

Professional Exercise and Dance Pole

INSTRUCTION MANUAL

**READ THIS
IMPORTANT INFORMATION**

Removable Exercise Poles

As with any removable, portable pole that uses pressure between the floor and ceiling to keep it stable, possible damage could occur to the ceiling. The X-Pole 'Sport Pole' is no different from any other pressure supported pole in this regard. The fact that damage could occur must be fully understood and accepted before use. Vertical Leisure Ltd, X-Pole US LLC, their distributors, sales persons or any other persons or associated companies can not be held responsible for any damage to property or injury to persons or third parties during the use of this product.

If you do not accept that damage can occur:

- DO NOT Remove X-Pole Sport from its packaging
- DO NOT Assemble the X-Pole Sport
- DO NOT Use the X-Pole Sport

IMPORTANT: The X-Pole Sport Pole CANNOT be used with false, suspended or non-rigid ceilings.

If in any doubt contact the X-Pole technical support team.

Most ceilings plasterboard or plaster ceilings, will flex/compress with pressure. This means that the retaining nails/pins/screws can be pushed out of the plasterboard when pressure is applied by the pole adjuster. If this happens, just re-nail or re-tighten the fixing screws, fill and re-paint. From then on the problem should not re-occur. If it does re-occur, re-enforcement may be needed in the area where the upper plate is positioned. Information on this can be obtained on the X-Pole website or by contacting the X-Pole technical support team, or the distributor in your country of purchase.

As damage can occur from the pressure used to keep the Sport Pole in place, it has been designed with a wide 230mm (9"), upper support plate to spread the load and aid stability. However, the better aligned the upper support is with the centre of a joist and the more care taken in assembly and set up, the less potential there is for damage.

If you do not accept that damage can occur – DO NOT assemble or use the Sport Pole.

Please return the product in its fully packaged state, to your point of purchase for a refund.

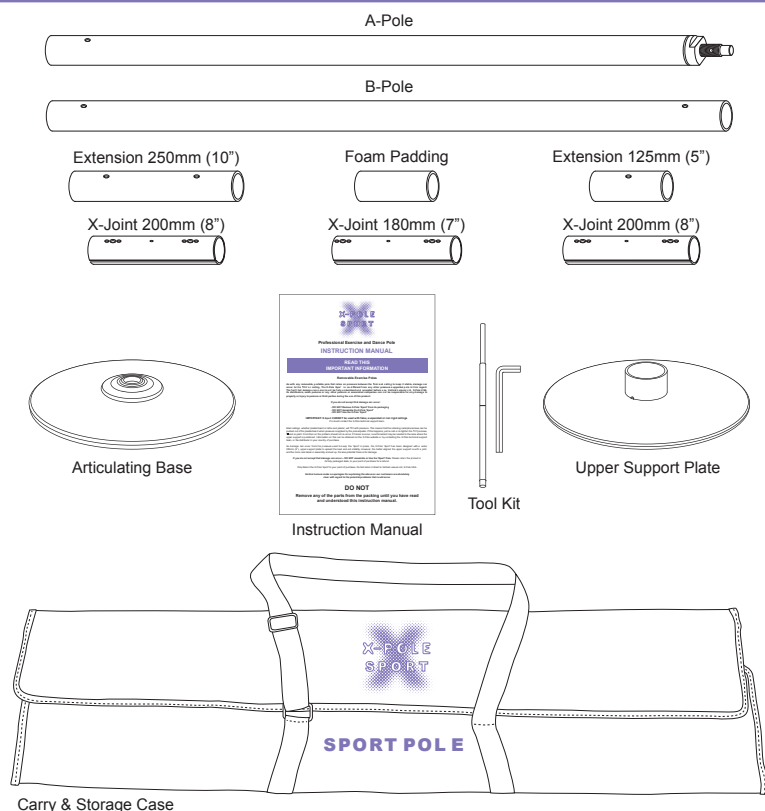
Only Return the X-Pole Sport to your point of purchase.

X-Pole make no apologies for explaining the above so our customers are absolutely clear with regard to the potential problems that could occur.

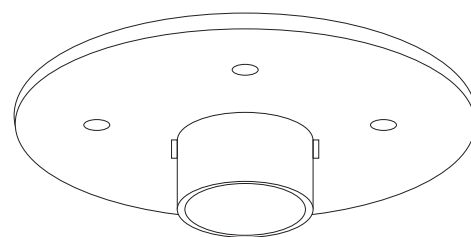
DO NOT

Remove any of the parts from the carry case until you have fully read and understood this instruction manual.

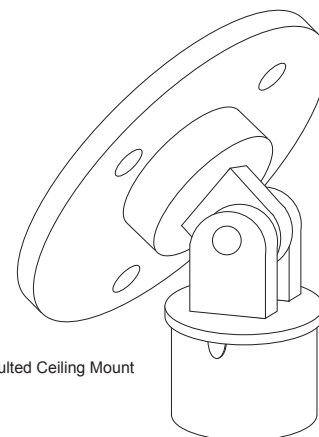
Box Contents



Optional Ceiling Fixings



120mm - Fixed Ceiling Flange



120mm - Vaulted Ceiling Mount

Designs Subject to Change

Parts List

Part Description	XS045CR	XS045TG	XS045TM	XS050CR	XS050TG	XS050TM
	(Chrome)	(T-Gold)	(T-Matt)	(Chrome)	(T-Gold)	(T-Matt)
X-Joint - 180mm Long	XJ045-180	←	←	XJ050-180	←	←
X-Joint - 200mm Long	XJ045-200	←	←	XJ050-200	←	←
Expansion Screw (Each) **	XJ045-200-04	←	←	XJ050-200-04	←	←
Upper Plate - Fixed Flange **	XS045CR-0005	XS045TG-0005	XS045CR-0005	XS050CR-0005	XS050TG-0005	XS050CR-0005
Upper Plate 230mm (9")	XS045CR-0010	XS045TG-0010	XS045CR-0010	XS050CR-0010	XS050TG-0010	XS050CR-0010
Vaulted Ceiling Mount **	XS045CR-0015	XS045TG-0015	XS045CR-0015	XS050CR-0015	XS050TG-0015	XS050CR-0015
Adjuster	XS045CR-0031	XS045TG-0031	XS045CR-0031	XS045CR-0031	XS045TG-0031	XS045CR-0031
Adjuster Nut	XP045CR-0032	XP045TG-0032	XP045CR-0032	XP045CR-0032	XP045TG-0032	XP045CR-0032
Adjuster Foam Tube	XS045CR-0035	←	←	←	←	←
Main Pole A (45mm) (Chrome)	XS045CR-0040	XS045TG-0040	XS045TM-0040	XS050CR-0040	XS050TG-0040	XS050TM-0040
Main Pole B (45mm) (Chrome)	XS045CR-0050	XS045TG-0050	XS045TM-0050	XS050CR-0050	XS050TG-0050	XS050TM-0050
Base Plate 230mm (9") Complete (CR)	XS045CR-0090	XS045TG-0090	XS045CR-0090	XS045CR-0090	XS045TG-0090	XS045CR-0090
Extension (Chrome) - 100mm (4") **	XS045CR-0100	XS045TG-0100	XS045TM-0100	XS050CR-0100	XS050TG-0100	XS050TM-0100
Extension (Chrome) - 125mm (5")	XS045CR-0125	XS045TG-0125	XS045TM-0125	XS050CR-0125	XS050TG-0125	XS050TM-0125
Extension (Chrome) - 150mm (6") **	XS045CR-0150	XS045TG-0150	XS045TM-0150	XS050CR-0150	XS050TG-0150	XS050TM-0150
Extension (Chrome) - 175mm (7") **	XS045CR-0175	XS045TG-0175	XS045TM-0175	XS050CR-0175	XS050TG-0175	XS050TM-0175
Extension (Chrome) - 200mm (8") **	XS045CR-0200	XS045TG-0200	XS045TM-0200	XS050CR-0200	XS050TG-0200	XS050TM-0200
Extension (Chrome) - 250mm (10")	XS045CR-0250	XS045TG-0250	XS045TM-0250	XS050CR-0250	XS050TG-0250	XS050TM-0250
Extension (Chrome) - 300mm (12") **	XS045CR-0300	XS045TG-0300	XS045TM-0300	XS050CR-0300	XS050TG-0300	XS050TM-0300
Extension (Chrome) - 500mm (19.75") **	XS045CR-0500	XS045TG-0500	XS045TM-0500	XS050CR-0500	XS050TG-0500	XS050TM-0500
Extension (Chrome) - 750mm (29.5") **	XS045CR-0750	XS045TG-0750	XS045TM-0750	XS050CR-0750	XS050TG-0750	XS050TM-0750
Extension (Chrome) - 1000mm (39.25") **	XS045CR-1000	XS045TG-1000	XS045TM-1000	XS050CR-1000	XS050TG-1000	XS050TM-1000
XS Carry Case	XS-CS01	←	←	←	←	←
** Option or Additional Parts						

X-Pole 'Sport Pole' Instructions

Thank you for buying an X-Pole Sport Pole. The team at X-Pole have spent a significant amount of time researching, designing and developing the Sport Pole. We want the Sport Pole to be the best Exercise and Dance pole on the market, if it's not we want to hear about it! We thrive on positive criticism and suggestions! So contact us if you have any comments or suggestions on how to improve our product.

To get the best from your X-Pole Sport – with **SAFETY** being the utmost priority – it is extremely important that you **READ** this instruction manual from beginning to end and most importantly, understand it!

If you have **ANY** questions whatsoever – before you assemble, install or use your X-Pole Sport – call your local technical support (details on back page) or see the X-Pole Sport section on the website.

DO NOT INSTALL OR USE your 'Sport' pole, if you have any doubt about how to assemble or how to use it.

IMPORTANT

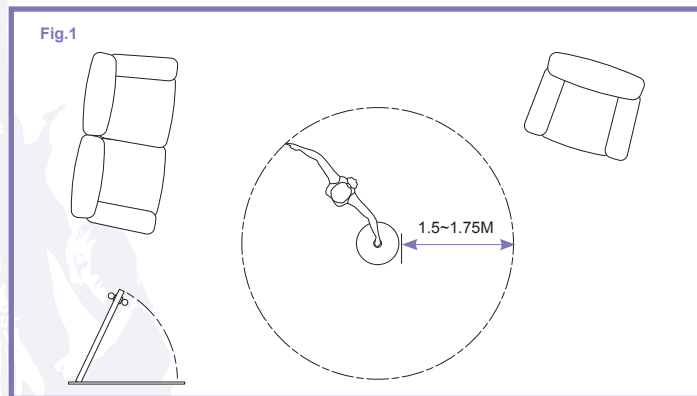
Due to the X-Pole 'Sport' being used in circumstances outside and beyond the direct control of Vertical Leisure Ltd, X-Pole USA, its distributors, sales persons or any other persons or associated companies, these parties cannot be held responsible for any accident, injury to the user or any third party, or damage to property. This does not negate your normal consumer rights.

Follow the simple but explicit instructions in this manual to get the best results from your X-Pole Sport. **Safety is a priority at all times.**

If in **ANY** doubt **ASK** before you install or use your X-Pole Sport.

Finding a suitable exercise and dance area

To use a dance pole properly you need to be able to rotate around the pole with your arms outstretched and NOT be able to hit or touch anything whilst rotating. Find the area by rotating around an imaginary pole with your arms outstretched (Fig.1). You can use a chair as an imaginary pole or measure a circle with a diameter of approximately 3000 - 3500mm (120" - 138"). This will enable you to fully extend your arms.



Dance moves can be performed by experienced dancers in a smaller space than recommended but for beginners the above space is mandatory. Once you have located the correct sized clear area you can look for the ceiling joists above the area you have selected

Locating ceiling joists (Fig 2)

Unless you are erecting the 'Sport' pole against a solid ceiling you will need to find a joist to install the upper support plate against. Pressure poles **cannot** be installed against false, suspended or non-rigid ceilings. Most ceilings surfaces are plasterboard which is attached to "joists". Joists are the pieces of wood that run from wall to wall and support your floors and ceilings (Fig.2).

Important - Because the Sport Pole uses pressure to stabilise itself, it is essential that you centralise the upper support plate under the centre of a ceiling joist (Fig.2). This is Mandatory.

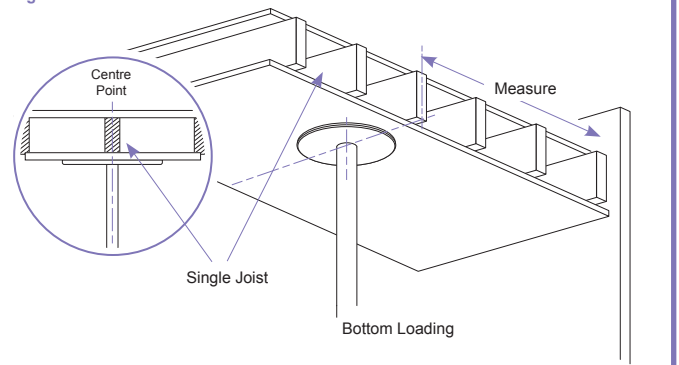


Stud Finder

Joists usually run at 90° degrees to the floorboards and will normally span between the two walls in a room closest to each other. Joists can be located by tapping with a knuckle or using an optional joist/stud finder.

(Stud finder not included - Available from most hardware stores)

Fig.2



To find a joist above your ceiling tap across the ceiling with your knuckle until a solid sound is heard, this will be a joist. Keep tapping across the ceiling and the sound will become more hollow – the space between joists. Once you have located a joist take a position measurement from the wall for future reference (Fig.2). Write this measurement in this instruction manual. When you take the measurement make sure it is at 90° degrees to the joists, not along them!

Important Note: When searching for the joists or installing as a top loading pole (see Loading below) it is mandatory to use step ladders and to have a second person holding the ladder.

SAFETY is critical at all times.

Now you have found a suitable exercise area and the joists, it is time for assembly and installation.

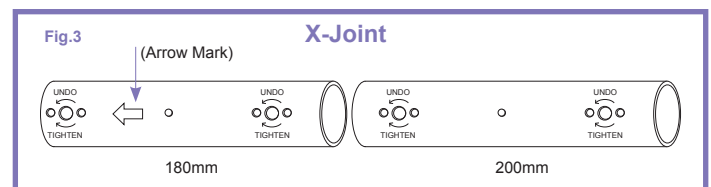
Adjuster Position - Top or Bottom 'Loading'

The X-Pole Sport can be used as either a 'top loading' or 'bottom loading' pole. 'Loading' refers to the operation of length adjustment using the screw adjuster. So, this means you can adjust the pole length with the screw adjuster either at the top or bottom of the pole.

Adjuster at the Top - Top loading. Adjuster at the Bottom - Bottom loading - the choice is yours! This manual describes installation bottom loading.

X-Joint

The X-Pole Sport incorporates a revolutionary new type of tube joint called the X-Joint (See Fig. 3). This joint is very quick and easy to use and gives the Sport pole additional stability and rigidity over other joint systems.



However, to optimize the X-Joint key features it is important that you follow these instructions fully. Please read them from end to end before assembly.

There are two sizes of X-Joint 180mm and 200mm (Fig 3). The 180mm joint has one half longer than the other. The short half of the 180mm X-Joint, is marked with an arrow and must always be installed with the arrow pointing towards the end of the pole with the fixed plate, not the end with the adjuster. **The 180mm X-Joint is only used with the 125mm or less extensions.**

X-Pole Sport Height Calculator

Fig.4 Each size change has an overlap. Always go up a pole size and use the next extension if possible.



Assembly - Part 1

Take your X-Pole Sport parts out of the carry case and lay them out on the floor. Please check the contents of your X-Pole Sport with the contents diagram on page 2. If anything is missing or damaged please call X-Pole technical support immediately. The contact details are on the back cover of this manual.

Please study the contents and the part descriptions in the diagram, as these are used throughout the instruction manual and are important for installation.

Extensions

A 125mm (5") and 250mm (10") extension are included in the set.

X-Pole Sport 'Optional' extensions are available in 100, 125, 150, 175, 200, 250, 300, 500, 750 and 1000mm sizes. (4", 5", 6", 7", 8", 10", 12", 19.5", 29.5" & 39").

Using the Height Chart

Using the screw adjuster and both the extensions in the box the X-Pole Sport will fit ceilings from 2235mm (88") to 2735mm (108"). Any further increase in height will require additional 'Optional' extensions which are available from your supplier or the X-Pole website.

The screw adjuster has the capability of extending the Sport Pole by 125mm (5"). This is why a minimum and maximum height (i.e. 2235 ~ 2375mm or 88" ~ 93.5") is shown on the height calculator (Fig.4). Minimum height is with the screw adjuster closed - Maximum is with it extended 125mm (5"). You should **NEVER** use more than 125mm (5") of the adjuster.

Measure the height of the ceiling at the centre point of use and then refer to the height calculator above (Fig. 4) which shows the pole tubes/ extensions to be used. Always match the ceiling height to the pole on the chart giving the minimum adjuster length. It does not matter which way the Pole is installed the heights are the same.

Example

If the ceiling is 2365mm (93.1") you will see the first pole in the height calculator 2235 - 2375mm (88" - 93.5"). This has no extensions and is within your height requirement. However, 2365mm (93") is close to the maximum height shown 2375mm (93.5") so you would be using nearly all the 125mm (5") of threaded adjuster. An extension is therefore needed to reduce the amount of screw adjuster used.

If you look at the next pole on the chart you will see its minimum height is 2360mm (93") with 1x 125mm (5") extension. So, this means that with a 125mm (5") extension your height of 2365mm (93.1") would use only a small amount of the adjuster.

So, by selecting the correct extension, it maximises the 'useable pole' and minimises the length of height adjuster needed.

The X-Pole can be used with ceilings up to 3050mm (120") using the standard upper support and optional extensions (purchased separately). Additional extensions can be purchased from your supplier or the X-Pole website.

For higher ceilings than 3050mm (120") it is mandatory to use a fixed ceiling plate. Further information is available on the web site or from technical support.

Extension Selection Mathematically.

The basic height (no extensions) of the Sport pole is 2235mm (88") with the adjuster closed. So subtract 2235 (88") from the ceiling height. The difference between the two will give you the measurement needed to select the required extension/s.

Example:

Ceiling height 2515mm (99") - Closed Pole 2235 (88") = 280mm (11")
Difference is 280mm (11") so closest extension is 250mm (10")

So, 280mm (10") less extension 250mm (9.85") = 30mm (1")

Therefore by using the 250mm extension it would only use 30mm (1") of adjuster.

Minimise the number of extensions

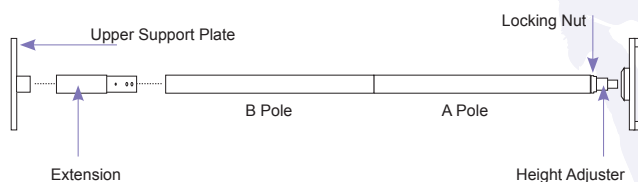
Another key point is to minimise the number of extensions used for a given extension requirement. So if the required extension length is 500mm (20") it is better to use 1x 500mm (20") (optional) extension than 2x 250mm (10")

If you have any doubt about the extensions required or how to select them please look on the X-Pole web site or contact your local technical support, who will be pleased to help.

Extension Installation

Correct installation of extensions and joints is extremely important to ensure maximum strength and stability. Please read the next section paying maximum attention to the correct procedure for installing joints.

Fig.5



Extensions should always be installed at the opposite end to the height adjuster (Fig. 5). The smallest extension always goes closest to the upper support plate. **Never** ever install extensions in the middle of the pole.

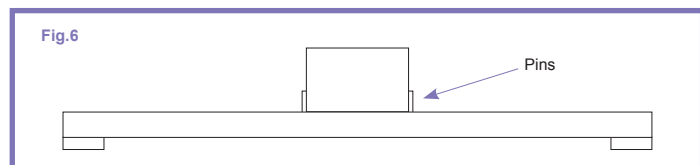
Assembly - Part 2

With the height calculations done and extensions (if required) selected the Sport pole is ready for assembly.

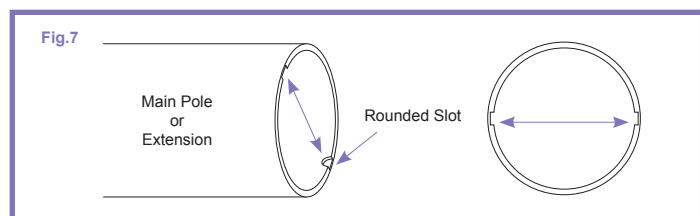
As advised earlier the 'Sport' Pole can be installed with the adjuster at the top or bottom. For these instructions the Pole will be installed with the adjuster at the bottom (Bottom Loading). For 'Top Loading' just carry out the instructions the same and install the other way up.

The X-Pole Sport is always assembled on the floor first and then lifted/installed in position after assembly.

Take the smallest extension or if no extensions are required the B-Pole and push it onto the Upper Support Plate. As you push the tube on note there are 2x pins sticking out of base tube at base plate level see (Fig.6).



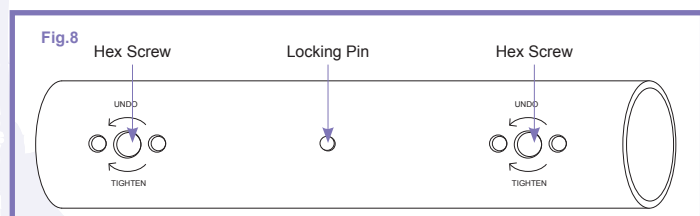
Correspondingly, in the end of the pole tubes there are rounded slots (Fig.7). These slots must go over the pins. The pins stop the pole from rotating.



After fitting the first tube to the upper support the next part to be fitted is an X-Joint

X-Joint Operation

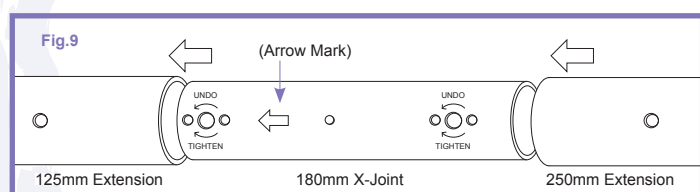
The X-Pole Sport includes the latest in pole joints the X-Joint. This joint is simple, easy to use, very strong and stable. Just follow these simple operational instructions to ensure the joint is properly locked. If in any doubt contact the X-Pole technical support.



X-Joint features a joining tube which expands down its whole length and locks the pole tubes together. This expansion is done by inserting a Hex Key, through holes in the pole tube, into an expansion screw and turning the key.

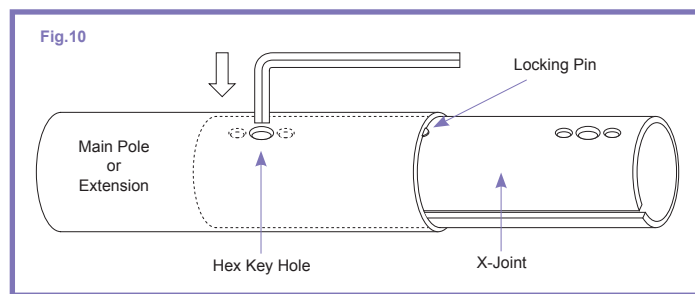
The markings on the tube show the direction to turn the hex key. **Clockwise** to tighten and **Counter-Clockwise** to loosen/undo.

There are two sizes of X-Joint. 180mm (7") and 200mm (8"). **The smaller 180mm (7") is used with small extensions (125mm and below).** It can be identified by an arrow on the joint pointing towards the smaller end (Fig.9). This end must be inserted pointing towards the smaller joint. i.e. If you are using a 250 and 125mm the end the arrow points to goes into the 125mm joint. Remember, the arrow always points away from the screw adjuster.



X-Joint Installation

To install the X-Joint simply slide one half into a pole tube, ensuring the 2x pins on the joint locate in the corresponding U slots in the tube. When inserting the X-Joint make sure that the Hex locking screws on the X-Joint align with the Hex Key holes in the pole tube otherwise you will not be able to insert the Hex Key (Fig.10).

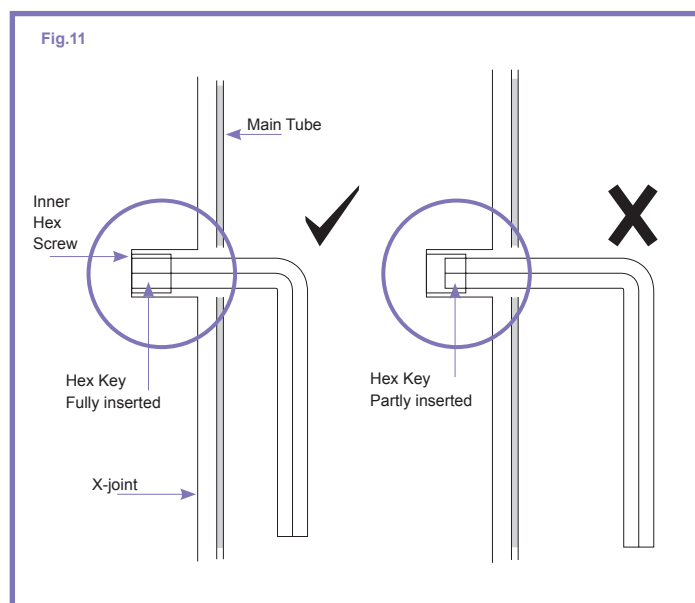


Now attach the other tube, checking the hole alignment again and then inserting the Hex Key into one of the key holes, turn lightly **'clockwise'** until a slight pressure is felt. **DO NOT** fully tighten. Check the tube edges are tight together and then lightly tighten the screw in the other tube and then continue tightening alternating screws. Tighten progressively until reasonably tight. **DO NOT** force.

It is important to tighten progressively, alternating screws, so that the joint expands evenly, otherwise one side may not expand fully and the pole tube joints may not lock fully tight.

To undo the X-Joint - turn both hex screws **'counter-clockwise'**. Undo screws until there is pressure against the key. Continue to apply slight pressure to the key in reverse, to ensure the joint is released and slide out.

Important Note: It is important to make sure the Hex key is fully inserted into the Hex expansion screws. Partial insertion can damage the screw holes (rounding them) making it difficult to tighten or more importantly undo the joint (Fig.11).



Spare expansion screws and fitting instructions are available from the web site should they be damaged.

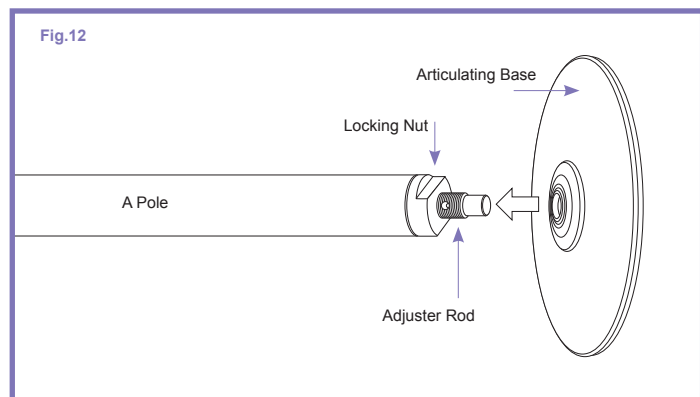
Having joined the first pole and/or extension (if required), insert the next X-Joint, add the next pole tube and tighten the X-Joint.

Continue adding extensions/pole tubes and X-Joints as required to match ceiling height. It is better to firmly tighten the X-Joints and then re-tighten when the pole is installed as then the weight/pressure of the pole tubes will push the joints tightly together.

Once the Main A pole with the adjuster is in place and the joints tight, the base plate can be put onto the adjuster shaft (Fig.12).

Whilst the Sport Pole is on the floor make sure the locking nut is loose (Fig.12) and the adjuster is at its minimum.

Now add the base plate and the X-Pole Sport is ready to be installed.



Installation

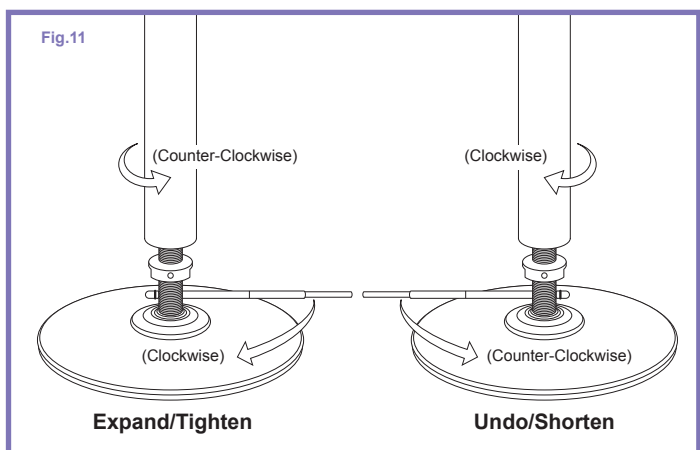
When assembled the X-Pole Sport is heavy and at full height it is not easy to handle. This means it is unstable and difficult to lift into position. It is therefore **mandatory/compulsory** that 2 people install the pole. i.e. that 2 people lift it into position and expand the height adjuster.

First make sure the base of the assembled Sport Pole is in the centre point of your dance area and under the selected joist.

With one person firmly holding the base in position, to stop it slipping, the other person should slowly and progressively lift the pole from the top end, raising it until it is vertical and under the joist position. Take care while holding the pole vertical.

Once vertical, the person at the base should insert the tightening/release rod into the hole in the adjuster. This goes all the way through the adjuster until the ring at the end seats against the adjuster (Fig.13).

Next, with one person holding the tightening rod and base in position, the other person rotates the whole pole counter-clockwise - which will unwind the adjuster expanding the pole - until it touches the ceiling.



Pole Rotation

Rotating the pole tube to the **Right (Counter-clockwise)** - as you look at the vertical pole - **Tightens/expands** the pole.

Rotating the pole tube to the **Left (Clockwise)** - **Undo/shortens** the pole.

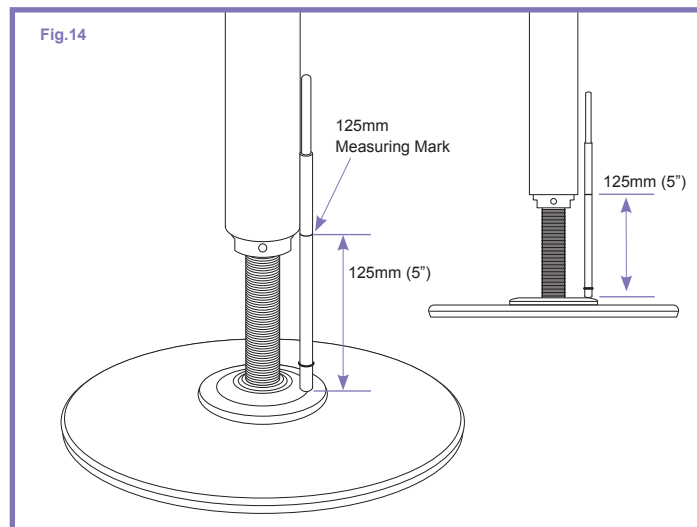
Adjuster Rotation.

When rotating the adjuster it works in the opposite direction to the pole.

Turn **Right (Counter-clockwise)** - **Undo/shortens** the pole

Turn **Left (Clockwise)** - **Expands/tightens** the pole.

Important Note: When the upper plate is just touching the ceiling and before tightening any further, check the amount of screw adjuster used. This is the measurement between where the adjuster goes into the base plate and the bottom of the pole (Fig.14). **Remember**, the adjuster should only be extended to a **maximum 125mm (5")**. If the adjuster needs to be extended more than 125mm (5") an extension should be used and the adjuster reduced. **DO NOT** extend the adjuster more than the recommended measurement of 125mm (5").



If you do not have a tape measure available to check the dimension the tightening/release rod has a 125mm (5") mark in the middle. Use the distance from either end of the rod to the mark to measure 125mm (5").

Final Adjustment

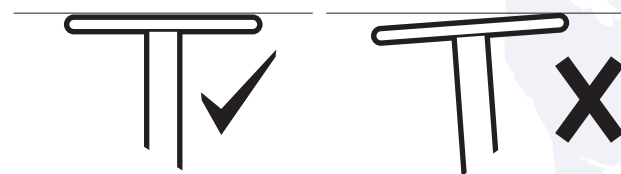
Once the upper support plate is against the ceiling the pole can now be tightened using the tightening/release rod through the adjuster. Before tightening make sure the pole is vertical. The best way to do this is with a builders level/bubble or visually align the pole - with a door frame, window frame, room corner etc. - from 2 sides at 90° to each other. Whilst aligning the pole make sure the other person is still holding it in position in case it should slip or fall.

Very Important: It is critical that the Upper Support Plate is flat against the ceiling/joist. Please see Fig.15. **DO NOT** expand the adjuster further until the upper plate is flat against the ceiling/joist.

If the Upper Plate is not flat the plate could rotate on one edge and slip or damage the ceiling.

Support Top Plate flat against the ceiling

Fig.15



Tip - As some floors and ceilings are very flexible it helps, once the pole is tight, have someone to stand on the base and then re-tighten. This compresses the floor and also makes it easier to rotate the adjuster.

If the pole is not vertical **move the base plate** in the required direction to correct it. **DO NOT** move the upper support plate which must be kept over the centre of the joist at all times.

Once satisfied that the Sport Pole is vertical and that the upper support plate is flat and against the joist, the adjuster can be tightened.

With the second person still holding the Sport Pole vertical slowly unwind the adjuster (**clockwise**) increasing the pressure. Unwind the adjuster until there is very positive pressure against the rod and the pole is firmly in position.

Once satisfied that the pole is firmly in position, gripping the pole, lean to one side applying sideways pressure to the pole. If the pole feels tight and does not move try a practice swing with your feet on the floor and your arm outstretched putting as much weight on the pole as you can. Try this several times.

If the pole moves, re-check its alignment and tighten further until it does not slip anymore. Next try swinging with your feet off the floor. Re-tighten as necessary until there is no movement.

Adjuster Screw Thread Protector

If the adjuster is extended fully the threads on the adjuster are exposed and could roughen, scratch the dancer's skin. In order to avoid this a 125mm piece of foam is included. Fit the foam round the adjuster before use. If the adjuster is less than 125mm cut the foam to the correct size.

Your X-Pole Sport is now ready for use

IMPORTANT - Pole Tightness

It is very important to remember that because Sport pole uses pressure to retain it in position it can un-tighten and/or become loose, with use. The pole tightness should be checked regularly during use, definitely every 25~30 minutes. If there is any movement **DO NOT** use. Re-tighten and then re-test again before use. Also regularly check that the X-Joints are tight.

BEFORE USING YOUR POLE

Mis-using a pole can be dangerous not only to you but also anyone close to the pole. The use of a dance pole is always at the user's discretion.

Pole 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 X-Pole Sport it is mandatory to warm up and, after use, warm down.

It is highly recommended that before you use your X-Pole Sport you purchase a suitable DVD to learn the basic moves. **Never** try moves beyond your ability without an Instructor.

If at any time whilst using your pole you feel uncomfortable, your muscles hurt, or you are short of breath – take a break and try again later. Always rest between moves.

By the way – practice does make perfect!

Have Fun with your X-Pole Sport

The X-Pole Team

Pole Removal

To take down your Sport pole undo the adjuster **Counter - clockwise** until free from ceiling. Take care the pole does not fall over. Remove base plate, remove upper plate, **lay pole tubes on the floor**, undo X-Joints, remove pole tubes and extensions and pack away in carry case. Store in warm, dry place.

What to wear

Clothing

When it comes to clothing - Less is Best! So try to keep your arms and legs uncovered. Pole work needs the friction created by skin contacted so Tee shirt, Crop top and Shorts are best. However, you must feel comfortable so wear what you feel relaxed in (tracksuit bottoms etc.) even though this may mean you are unable to do some of the pole moves properly because of lack of grip.

Shoes

Again comfort is essential. Bare feet, dance shoes, or trainers are fine. Trainers have high friction so a trainer with a smooth as possible sole is recommended. Later, boots and high heels are great for making you look and feel good.

Oils and Lotions

NEVER use oils or lotions on your hands or body prior to using your pole. This is very Dangerous. The oil transfers to the pole making it slippery and impossible to hold and could cause you or someone using the pole after you to have a serious accident.

Ceiling Flanges

In circumstances where X-Pole Sport will get continuous use, where the pole could slip during use or where the recommended heights are exceeded it is mandatory to use a fixed ceiling flange, which can be purchased separately (Page 2 Optional parts).

The ceiling flange is screwed into the joist above the ceiling. During installation the top pole tube is slid over the flange and engaged with the locating pins.

It is extremely important that the correct size screws are used and the ceiling flange is firmly fixed to the joist and cannot come loose. If in any doubt about the installation of the optional ceiling flange call X-Pole technical support who will be pleased to assist.

Setup Check List

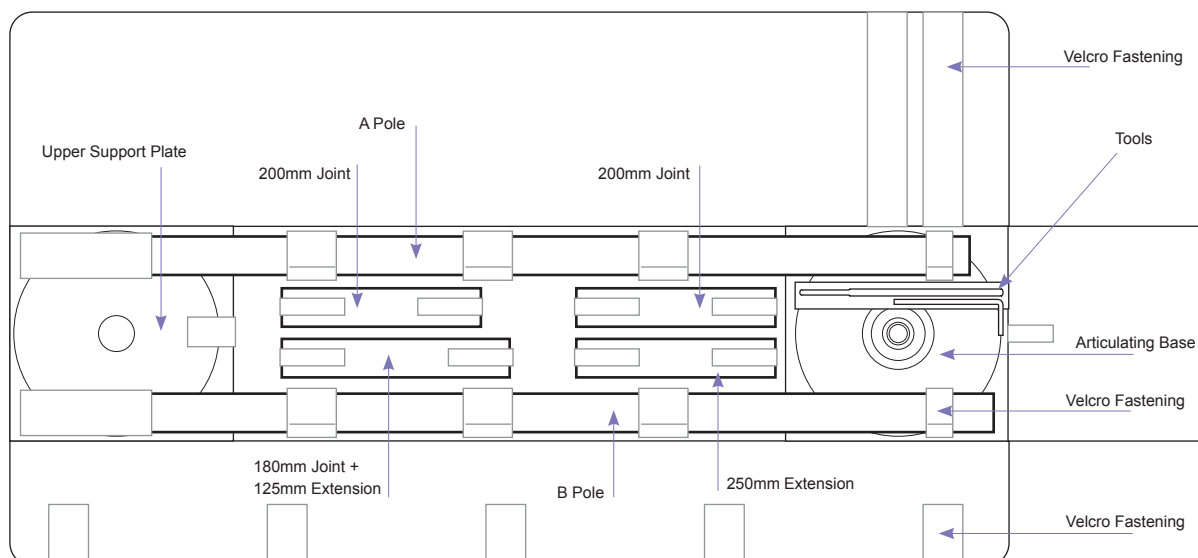
Check floor to ceiling height
Refer to height chart for correct extension (if needed)
Locate ceiling joist
Put base plate under Joist centre position
Attach extension (if needed) or B pole
Insert X-Joint
Attach extension or A Pole
Tighten X-Joint
Continue adding X-Joints/extensions/B Pole to fit height
Attach base plate
Check nut loose and adjuster at minimum
Lift pole into position – base plate under joist
Rotate pole Counter-Clockwise to expand
Check pole is vertical (use builders level/bubble or align with door/window)
Insert tightening/loosening rod in adjuster
Rotate adjuster **clockwise to expand**
Tighten until pole firmly in position
Check pole by rotational pressure with feet on floor
Check pole by performing spin
Re-tighten/align pole as necessary

DO NOT use pole if in doubt about its tightness or positional stability.
RE-CHECK tightness every 20~30 minutes or after heavy use.

Warranty

X-Pole Sport and its associated parts are guaranteed free of manufacturing defect for a period of 6 months from date of purchase. Defects from use, wear and tear, chipped edges from pole to pole contact or being dropped and anything outside of a pure manufacturing defect are not covered. This does not affect your statutory rights. X-Pole, at its own discretion, will replace or re-fund damaged items. The user must return the item to the point of purchase after which it will be returned to X-Pole for evaluation and appropriate action.

Packing Information



X-Pole Sport is supplied in a carry case. Use this case after use for day to day protection. Never leave your Sport pole in damp or humid places (car boot, outside shed etc.) as rust can occur.

TROUBLE SHOOTING

Maintenance

The X-Pole Sport should require very little maintenance. Most important is to check the edges of the pole tubes for damage because if damaged or dented the chrome plating could come off. Chrome plating is very sharp and could cut the skin so make sure the edges of the pole tubes are looked after.

The plating can also be affected/damaged if the pole tubes are dropped.

Always check the pole plating before use and check the joints and pole tubes for any sharp edges. DO NOT use the Sport Pole if the surface is damaged in any way. Contact the local support office.

Cleaning – Your pole will need regular cleaning as you use it. Clean your pole with a glass cleaner or similar non abrasive cleaner. NEVER use water. Use a clean, smooth cloth to both clean and dry the pole tubes. Do not clean with an oil or spray such as WD40 or similar.

X-Joint Screws – regularly check the X-Joint expansion screws to make sure they operate smoothly. A light oil (Not WD40) should be applied to the screw thread. Apply and adjust in and out a few times to spread the oil down the threads.

Also check the Hex screw holes that the key goes into. These can become rounded with constant use preventing the joint from retracting. If the holes go round new screws can be bought from the X-Pole web site.

Hex Keys – The edges of the Hex keys can become rounded with use. Do not use rounded keys as these can damage the screws. Replace the key.

Base Screws – the 4 screws on the base can come loose with regular use. Check and re-tighten regularly. Spare screws are available on the website.

Trouble Shooting

The X-Pole Sport is the latest in pole technology and should not need any support providing the regular maintenance is carried out and the pole is looked after, cared for and stored properly.

Hex Keys/Screws – It is important to make sure the Hex key is fully inserted into the hex expansion screw. Partial insertion can damage the screw holes (rounding them during operation) making it difficult to tighten or more importantly undo the joint. Spare screws are available from the web site should they be damaged.

Keep watching the X-Pole website for any product updates and the release of new products and optional parts for the X-Pole Sport. Please feel free to call our offices for help and advice on your Sport Pole.

Warnings

Storage – it is extremely important not to keep your pole in a wet or damp environment. **DO NOT** leave it in the back of the car or in an outside shed etc, where it could become damp. Damp/Humid weather will cause rust which could effect the plated surface and the tubes. Always keep the pole in a warm dry environment.

Grip Chalk – Dancers use hand chalk to improve grip and in cases of sweaty hands. Never use 'climbing' chalk or powder chalk on a dance pole. Only ever use special liquid grip chalk such as X-Grip, Mighty Grip, Gorilla Grip or other specialist pole chalk. Powder chalks can damage the pole surface and clog up the joints and other mechanisms.

Height measurement – It is essential to measure the height of your ceiling and select the correct extensions to suit. Mistakes are often made in measuring heights especially with inches where 96" becomes 9'6" and 116" is 11' 6". These are factual cases where wrong measurements have been made and the wrong parts purchased or used.

Safety Warning

Should you have any concerns regarding your X-Pole Sport, its suitability for use, its correct installation, your ability to use the pole or any other possible factor relating to the installation or use this product please call X-Pole technical support before use. Use of this pole is entirely at owners discretion.



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