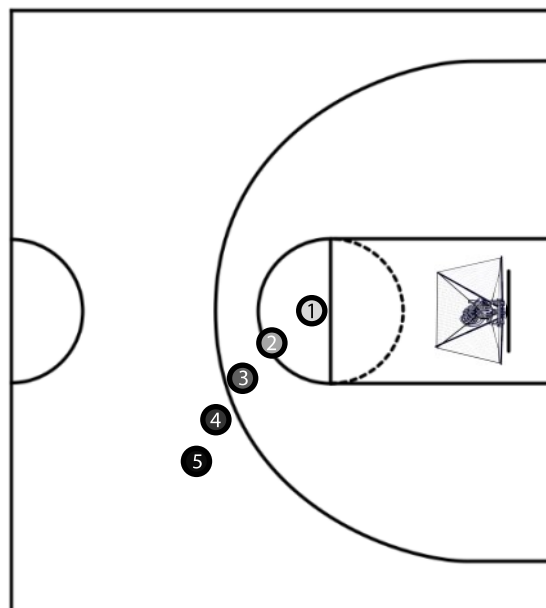
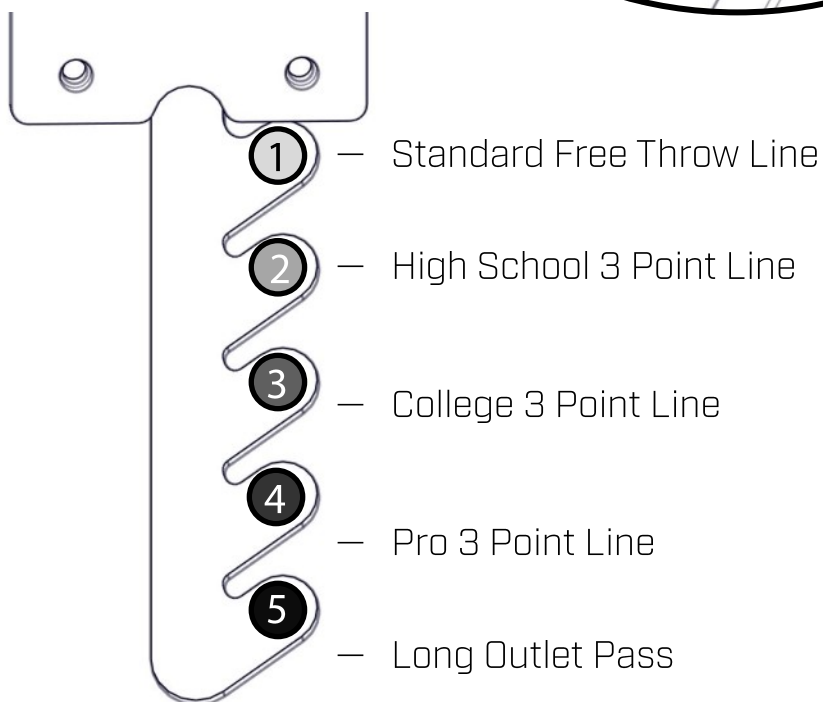
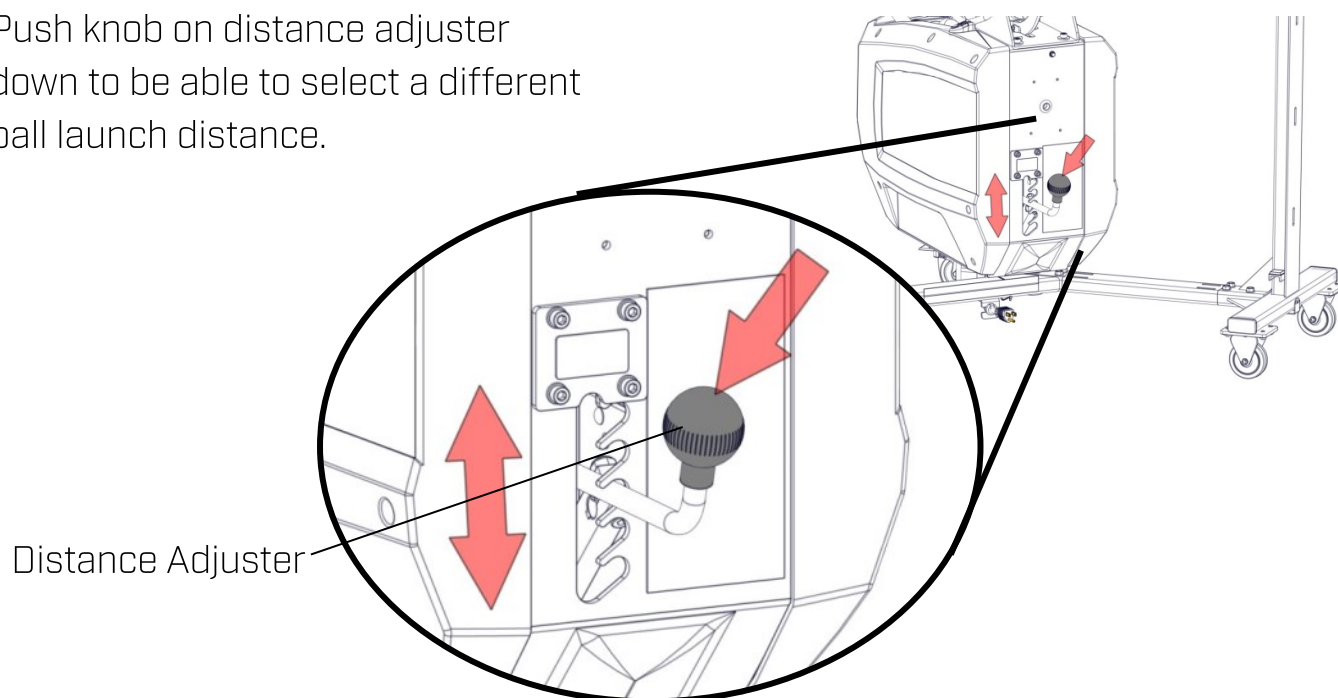
Use caution when lifting net system to correct height. If net system should slip, release the T handle to stop net system from falling.

SET UP

BALL LAUNCH DISTANCE

1. Push Down to Move Distance Adjuster

Push knob on distance adjuster down to be able to select a different ball launch distance.



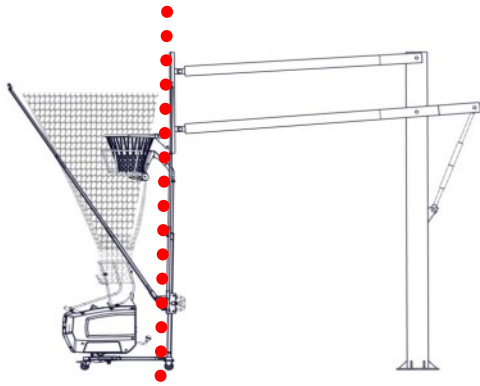
Note: Distance varies based on player height.

SET UP PLACEMENT ON COURT

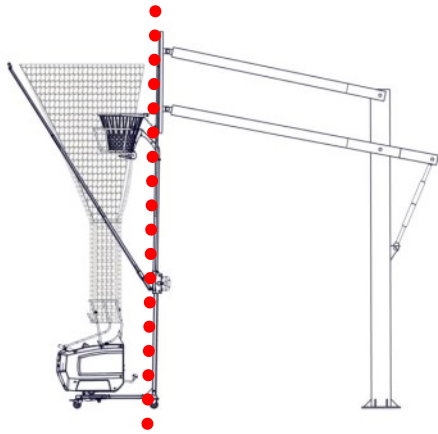
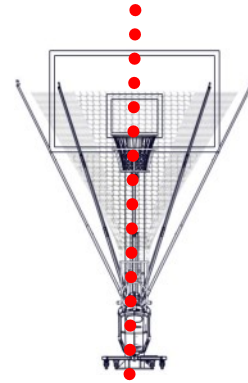
1. Position Machine Under the Hoop

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

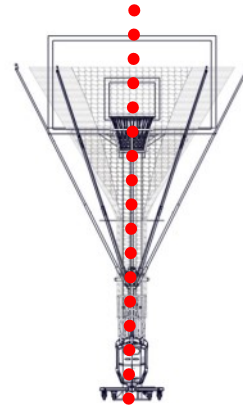
Center the frame of the Dr. Dish Home with the center of the backboard.



8' Hoop Set



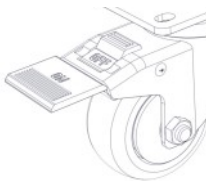
10' Hoop Set



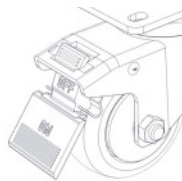
2. Lock Wheels

Lock front wheels to keep machine from moving.

Unlocked



Locked



Note: The machine works best with 3 basketballs.

1. Membership

The Dr. Dish Home is a membership-based machine, meaning certain features can only be unlocked by having an active membership. Having an active membership allows you to access the following:

- Select your own custom shooting locations.
- Choose from 5 drill modes to create unique shooting drills that challenge you to hit certain goals.
- Browse and execute 200+ workouts and drills for all levels by professional trainers.
- Track your progress, compete with global leaderboards, and build your player profile.
- View your shooting analytics and trends from all of your training to gain insights.

Without a membership, users have access to a small set of sample training drills. These can be found in the Start Shooting area of the app under Sample Training.

2. Getting the Player App

The Dr. Dish Home machine requires you to use your own phone or tablet to control the machine. By downloading the Dr. Dish Player App on your device, you will be able to program the machine and start shooting.

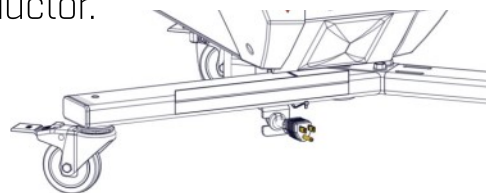
- Search “Dr. Dish Player App” in the App Store or Google Play Store and download on your device.
- Create an account in the app. You will need an email address.



1. Use Extension Cord to Plug In

Securely attach extension cord to connector under machine.

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

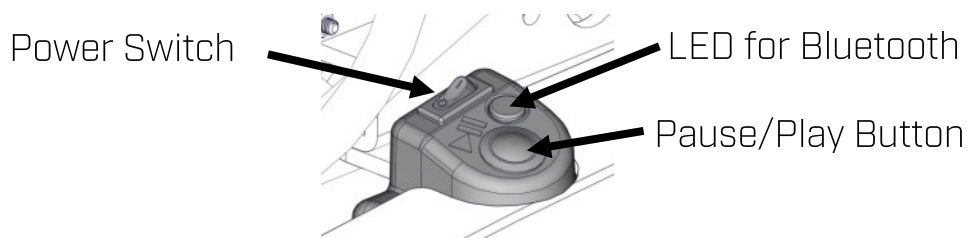


2. Steps for connecting your device to the machine

*Note: To connect, you **DO NOT** need to go into Bluetooth settings on your phone or tablet to pair the machine to your device. The machine will automatically connect to your device once you begin shooting if you have given the Dr. Dish Player App access to Bluetooth.

1. Power the machine ON (switch is on the right side of machine).
2. You should see a red blinking light near the power switch.
3. Open up the Dr. Dish Player App on your device. 🍊
4. Select a shooting drill or workout.
5. Tap "Start" to begin shooting.
6. App will say it's connecting to the machine and the red blinking light should turn solid.
7. The machine and app will connect and you can start getting shots up!

The red light will remain blinking until you are actively shooting. Only when you begin a shooting drill or workout, will the light turn solid.



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 Home Dish model machines, please be sure that the throwing arm is in the most 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 frame bar bolts (tighten if necessary)
- Check shot counter bolts (tighten 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)
- Keep It Clean

Every 20,000 Shots or Annually

- Check all shroud bolts (tighten if necessary)
- Check front and rear caster mounting bolts (tighten if loose)
- Remove any debris from casters
- Inspect shot counter cable ties
- Check launch chamber photo eye is clean and tightly secured
- Check net tension

Continue to next page...

Maintenance Schedule Continued

Every 75,000 Shots or Every 2 Years

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)

Check all visible fasteners, making sure they are both present and tight

Verify launch arm bumpers are intact and tight (Qty. 2 lower blue bumpers and Qty. 1 black upper bumper)

Every 150,000 shots or Every 5 years

Inspect all internal white rollers (replace if necessary)

Check launch arm bolt (remove and grease if necessary)

Inspect and replace launch arm bumpers if missing (Qty. 2 lower blue bumpers and Qty. 1 black/orange upper bumper)

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!

Troubleshooting

Tips

Machine is designed for 3 basketballs maximum.

To ensure each pass is consistent, 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 to ensure proper warranty coverage.

⚠️ 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.**

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.

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
Dr. Dish Home and Dr Dish Home 2 Beta	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 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.

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.

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More Questions?

If you have questions, or to begin the service process, contact us at info@airborneathletics.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

Fax: 952-873-2687

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

Let's Connect

For daily basketball drills, tips and inspiration follow us on social media [@drdishbball](https://www.instagram.com/drdishbball) and tag [#drdishfam](https://twitter.com/drdishfam) to show us how you are putting your Dr. Dish to work!

