

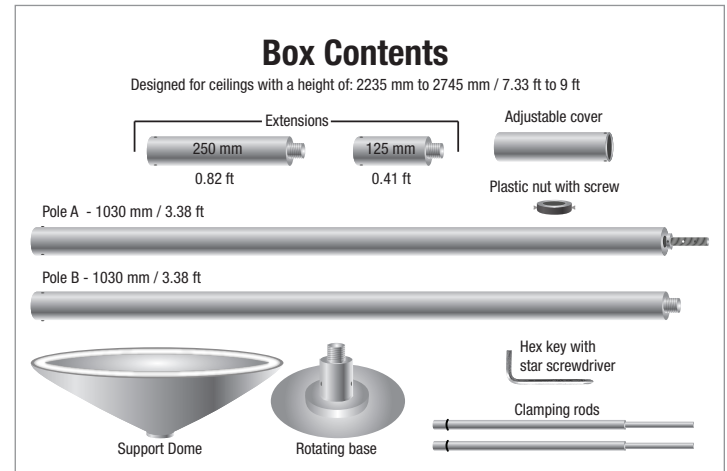
Instructions for the professional dance pole

This professional dance pole in stainless steel is easy to install and can be assembled in about ten minutes. It was designed to be installed on virtually any flat ceiling and uses 2 very robust supports with silicone pads, so you do not need to drill holes. Vaulted ceilings, acoustic ceilings and false ceilings are not recommended. Always check the durability of both the floor and ceiling before installation to ensure the robustness and security of the installation.

If you have a plaster ceiling, the pole should be positioned underneath a ceiling joist. The ceiling joist is a wooden beam that goes under the plaster. We recommend using a stud finder to locate the ceiling joist. Installation is quick and easy, requiring only a few tools provided in the item box and also a stool, a pencil and a stud finder available in all hardware stores. However, it is highly recommended to be two people to install the pole.

Warning: Do not use your dance pole on temporary or suspended ceilings, because your installation will not be safe and could cause personal injury and property damage.

First, you must know if you have a concrete or plaster ceiling. If you are not sure of the material of the ceiling, you should check with a qualified person. If you have a concrete ceiling, you can install your pole wherever you like. If you have a plaster ceiling, you will need to locate a ceiling joist.



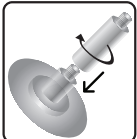
- 1** Locate the joist of the ceiling using a stud finder. Make sure you have enough space between any wall or object, find the center of the beam and put a mark with a pencil.

See illustration
"Box Contents"
in the top of
the page

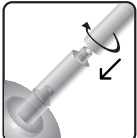
- 2** Remove the parts from the box and become familiar with them. Note that the adjustable height rod is already screwed into the pole A and the top nut is screwed into the adjustable cover.



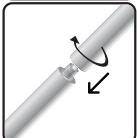
- 3** Calculate the height of the ceiling. If necessary, use the included extensions. (For standard height of 8 feet, use the 2 poles with the extension of 250 mm.)



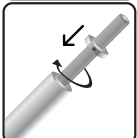
- 4** Screw the extension of 250 mm in the rotating base.



- 5** Screw the pole B on the extension of 250 mm.



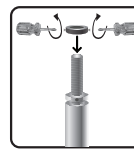
- 6** Screw the pole A on the pole B.



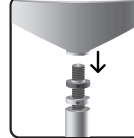
- 7** Reduce the height of the adjustable height rod in the pole A to facilitate ceiling installation.



- 8** Insert the adjustable cover to the top of the rod and slide it down to the bottom of the dance pole.



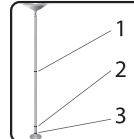
- 9** Unscrew the 2 screws on the plastic nut and keep the screws for step 15. Then place the plastic nut at the end of the adjustable rod.



- 10** Place the support dome on the adjustable height rod and place the pole vertically to the designated place. Be careful, the pole holds itself up, but as long as it is not completely fixed, this represents a risk of physical or property damage.



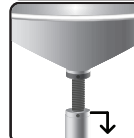
- 11** Use the stool to extend the adjustable height rod with the clamping rod, to stick the support dome on the ceiling with a good pressure.



- 12** Use the clamping rod to tighten at the maximum the extension of 125 mm, as well as the 2 poles in the 3 designed holes for this purpose.



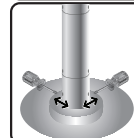
- 13** Lengthen as much as you can the adjustable height rod with the clamping rod, then finally use the wrench for a maximum tightening.



- 14** Place the metal nut at the base of the adjustable rod and tighten with the clamping rod (Insert the wider side of the clamping rod into the nut).



- 15** Replace the adjustable cover at the top of the pole and secure it with the screws removed from later in step 9.



- 16** This step is optional. You can choose if you want your pole to be fixed or spinning. To make it spin, unscrew and remove the two screws in the rotating base and voila. To put it fixed, put the screws in the rotating base.

Finally, test the pole before you let go your prowess. This will ensure that your installation is solid and will reduce the risk of injury. If you find that your pole is not stable enough, refer to steps 11 to 14.

Warning :

- The pole maintains its position with the pressure between the floor and the ceiling, so that it may loosen somewhat when you use it. You should check the strength of the pole every 20 to 30 minutes after continuous use. Also, before each use, always check the strength of the pole.
- The pole needs to be cleaned daily. Use a damp towel to wash and dry immediately. Make sure the pole is dry before using.
- Weight suggested not to exceed 220 lbs (100kg). Install and use at your own risk.