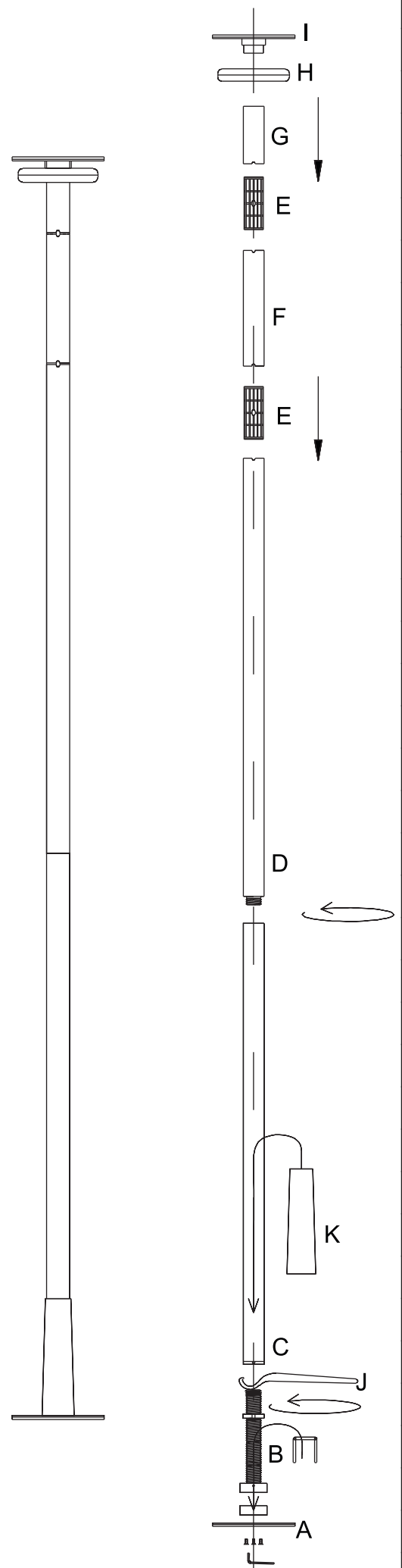


Dance Pole Kit

03017431

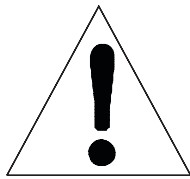




Congratulations on the purchase of your Dance Pole kit!

You have just taken a great step towards a more fun,
sexy and healthy lifestyle!

Please read all steps and warnings before beginning.
Keep this instruction booklet for future reference.



WARNING



Pole can only be installed on a concrete ceiling or directly under a ceiling joist (if ceiling is drywall or plaster). Failure to follow this direction may cause property damage and/or personal injury. If unsure what your ceiling is constructed of or where to install the pole, consult a qualified professional for advice.

Pole may only be used safely if installed on a level and firm floor and ceiling. Using the pole on uneven surfaces can cause property damage, as well as personal injury. DO NOT install this product on drop ceilings.

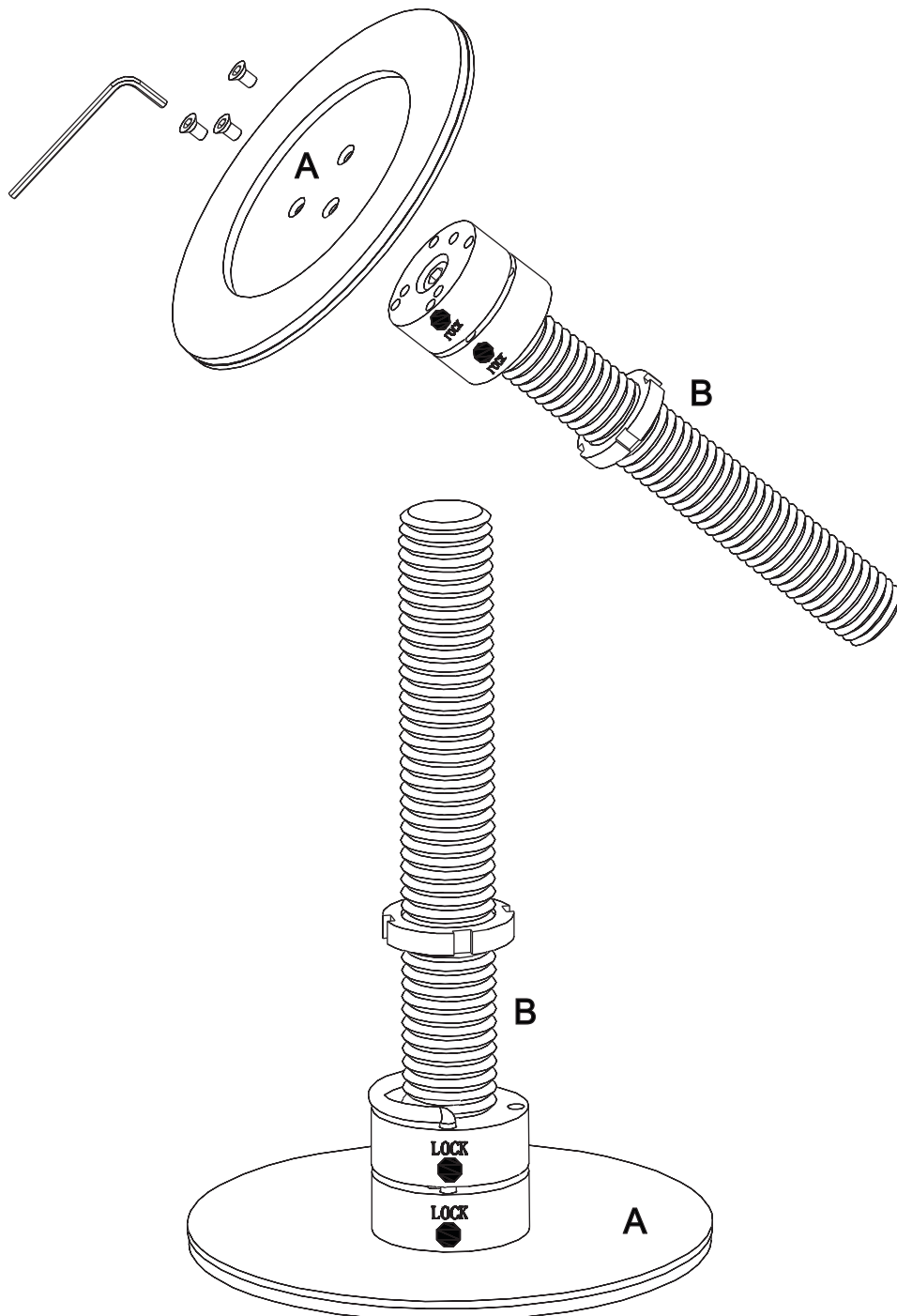
CAUTION

- Use on ceilings from 7'6" to 9' only! (2.28 m to 2.75 m)
- When installed properly, the pole will support loads up to 250 pounds.
- This pole is NOT a toy. Age 18 +
- Consult a health professional before starting any new physical activity.

INSTRUCTIONS

Step 1:

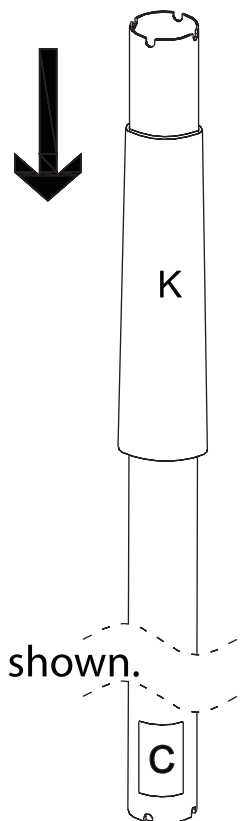
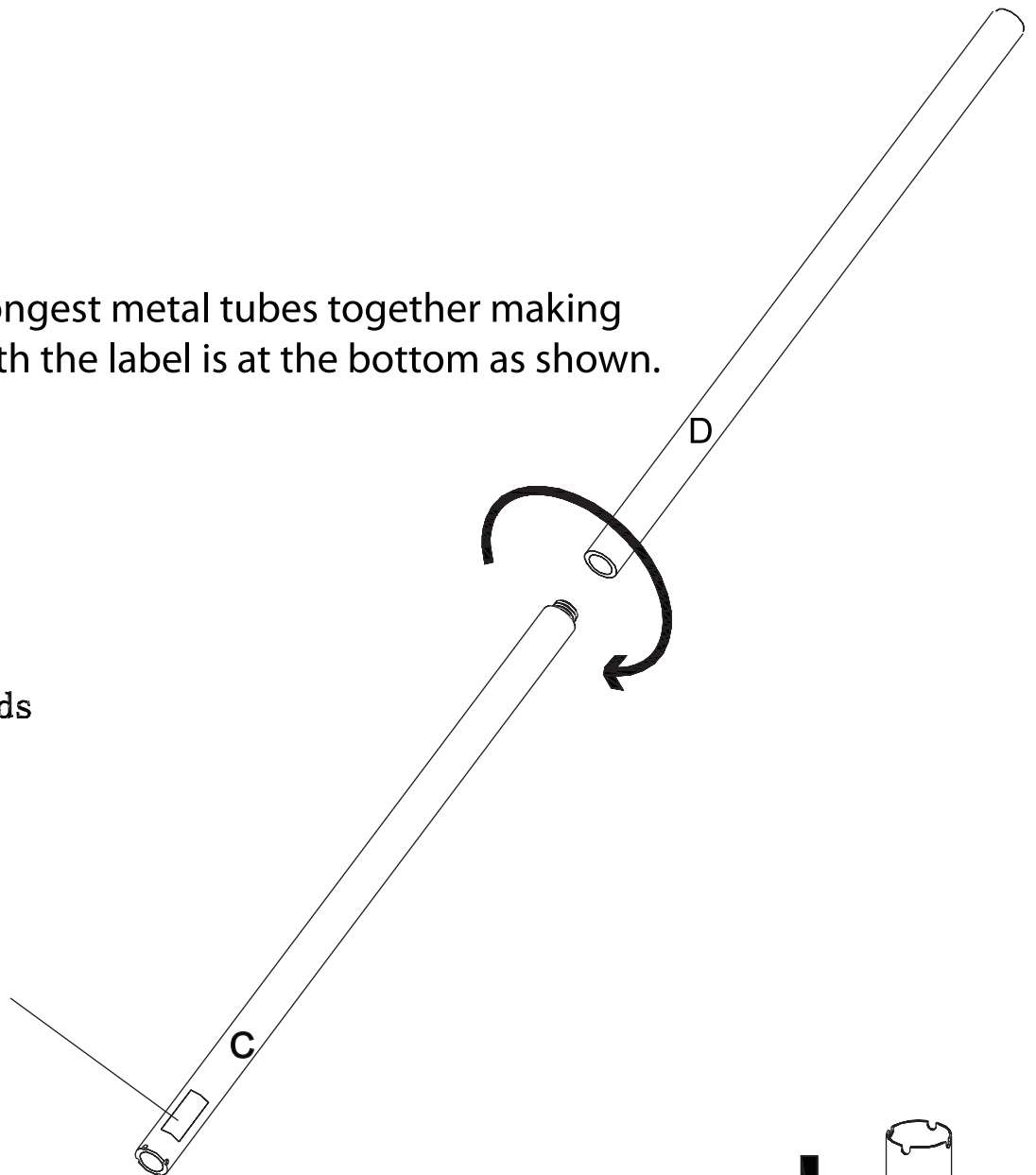
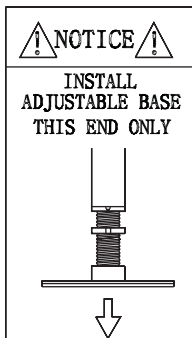
Using screws provided, attach the bottom plate to the threaded rod.



Step 2:

Screw the two longest metal tubes together making sure the tube with the label is at the bottom as shown.

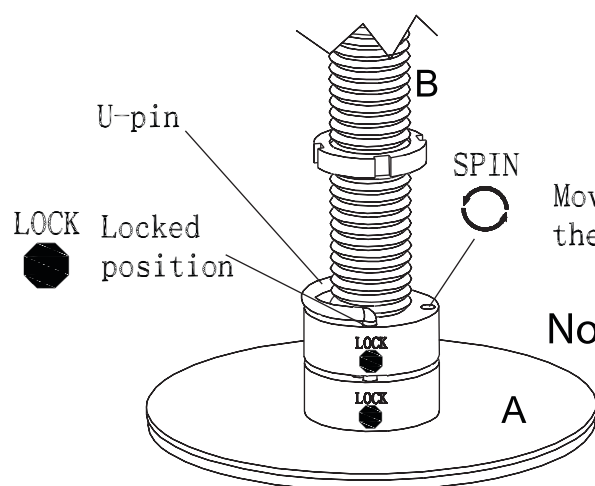
Sticker towards
bottom



Then insert the plastic cover over the metal tube assembly as shown.

Step 3:

With the U-pin inserted into the base at the stop position, screw the pole assembly onto the bottom assembly.



Move U-pin to these holes to spin

Note: The U-pin must be in LOCK position for all assembly and disassembly

Measure your ceiling height, then refer to the chart to see which extensions, if any, you will need. Note your kit comes with one 5.4" and one 11" extension.

Ceiling Height	Extensions Needed
7'10" (2.38m) or lower	None required
7'10" to 8'3" (2.38m to 2.5m)	Use 5.4" extension only
8'3" to 8'8" (2.5m to 2.64m)	Use 11" extension only
8'8" to 9'2" (2.64m to 2.8m)	Use both extensions

Pole assembly

D

C

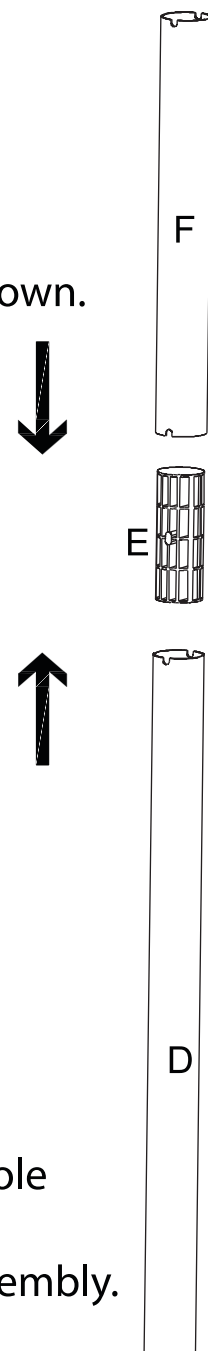
Bottom assembly

B

A

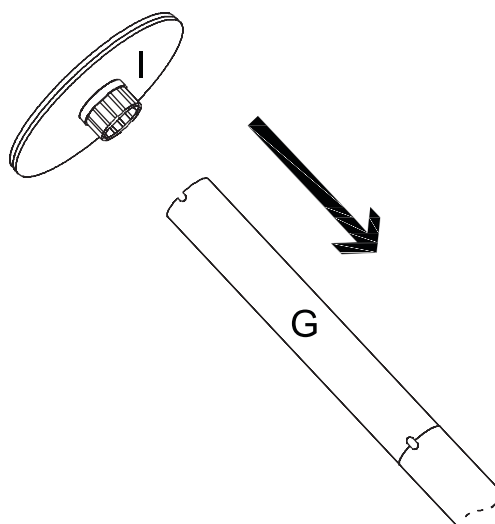
Step 4:

Using the plastic connectors, connect extensions if needed, as shown.



Then attach the top plate by firmly pushing it into the end of the pole assembly.

Note: It is normal for the top plate to spin freely before the final assembly.



Step 5:

Extend the pole by turning it counter clockwise until it is hand tight against the ceiling.

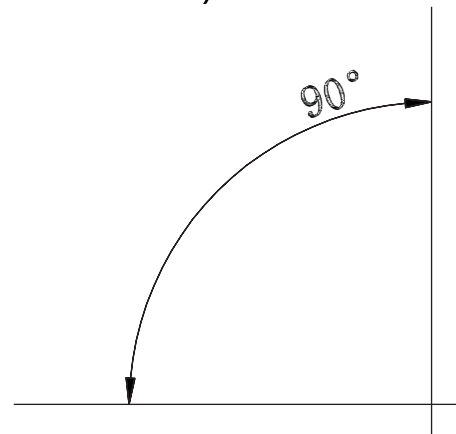


WARNING

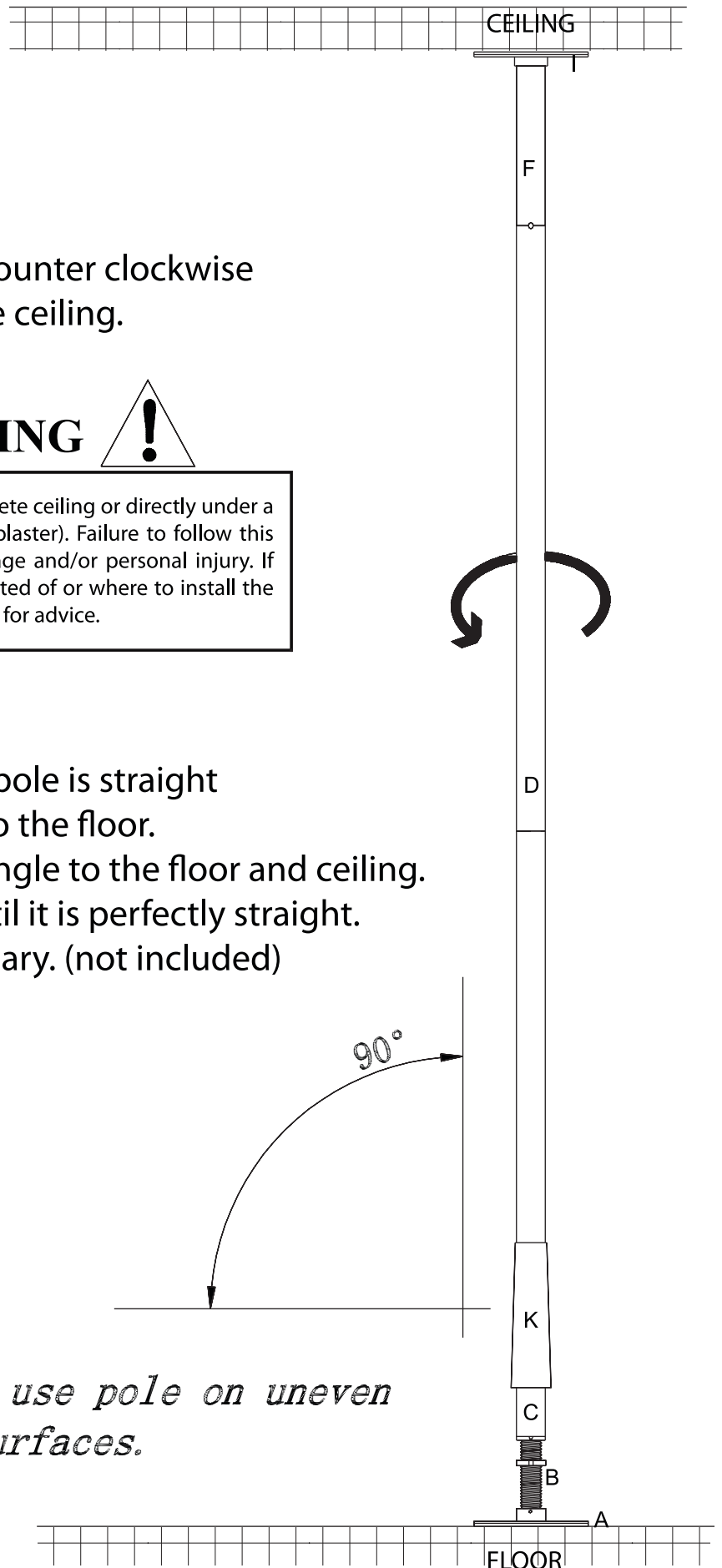


Pole can only be installed on a concrete ceiling or directly under a ceiling joist (if ceiling is drywall or plaster). Failure to follow this direction may cause property damage and/or personal injury. If unsure what your ceiling is constructed of or where to install the pole, consult a qualified professional for advice.

Next, check to make sure the pole is straight and perfectly perpendicular to the floor. Pole must be at a 90 degree angle to the floor and ceiling. Adjust the pole as needed until it is perfectly straight. Note: Use a level tool if necessary. (not included)

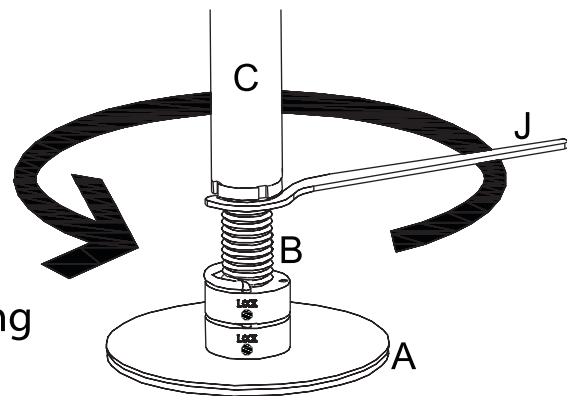


Do not attempt to use pole on uneven or non parallel surfaces.

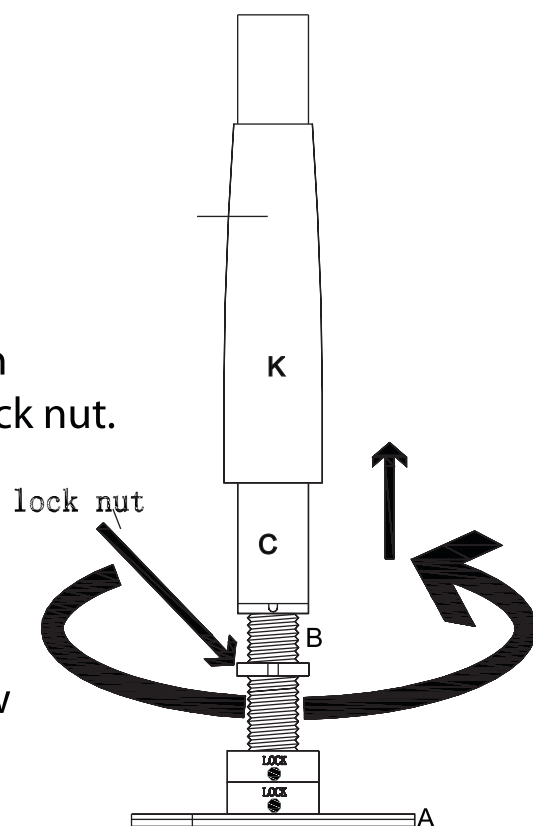


Step 6:

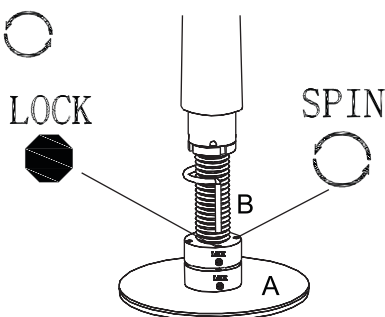
Finish the assembly by tightening the pole using the tool provided. Hold the pole and check to make sure it is steady and does not move when firm pressure is applied sideways.



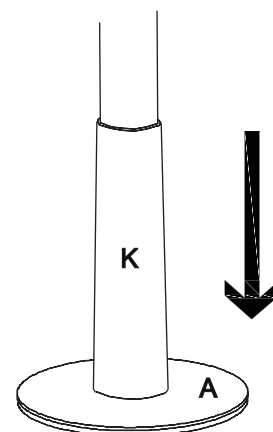
Screw the lock nut ALL THE WAY UP, then tighten with tool until snug. DO NOT over tighten the lock nut. This secures the pole while using it.



Once nut is tightened, remove the U-pin to allow the pole to spin. To store the U-pin, place it in holes marked "Spin".



Lastly, lower the bottom assembly cover as shown.



ENJOY!