



A-FRAME

Aerial Apparatus

Hoop | Hammock | Silks

INSTRUCTION MANUAL

X-Pole's new Aerial 'A' Frame is perfect for Aerial Fitness, Yoga, Aerial Hoop and Low Silks. The A- frame can be used from 2235mm (7.6ft) up to 3350 (11ft) with different multiple heights being selectable in-between.

The A-FRAME comes with 2 adapters which can be moved around so you can use the A-FRAME for multiple disciplines.

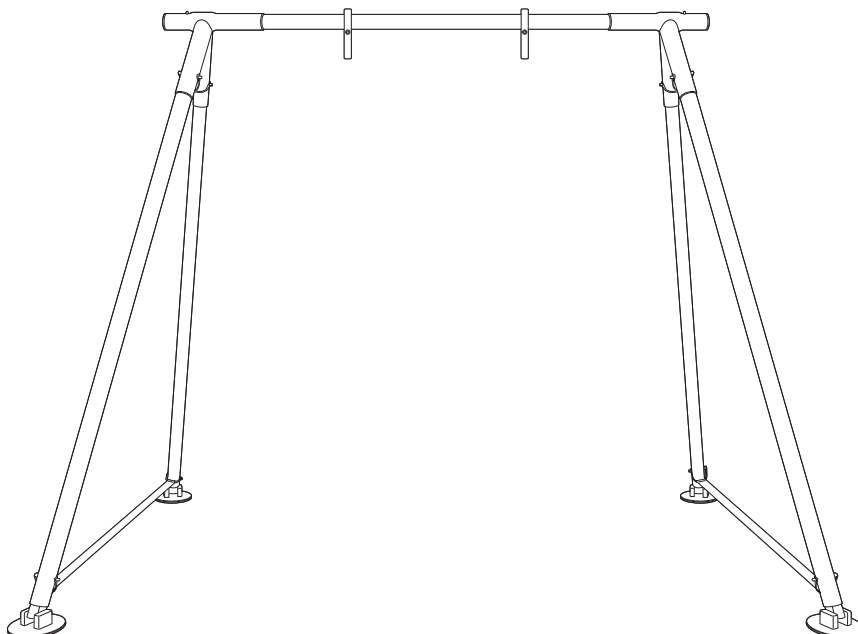
The A-FRAME will come in 7 Pieces, 4 x telescopic legs with feet attached, 2 connectors and a 1.4m Top Bar. Pins, straps and carry bags (1x Frames tubes, 1x Connectors and accessories) are also supplied. Additional weight bags that can be used with the A-FRAME may be purchased separately.

Adjustable/Multiple Heights using the telescopic legs - allowing you to use indoors or outdoors.

Quick Assembly - all pieces can be stored safely in multi-piece bag.

Multi-discipline - swap between silks, trapeze (static) hammock and hoop!

Portability - Light-weight frame allows the user to take it anywhere with them!





Thank you for buying an A-FRAME. The team at X-POLE have spent a significant amount of time researching, designing and developing the A-FRAME. We want the A-FRAME to be the world's leading Aerial Apparatus, if it's not; we want to understand why not! At X-POLE we thrive on positive criticism and suggestions! So contact us (details on the back cover) if you have any comments or suggestions on how to improve the product.

BEFORE USING YOUR A-FRAME

Mis-using the aerial apparatus can be dangerous, not only to the user but also to anyone close to the A-FRAME. The use of an A-FRAME is always at the user's discretion, and it is the user's responsibility to check the A-FRAME is installed correctly & safely before use.

Aerial exercise is extremely physical and uses muscles that you will not have used before and therefore if you are not warmed up; muscle damage, strains and injury can occur. Before using the A-FRAME it is mandatory to warm up and, after use, cool down.

It is highly recommended that before you use your A-FRAME you purchase a suitable DVD/attend classes to learn the basic moves. Never try moves beyond your ability without an instructor. If at any time whilst using your A-FRAME you feel uncomfortable, your muscles hurt, or you are short of breath – take a break. Always rest between moves & exercise sensibly, if you experience any health issues, seek medical advice.

Have fun with your A-FRAME!
The X-POLE Team.

WHAT TO WEAR

When it comes to clothing - try to avoid loose fitting clothing. It is important to wear clothing that covers the backs of your knees and under your arms when attempting Aerial Hoop. Cotton fabrics are more compatible with silks than shiny lycra. Long hair should be tied back. Aerial fitness is generally done in bare feet as this gives you the best grip. (Thin ballet pump type shoes can also be worn). You will want a top that can be tucked in to give your back protection. Long stretch pants such as leggings and a tight-fitting top are suggested. Shorts or vest tops are not recommended, and loose clothing may get in the way. Jewellery and watches should not be worn.

CRITICAL INFORMATION - PLEASE READ THIS BEFORE OPENING YOUR PACKAGE

To get the best from your A-FRAME – with SAFETY being the utmost priority – it is extremely important that you READ & FOLLOW the Instruction Manual from beginning to end and most importantly, understand it!

Follow the simple but explicit instructions in this manual to get the best results from your A-FRAME.

Safety is a priority at all times.

If you have ANY questions – before you assemble, install or use your A-FRAME – contact your point of purchase or see the A-FRAME section on the website (www.xpole.com – first select your region, then search for the A-FRAME).

VERTICAL LEISURE LTD, X-POLE INTERNATIONAL, X-POLE US INC, THEIR DISTRIBUTORS, SALES PERSONS OR ANY OTHER PERSONS OR ASSOCIATED COMPANIES CANNOT BE HELD RESPONSIBLE FOR ANY DAMAGE TO PROPERTY OR INJURY TO PERSONS OR THIRD PARTIES DURING THE USE OF THIS PRODUCT.

BY REMOVING THE A-FRAME FROM ITS PACKAGING AND/OR ANY USE OF THE PRODUCT CONFIRMS ACCEPTANCE OF THE ABOVE WARNINGS AND THE USER'S RESPONSIBILITY IN USING THE PRODUCT.

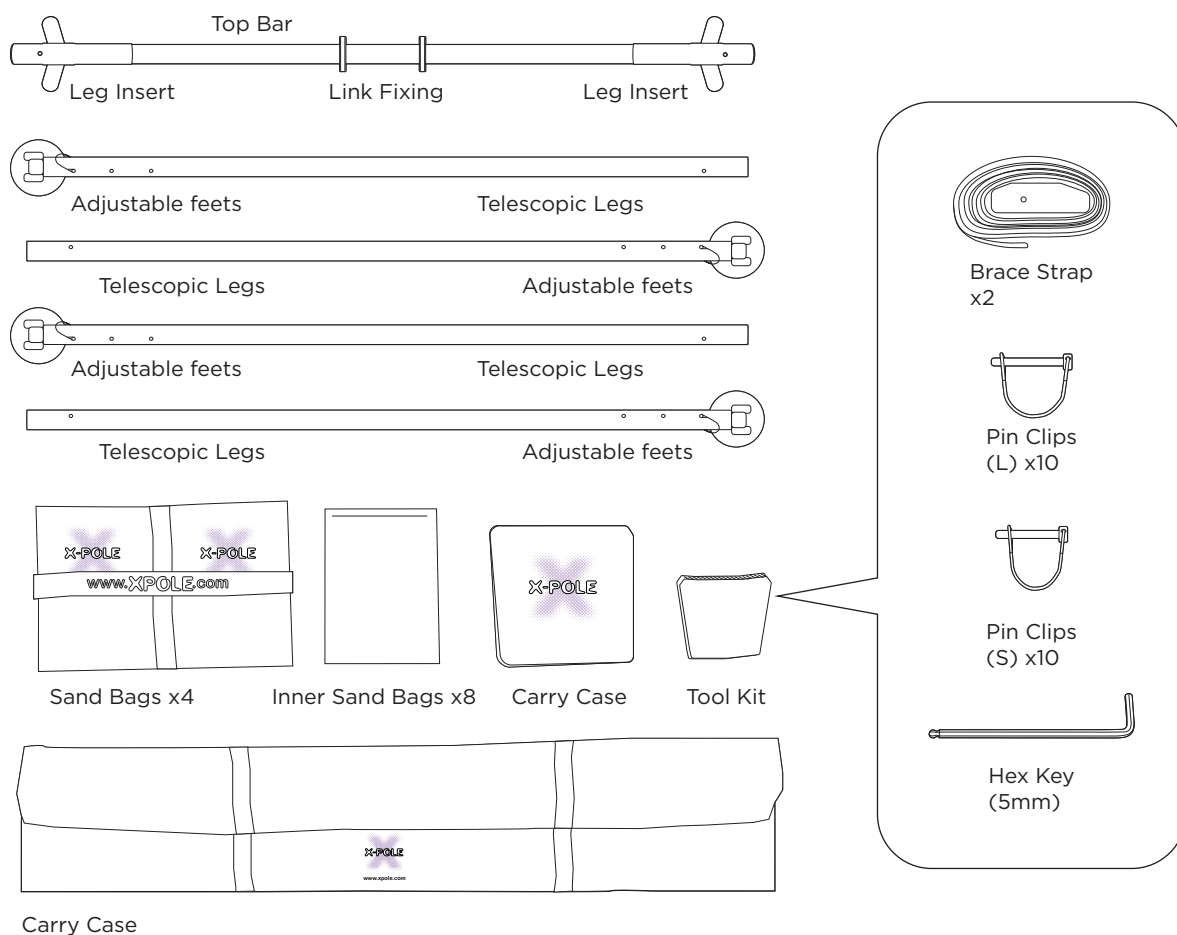
IF YOU DO NOT ACCEPT THE TERMS SET OUT ABOVE THEN:

DO NOT REMOVE THE A-FRAME FROM ITS PACKAGING OR ATTEMPT TO ASSEMBLE, INSTALL OR USE THE PRODUCT.

Contact your point of purchase to arrange a return & refund (shipping costs may still apply). The product must be returned unused & in its fully packaged state.

CAUTION: Take note that carpet, wooden or sprung floors can affect the stability of this product.

CAUTION: Never undo any of the screws unless you are explicitly told to do so in the instruction manual.



REMOVING THE PACKAGING

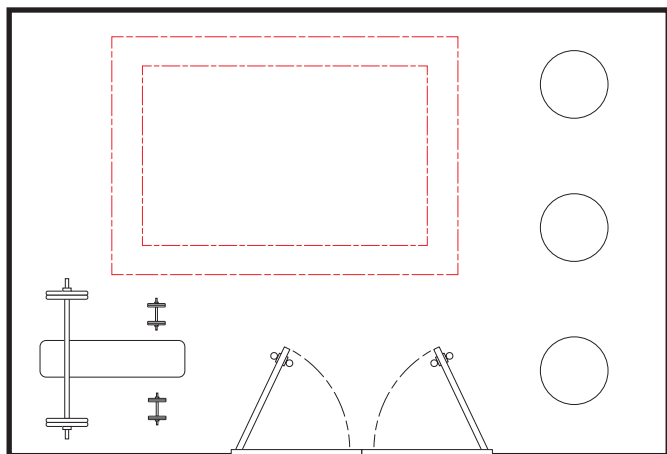
The A-FRAME is packaged in a special way to protect all the parts from any damage during transit. It is very important to remove all the packaging prior to commencing installation. Whilst unpacking the items, please make sure you follow the Contents Diagram.

WHAT YOU NEED BEFORE YOU START: 1 X Ladder

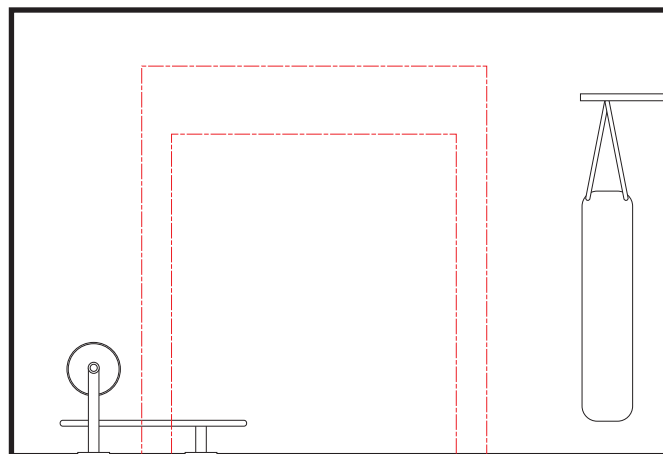
CHECKING THE PARTS

Please check the contents of your A-FRAME with the contents diagram (Fig 1.1). If anything is missing or damaged, please contact your point of purchase or call your local X-POLE office immediately (contact details on the back page).

Please study the contents and the part descriptions in the diagram [Fig 1.1] as these are used throughout the instruction manual and are important for installation. Please also try using the parts before assembling, it is important that you understand how they work.



When the A-FRAME is at its lowest height, it will require a floor area of sqm2 and when fully retracted will require an area of sqm2.



The A-FRAME could be extended from its lowest height of xxxx mm to a height of xxxx mm when fully retracted.

A-Frame Footprint/Build Dimensions

Height (mm)	Depth (mm)	Width (mm)	Sq. M
2450	1955	2245	4.4
2530	2019	2318	4.7
2610	2083	2392	5
2755	2198	2524	5.5
2900	2314	2647	6.1
3045	2430	2790	6.8
3190	2545	2923	7.4
3335	2661	3056	8.1
3480	2777	3189	8.9

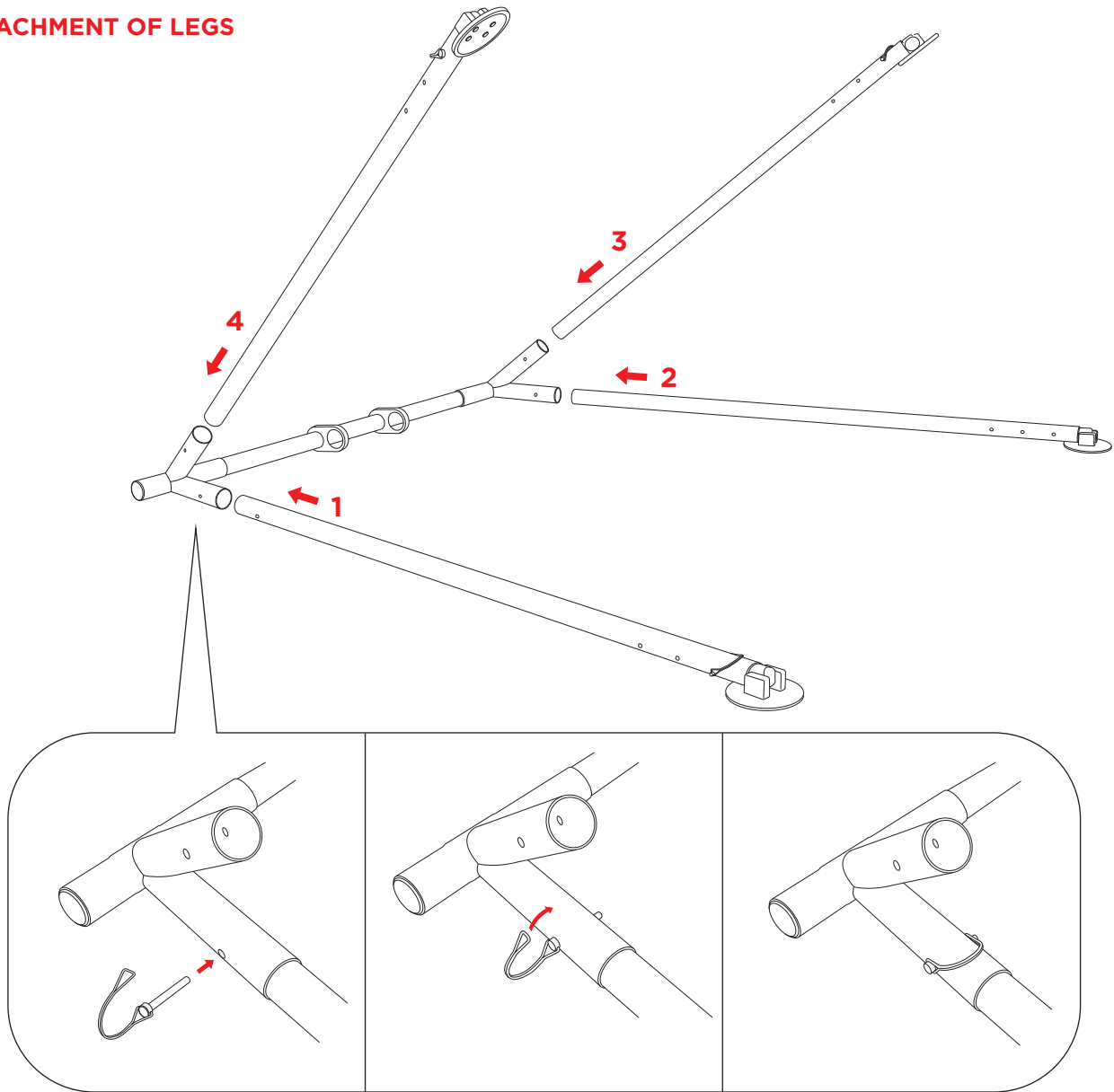
Key:

Height - To the top of the bar.

Depth - Measuring between the triangle (Side Profile)

Width - Measuring between the front/back legs (Front/Back Profile)

ATTACHMENT OF LEGS

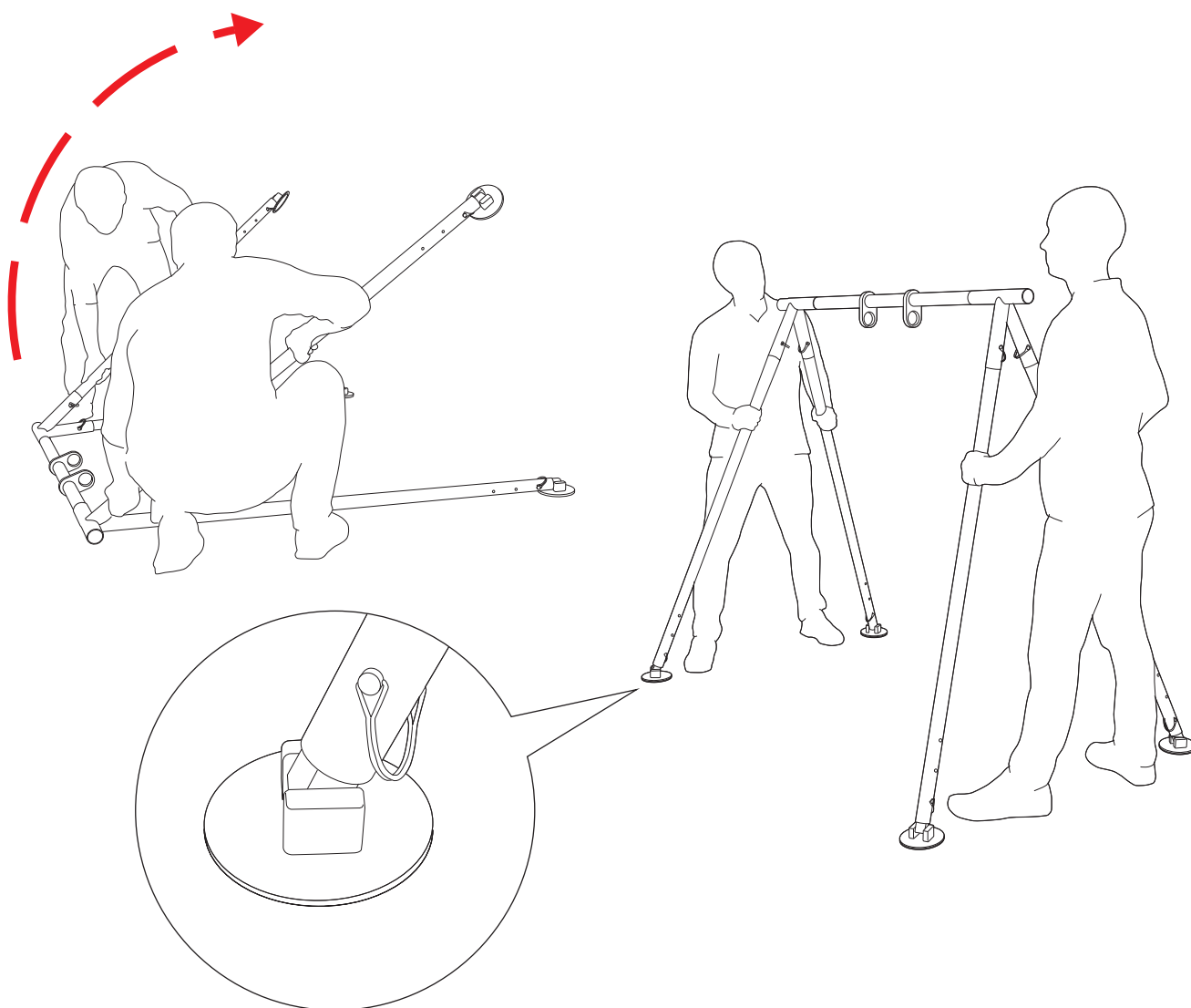


Insert the leg starting with the hole at the bottom in the triangular bar. Place the leg into the Triangular Insert and line up the holes on the legs with the holes in the Triangular Insert. There will be a 'guide' line on the legs to help with this process.

Once the leg has been fully fastened, secure it using the pin (Fig.)

Once the first leg is secure, now repeat the process in the order illustrated in the diagram - following number 1 to 4. Fig.

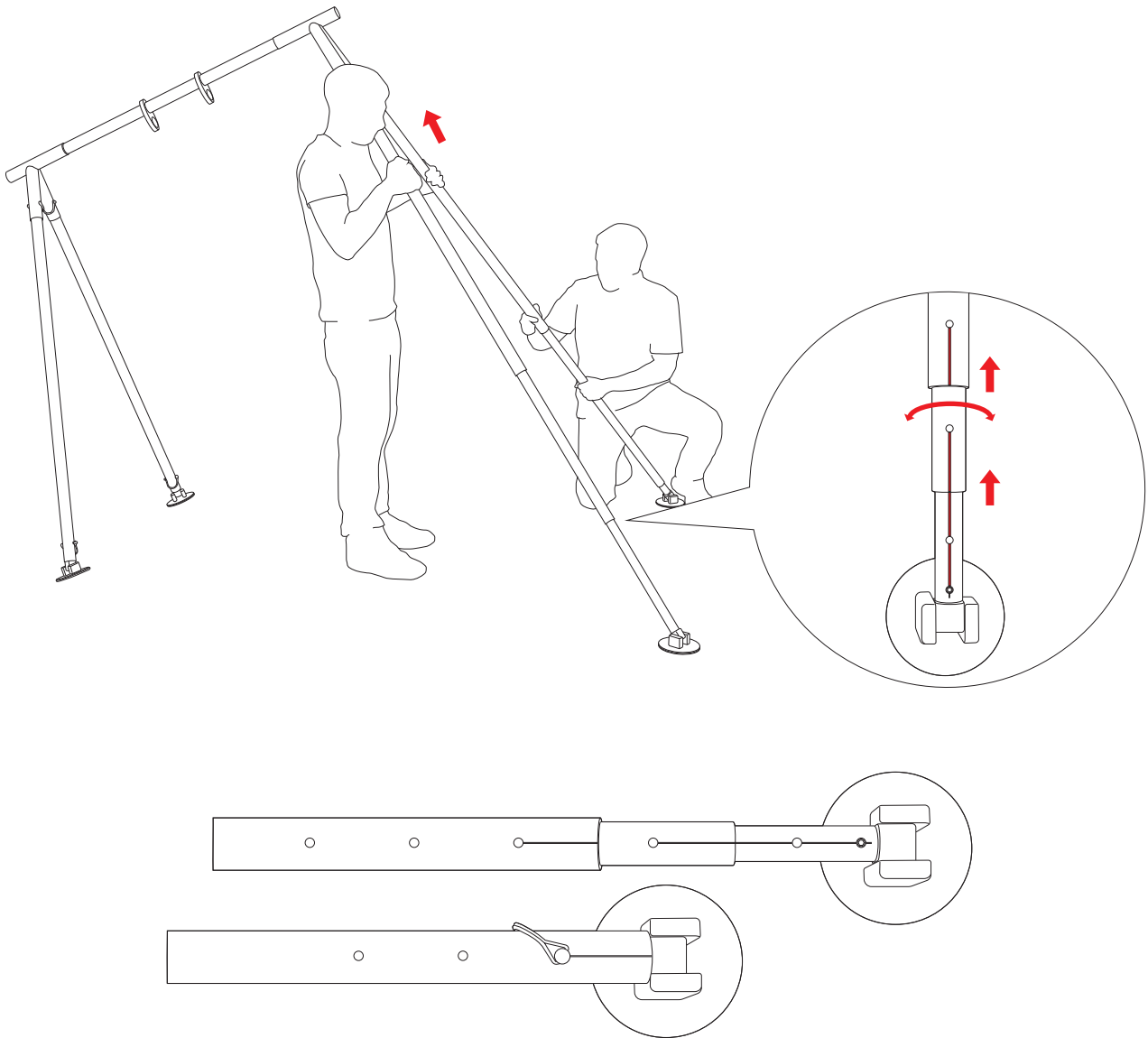
LIFTING THE A-FRAME



As the A-FRAME will be assembled on the floor and then lifted into position, it is important to allow enough space to do so.

ATTACHMENT OF LEGS

When the A-Frame is delivered, it will be set at minimum height (easy for transportation).



Remove both pin on the left side of your view, as illustrated. With one person lifting – the legs can then be extended and pinned back into position (please ensure that the pins are positioned in the inside of the A-Frame & the legs are pinned back into position using the adjustment line to align).

Repeat this process on the right side of your view. Please ensure both sides are level and extended evenly.

To raise higher/lower the procedure must be repeated exactly the same on all four legs.

Final clip needs to be placed just above the feet on all four legs – this will later be used for further stabilisation using the sandbags.