



# Instruction Manual

**DO NOT break the sealing tapes across the X-Stage or remove any parts from the packing until you have read and fully understand this instruction manual.**

## IMPORTANT

### Information Regarding Portable Stages

Congratulations on buying an X-Stage, a revolution in portable podium stages. X-Stage has been designed for transportability, ease of use and high stability. It is the first collapsible 'circular' dance stage and includes static and spinning modes as standard. Please read these instructions fully before assembling your X-Stage.

The hi-stability of X-Stage allows many dance moves to be performed without the use of additional weight. However, as X-Stage is being used in circumstances outside the direct control of Vertical Leisure Ltd, its distributors, associated companies, sales people or any other persons employed or working on behalf of Vertical Leisure, the use of additional weight is totally at the discretion of the user. It is up to the user, who is in knowledge of the circumstances under which the stage is being used (location, floor, weight of dancer, style of dance, level of ability etc.), to evaluate and decide if additional weight is required. It is better to be 'Safe' than sorry and additional weight should be used if there is any doubt about stability. Safety should be the users highest priority at all times.

It should be noted that on certain floors without the use of additional weight there is the possibility that the stage could slip/slide and floor damage could occur. X-Stage uses silicone pads to cushion the stage bottom from the floor but check before use to make sure there is no damage to the pads and that the floor is level.

By the act of assembling and/or using X-Stage the user/owner of the X-Stage accepts full responsibility for any damage to persons and/or property. Vertical Leisure Ltd, its distributors, associated companies, sales people or any other persons employed or working on behalf of Vertical Leisure, cannot be held responsible or liable for any damage that could occur to property or person during the use of this product.

**If you do not accept that damage could occur:**

- **DO NOT Remove X-Stage from its packaging**
- **DO NOT Assemble the X-Stage**
- **DO NOT Use the X-Stage.**

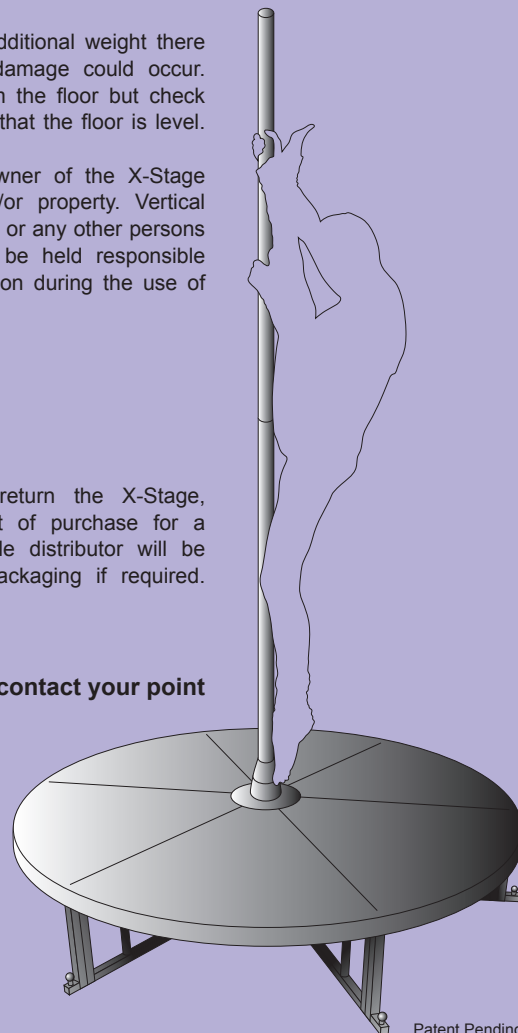
If you do not accept that damage can occur please return the X-Stage, unused, in its fully packaged format to your original point of purchase for a refund. A restocking charge, at the discretion of the X-Pole distributor will be charged on return for restocking, any damage and/or re-packaging if required.

### Important:

**If in any doubt about X-stage, its assembly you must contact your point of purchase or the local distributor.**

Pole Diameter:	50mm (2")
Stage Diameter:	1600mm (5'3")
Overall Height:	3m (10')
Stage Height:	320mm (12.5")
Useable Pole:	2.65m (8'10")

Weight (approx):	X-Stage Complete	88Kg
(in carry cases)	Main Frame	38Kg
	Stage Panels	40Kg
	Pole Tubes	10Kg



**Vertical Leisure Ltd**  
Leaders in Pole Technology

## X-Stage Instructions

Thank you for buying an X-Stage. The team at Vertical Leisure have spent a significant amount of time researching, designing and developing the X-Stage, in order to create arguably the world's best portable stage. We want X-Stage to be the best Exercise and Dance Stage 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 of how to improve our product.

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

If you have ANY questions whatsoever – before you assemble, install or use your X-Stage call us in the UK on +44 (0)1707 665933 or your local distributor (details on the back page) and ask for Technical Support.

DO NOT ASSEMBLE and DO NOT USE your X-Stage, if you have any doubt about how to assemble or how to use it.

ASK before you use.

Vertical Leisure Ltd (X-Stage) cannot, under any circumstances, accept responsibility for any accident, injury or damage to property of any kind due to misuse or failure to understand the product or its capabilities.

Follow the simple but explicit instructions and you will get fantastic results from your X-Stage. Remember, Read the instruction manual before removing X-Stage from its packaging.



## Assembly

Remove all the X-Stage parts from the carry cases and lay them out on the floor. Please check the contents of the X-Stage [Fig.3]. If anything is missing or damaged please call your local distributor or local technical support.

When you unzip the main frame case inside are 3x magnetic side skirts, case chassis handle, 3x wheels and tool kit, remove these. Next undo the Velcro straps holding the main frame to the support chassis, note how these are done up and carefully lift the main frame from the case support chassis. Again note which way round the main frame sits in the case support chassis. i.e. which side the base (the part with the silicone rubber) is on.

### Key Parts

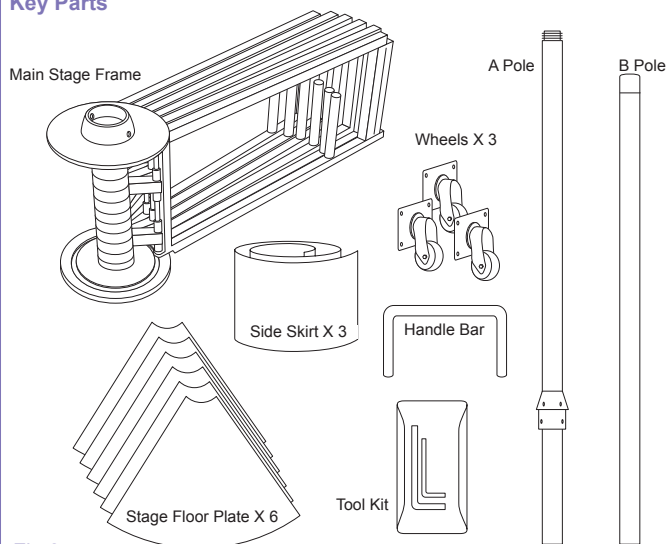


Fig.3

Attach the handle to the top of the 'Carrying Case' frame, using the 2 screws provided. Tighten securely. [Fig 1]

Next fit the 3 wheels units to the main frame. Locate the holes in the case frame and attach the wheel units using 4 screws per wheel unit. The 'castoring' wheel unit (the unit with the rotating attachment plate) is attached at the top closest to the handle. [Fig 2]

### Finding a suitable exercise and dance area

To use X-Stage 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. This requires an area larger than the diameter of your stage - at least 0.5m all around the stage. So the required area should be at least 2.6 ~ 3m in diameter. [Fig.4]

Manoeuvres can be executed in a smaller space than the above but for beginners or the less experienced the above space is required.

Fig.1

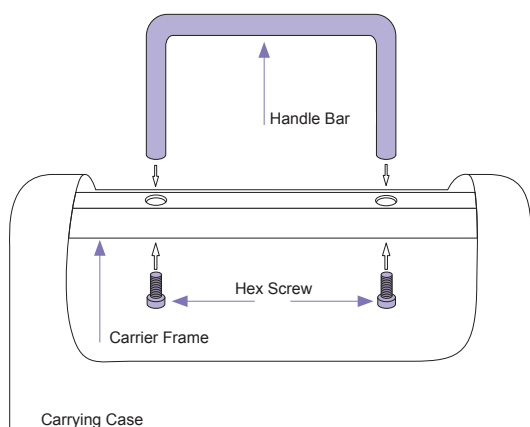


Fig.2

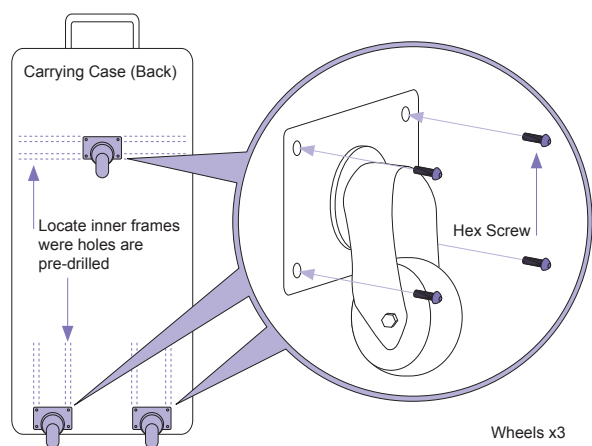
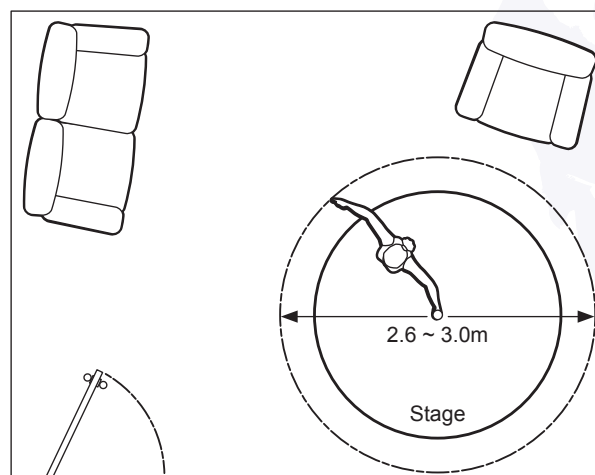


Fig.4

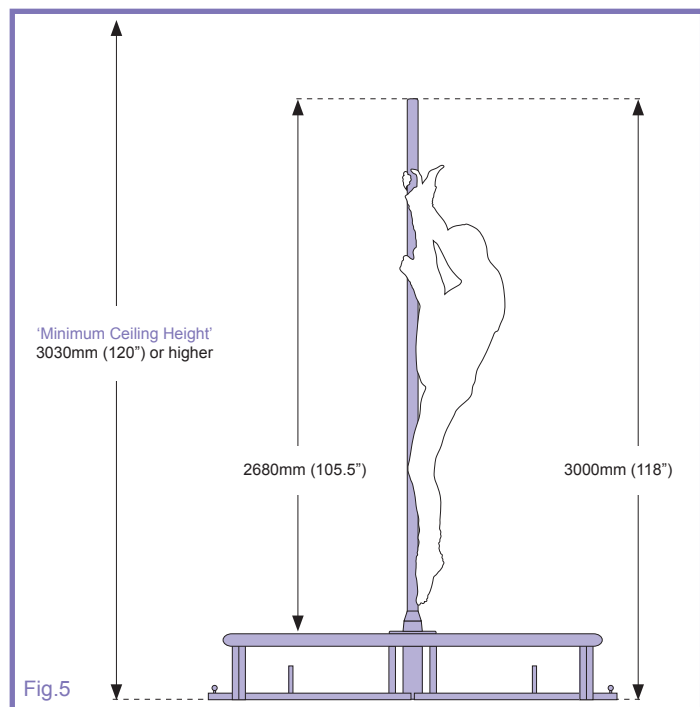


## Height Calculation

A key point with any pole is to get the maximum height of workable pole. The standard X-Stage is supplied with a total overall height of 3000mm (118"). This is called the 'Standard Format' and will give a total useable pole height of 2680mm (105.5") when standing on the stage floor.

However, an extra 30mm is needed in addition to the overall height to be able to attach the upper pole to the lower pole. The 30mm is the depth of the screw joint. So for the X-Stage as delivered in 'Standard Format' 3000mm you will need a minimum ceiling height of 3030mm (120").

Measure your ceiling height, at the point of use before you assemble X-Stage and check if it fits within the 'Standard Format' i.e. 3030mm (120") or higher. [Fig.5]



## Shorter Height than 3030mm (120")

If your ceiling or workout area is lower than the 'Standard Format' X-Stage height of 3030mm (120"), you will need to reduce the length of the 'B' Pole. The 'B' Pole is the upper main tube without the bearing unit. To reduce the total height, a piece will have to be cut from the top of this tube.

To calculate the length to be cut off the end of the 'B' Pole proceed as follows;

Take the ceiling measurement where the X-Stage will be positioned. Subtract this measurement from the overall height of 3000mm (118") and then add 30mm (1.25") to this figure for the joint. The result is the length that needs to be cut from the top of the 'B' Pole.

Example: [Fig.6]

Formula:  $\text{Total pole height} - \text{Ceiling Height} = \text{Difference}$   
 $\text{Difference} + 30\text{mm} = \text{Total to be cut off}$

In mm:  $3000\text{mm} - 2750\text{mm} = 250\text{mm}$   
 $250\text{mm} + 30\text{mm} = 280\text{mm}$  (to be cut off)

In Inches:  $118" - 108" = 10"$   
 $10" + 1.25" = 11.25"$  (to be cut off)

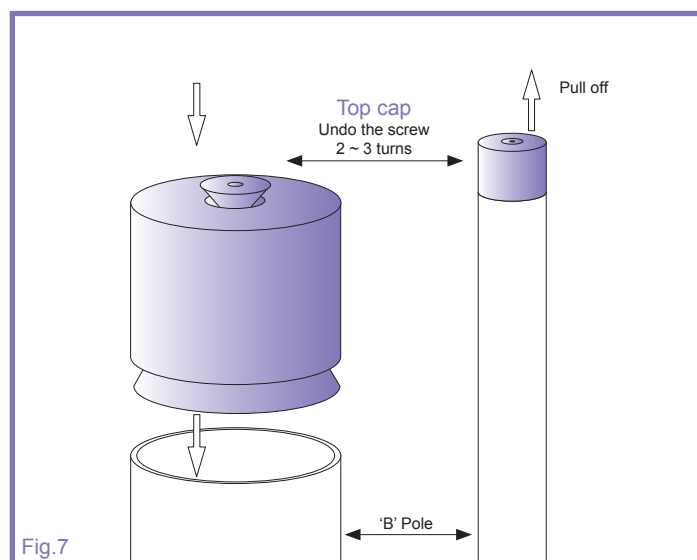
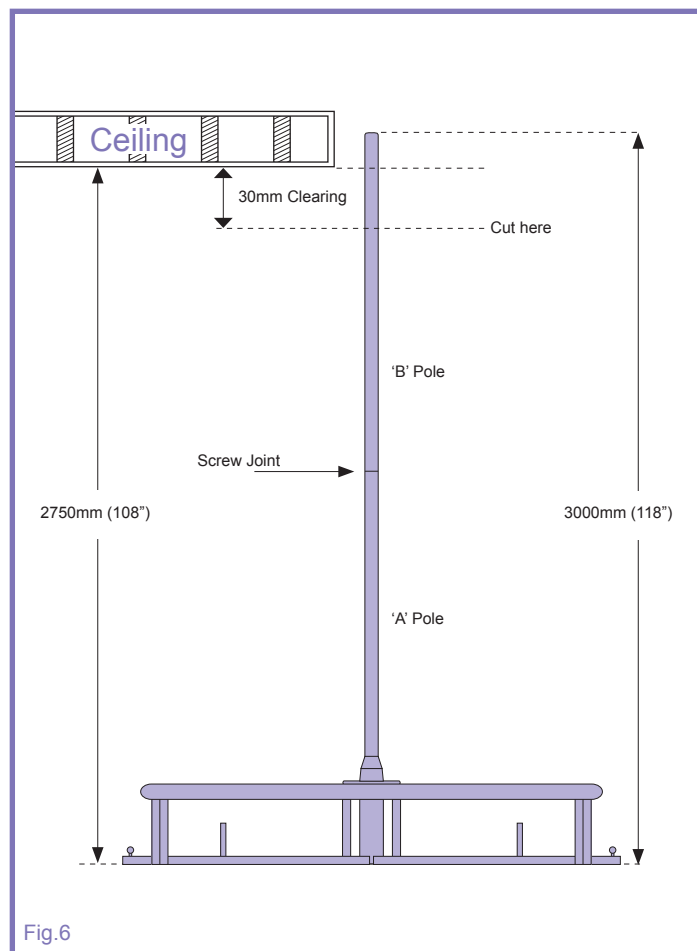
Now that you have the correct length, you can get the tube cut. But to do this you will need to remove the Top Cap which covers the end of the 'B' pole tube. Undo the screw in the centre of the Top cap 2 ~ 3 complete turns and pull off. You may need to pull hard. [Fig.7]

Next from the top of the "B" Pole tube measure the length to be cut off and mark it on the pole with a wax crayon or tape. Double check your measurements. Once the tube is cut there is no going back!

Cutting the tube should be done by someone experienced so we strongly suggest you take it to your local engineering or DIY firm who will be able to help.

If you are experienced and feel capable and confident you can cut the tube with a good, hi-quality, hacksaw. Make sure the tube is secure before cutting and ensure it is not damaged by how you secure it. Cut the tube square across. No responsibility can be accepted by Vertical Leisure Ltd. for damage or anything else related to cutting the tube.

Once the tube is cut to the required length re-fit the Top Cap and firmly tighten the screw. [Fig.7]



## Assembly of Main Frame

Once the parts have been removed from their cases and checked you can start the main assembly.

The main frame unit is built up of 6 moving sub-frames which fan out to form a star structure. With the main frame positioned where you want to dance, locate the centre sub-frame No.1. This sub-frame is the one screwed to the base plate – it is in the centre of the frames and you will be able to see the bolts holding the sub-frame to the base plate. It cannot move. [Fig.9]

Assembly is always carried out, clockwise or counter clockwise from the No.1 sub-frame. It does not matter which way. Additionally the sub-frames are always closed towards sub-frame No.1.

Having located sub-frame No.1 expand the other sub-frames either side of No.1 till they are evenly spaced. The frames open both clockwise and counter-clockwise. [Fig.9-12]

Next take a stage floor plate and examine it. [Fig.13] You will see that underneath it has 2 'Spring Catches' and next to those 'Catch Holes' to receive the locating pins which are installed at the ends of the sub-frames. [Fig.14]

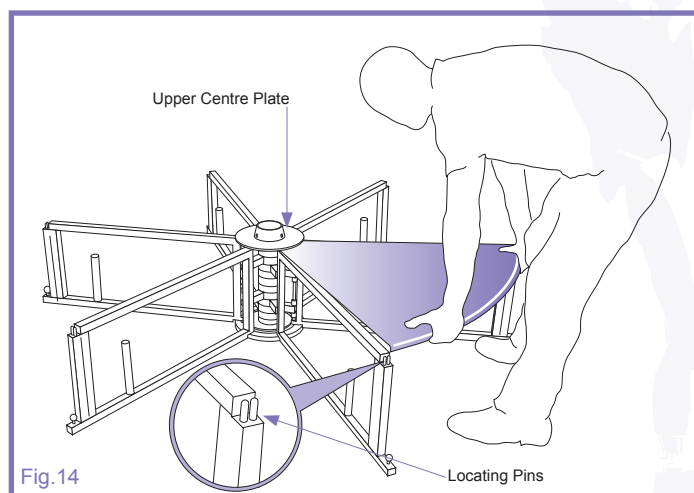
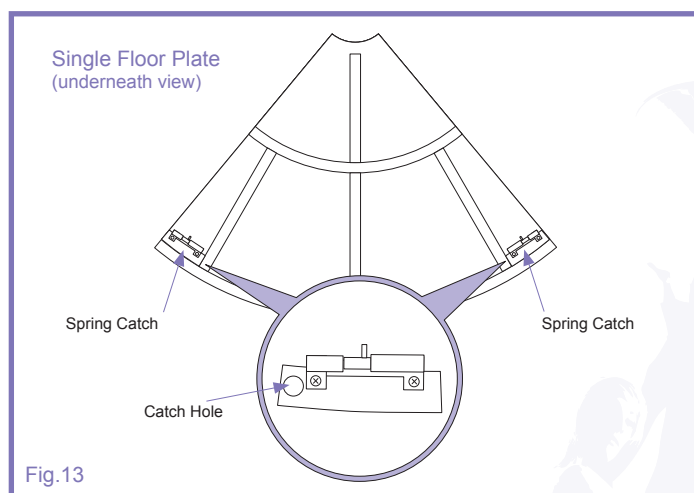
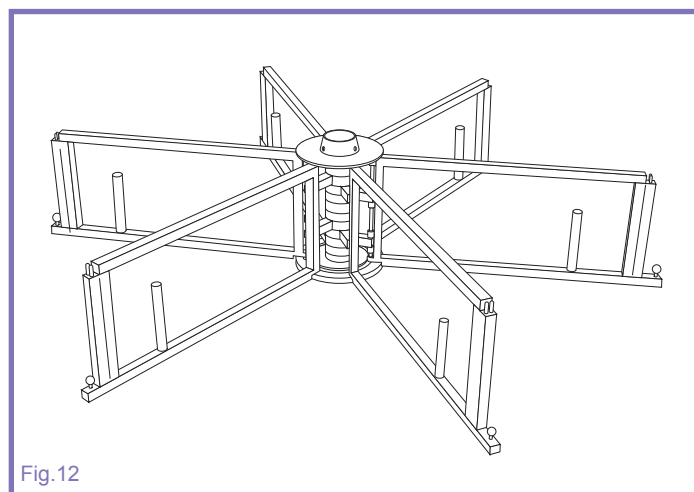
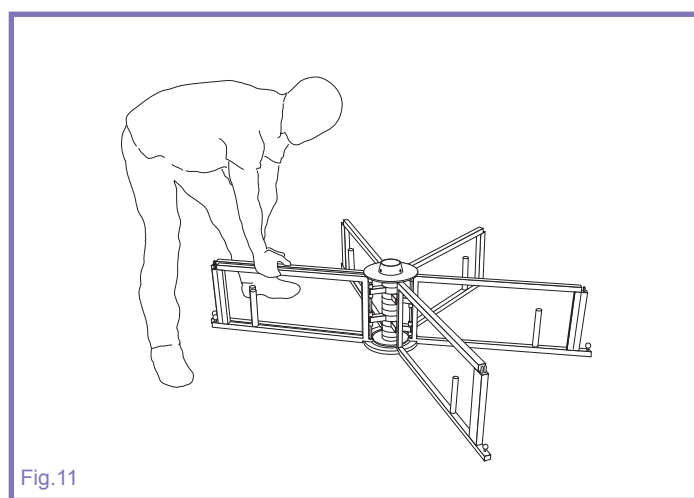
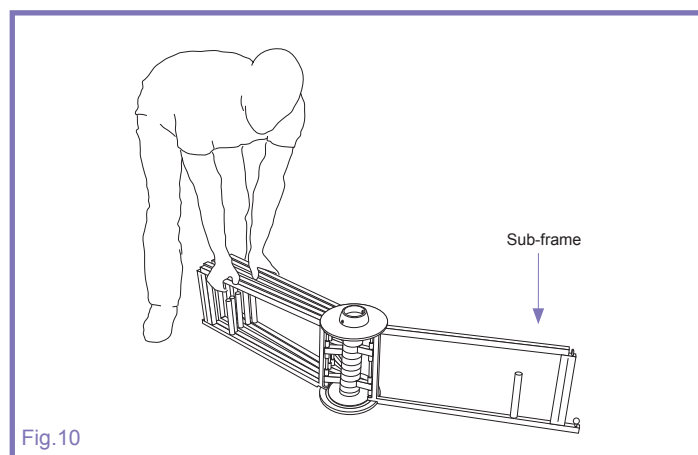
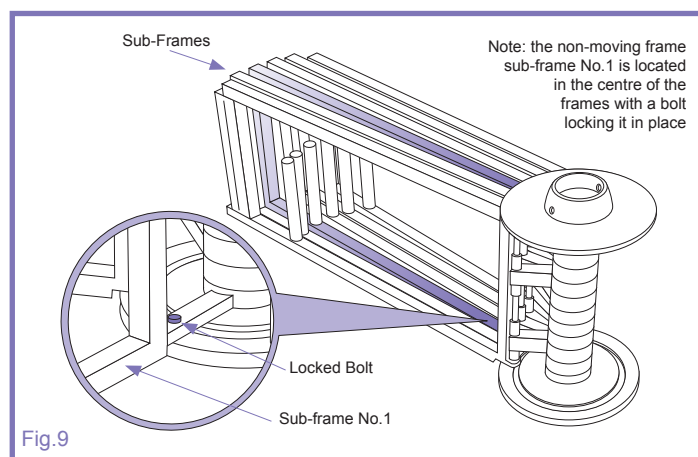
Try activating one of the spring catches to see how it operates. This will help with assembly but more importantly when you come to remove the floor panels on dis-assembly. When released the catch pin sticks out of the edge of the floor plate when relocked the pin is retracted.

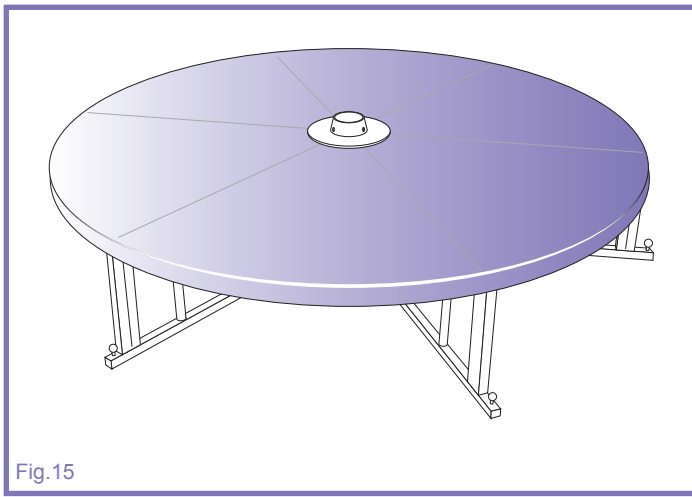
To fit a floor plate carefully position it with the pointed end under the upper centre plate and with one edge over the centre of the No.1 sub-frame. Now, carefully lowering the floor plate, move the next sub-frame under the opposite edge of the floor plate.

Next locate the sub-frame pins, at the end of the sub-frame, into the corresponding holes in the end of the floor plate. [Fig.14]

When firmly in position release the two spring catches underneath the floor plate to lock the plate in place. The catches release by pulling them back towards you in a downward arc.

Continue round the stage fitting the floor panels until all the floor plates are locked in place. You have now built the main frame. [Fig.15]





Always put the pole into 'Static Mode' - hex screws, screwed in tight - when removing the pole unit.

Now it is time to insert the pole into the main frame.

Looking inside the main stage frame centre unit you will see at the outside bottom edge of the bearing unit holder that there is a pin that protrudes inwards. The 'locking slot' locates over this pin. [Fig.17]

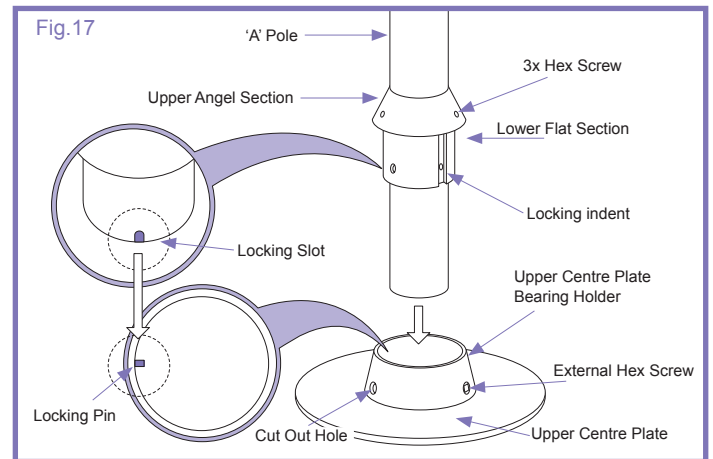
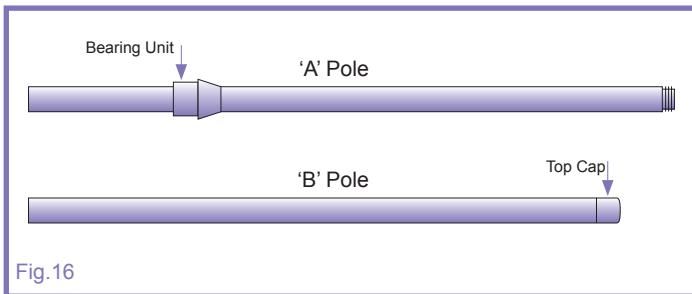
Taking the 'A' Pole unit carefully insert the bearing unit into the 'Upper Centre' plate holder so the 'locking slot' slides over the pin. The pole bearing unit will slide down and fit flush with the holder.

While inserting the pole you will need to keep it upright as the bottom of the pole needs to be inserted into the lower bearing. It may be necessary to move the pole gently from side to side until the bottom of the pole locates into the bearing.

Once you are satisfied that the pole unit is in place you can now tighten the 2x 'External Hex' screws on either side of the 'Upper Centre' plate holder. Tighten these firmly, but not over tight. [Fig.18]

## Pole Installation

The 2 pole tubes supplied are called the 'A' and 'B' pole. The 'A' pole, which installs at the bottom, has the large 'Bearing Unit' attached. The 'B' pole has no bearing unit and the 'Top Cap' fitted.



## Installing the 'A' Pole

The 'A' Pole has the large bearing unit. Great care should be taken of this unit and it should be protected from being dropped or banged.

It is important at this stage to understand the 'A' Pole operation as that will help when assembling and dismantling the pole. [Fig.17]

The 'A' Pole bearing unit has two sections. An upper angled section with 3x Hex screws and a lower flat section with a cut out, which has the bearings and the 2x Static/Spinning locking screws.

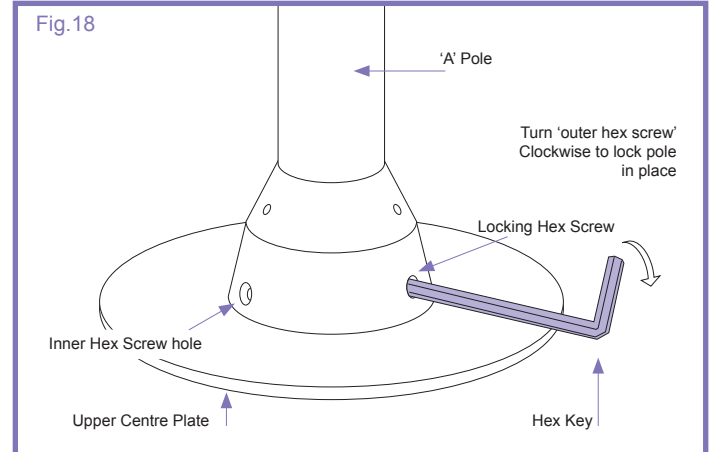
The angled upper section supports the pole tube and holds it in position in the bearing unit with the 3 screws. If these 3x screws are undone the pole tube can be removed from the bearing housing. These screws can also be used to adjust the pole position in the stage assembly. The position of the bearing unit is fixed during production so these 3x screws do not need to be touched.

The lower flat section holding the bearings is the part that inserts into the stage upper centre plate and which supports the pole. This unit has 2x Hex screws, a small cut out and an indent hole opposite the locking slot.

The 2x Hex screws operate the 'Static and Spinning' function of the stage. When these screws are tight – screwed in – the stage pole is locked. When they are loose the pole can spin.

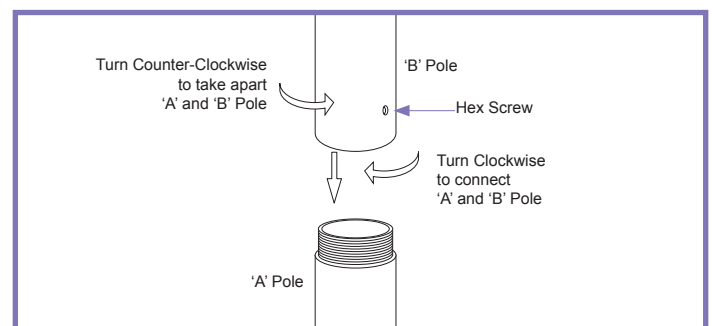
Whilst the pole is out of the stage frame try the operation of the 'spinning and static' mechanism so you familiarise yourself with how it works. This will help if you have problems removing the pole. Loosen the 2 Hex screws and spin the bearing unit and then tighten the screws and you will see the bearing unit will not spin.

**IMPORTANT** – the 2x static locking screws must be screwed in to insert the pole and to remove it. Undone screws will be the fundamental reason why the pole cannot be removed from the main stage frame. When the screws are undone they catch inside the main frame centre unit and so when you try to remove the pole the bearing unit it will be held in place.



## Attaching the 'B' Pole

Take the 'B' pole and check the 'Top Cap' is tight. Making sure the 'A' pole is in 'Static Mode' place the 'B' Pole over the top of the 'A' Pole and screw down. Screw down firmly hand tight. Now tighten the 2x Hex screws which lock the 'B' pole in place.



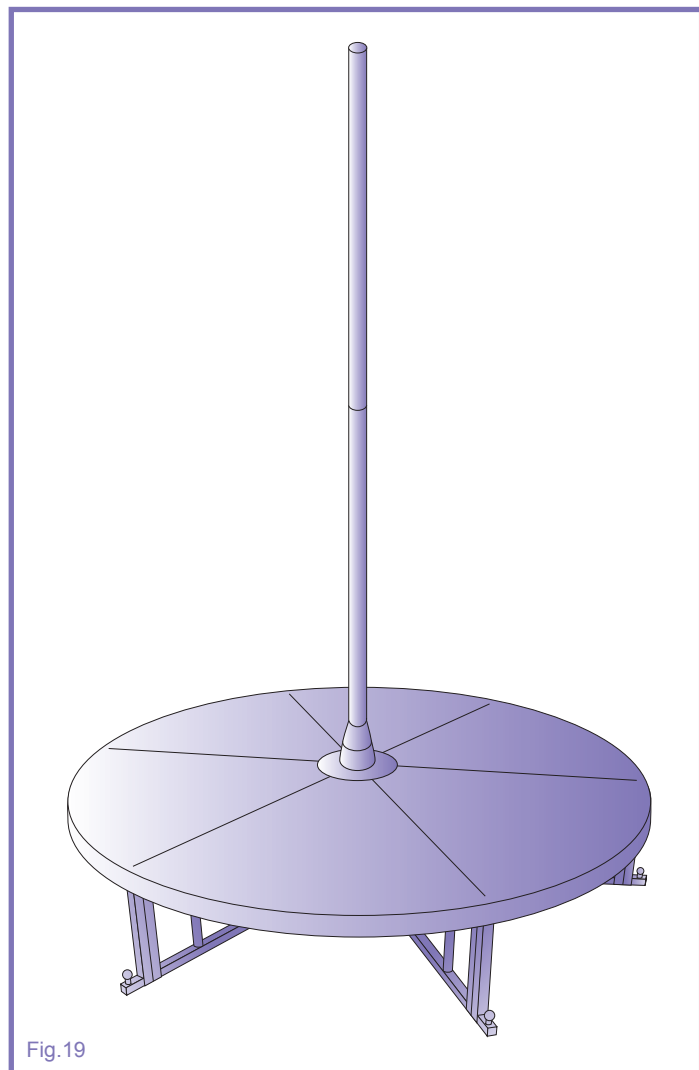


### Floor Level Screw Adjusters

Depending on where the stage is positioned the floor may not be level and the stage may wobble.

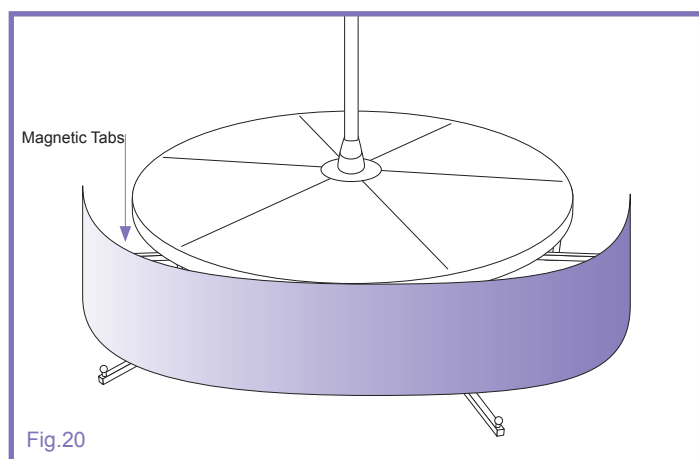
At the end of every sub-frame is a screw adjuster with a 'Ball' top. Use these to stabilise the stage and stop it wobbling. Screw these clockwise to extend, counter-clockwise to retract.

### The main stage assembly is now complete



### Attaching Side Skirts

Once the basic assembly of the stage is completed the side skirts can be added. These are magnetic and are attached on the edge of the stage. Take care not to attach them too high or you will catch them when you dance. [Fig.20]



### Additional Stabilisation

The X-Stage is very stable in its basic assembled format and can be used in this format for most standard spins and moves. However, if the X-Stage is being used for more aggressive moves or by heavier persons, the inbuilt stabilising legs and/or additional weights may be required.

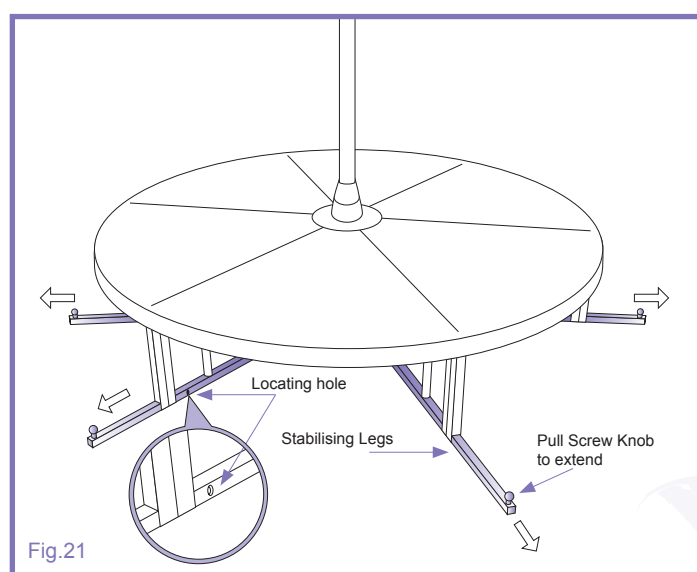
It is the users responsibility to check if the stage is stable and needs more weight/stabilisation.

### Stabilising Legs

At the bottom of each X-Stage sub-frame there are extendable stabilising legs [Fig.21]. To extend a leg, slightly lift the stage sub-frame to take the pressure off the leg, pull on the round screw knob and the stabilising tube will extend out of the frame. Pull on this slowly until the press stud pops into the locating hole in the side of the sub-frame lower tube.

It has been found that the screw adjusters assist with stabilisation. When the legs are extended. Extend these floor adjusters until there is pressure on the stabilising leg.

To retract the legs push the spring press stud inwards and push on the end of the leg until it is back inside the sub-frame.

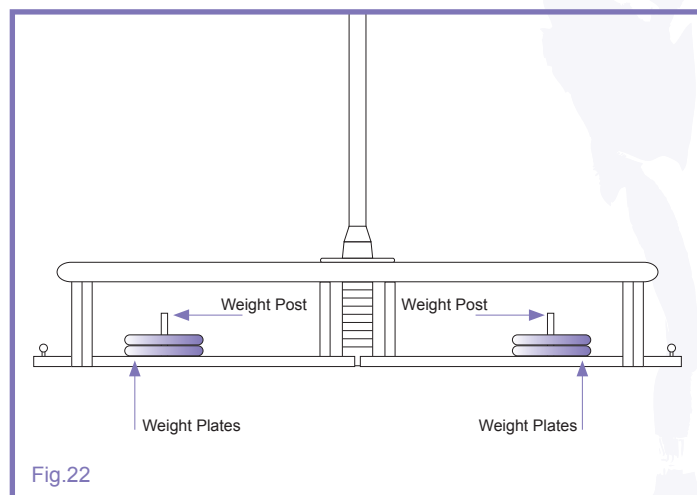


### Additional Weight

X-Stage is equipped as standard with weight posts [Fig.22]. These weight posts are on every sub-frame and weights can be added at the user's discretion.

Ensure that weight is spread evenly to ensure the stage is balanced. Weight can be added to 3 or 6 of the sub-frames as required.

The weight posts accept weight plates with a 25mm (1") or larger diameter centre hole. Weight plates can be purchased from fitness stores or on the internet.



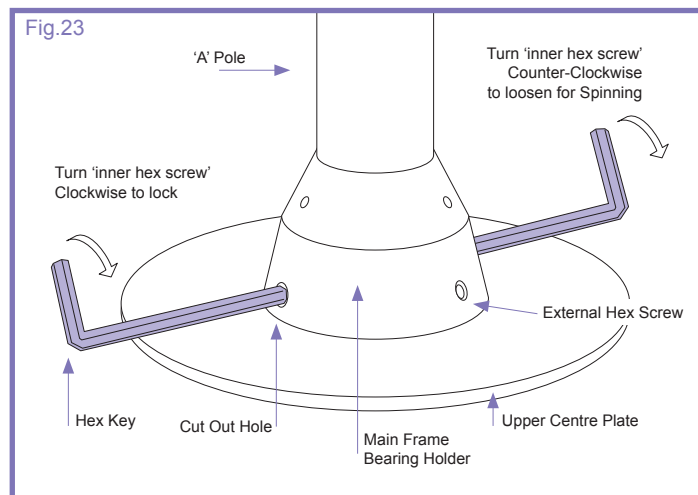
## Static or Spinning

To convert the X-Stage from static to spinning, undo the 2x hex screws located inside the main frame bearing holder [Fig.22]. The 2x screws are accessed through the holes in the bearing holder. The screws only need to be loosened slightly.

**Do Not** undo the 3 pole retaining screws on the upper section.  
**Do Not** release the 2x external retaining hex screws.

To return it to static re-tighten the hex screws.

**DO NOT FORGET** – the static and spinning screws must be tight to remove the pole unit.



## Dis-assembly

To dis-assemble the stage carry out the assembly instructions in reverse.

When removing the stage floor plates the sprung catches should be undone first. The catch activation pins, which are pointing downwards from the catch, should be pulled inwards whilst at the same time pushing them towards the centre of the stage. As they slide inwards they will then rotate backwards and lock into place making it easy to remove the floor panel.

## BEFORE USING YOUR X-Stage

Misusing a pole can be dangerous not only to you but also anyone close to the pole. The use of any 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 or prepared, muscle damage and strains can occur.

## Trouble shooting

Bearing unit slipped on pole.  
As per the instruction sent by Paul

Information needed

Information needed

Information needed

Information needed

# *X-Stage*

**Vertical Leisure wishes you much fun and  
enjoyment using your X-Stage!**



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Leaders in Pole Technology

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