

INSTRUCTIONS

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.

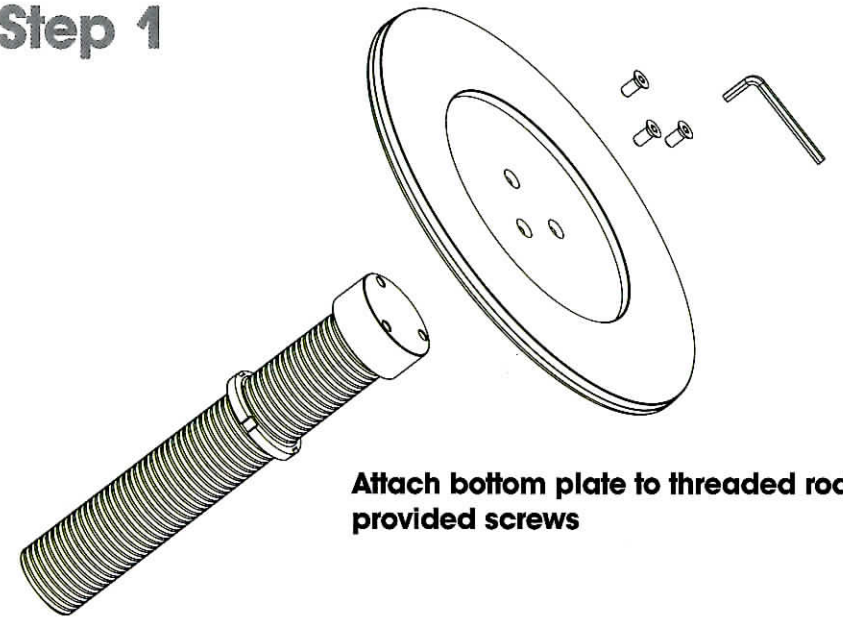
! WARNING: Pole can only be installed on a concrete ceiling, or directly under a ceiling joist (if a drywall or plaster ceiling). Failure to follow this direction may cause property damage and/or personal injury. If unsure what your ceiling is made of, and/or where to install your pole, consult a qualified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

Pole may only be safely used if it is installed on a level and firm floor & ceiling. Using the pole on uneven surfaces can cause property damage and personal injury. Do not use install this product on drop ceilings.

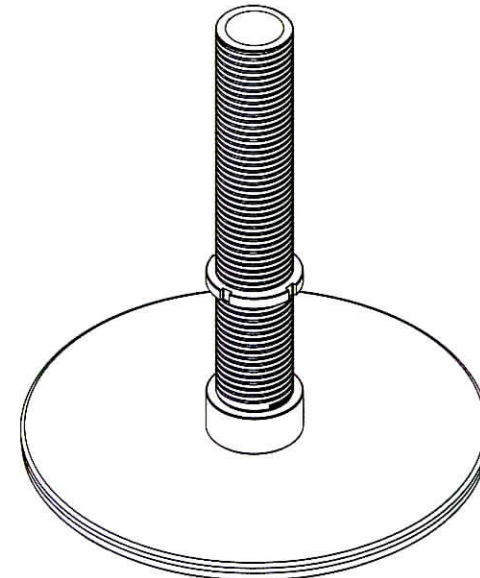
CAUTION

- Use on ceilings from 7'6" to 9' (2.28m to 2.75m) only!
- When properly installed, pole supports loads up to 250 lbs.
- Not a toy. Age 18+
- Consult a health professional before starting any physical activity.

Step 1

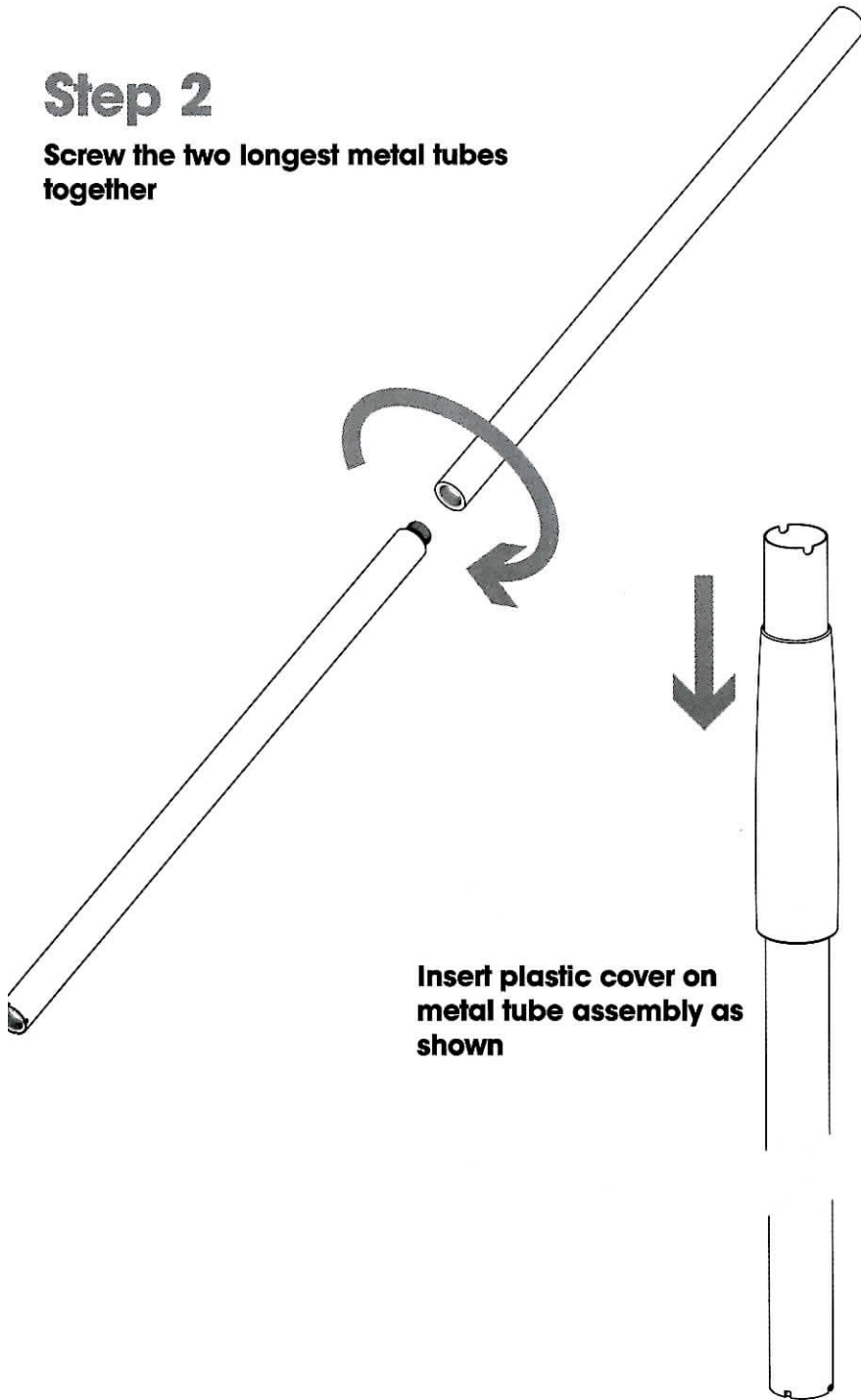


Attach bottom plate to threaded rod with provided screws



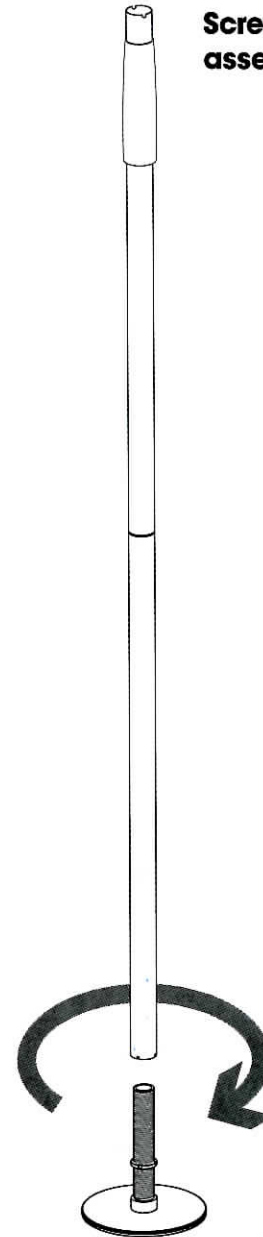
Step 2

Screw the two longest metal tubes together



Step 3

Screw pole assembly onto bottom assembly

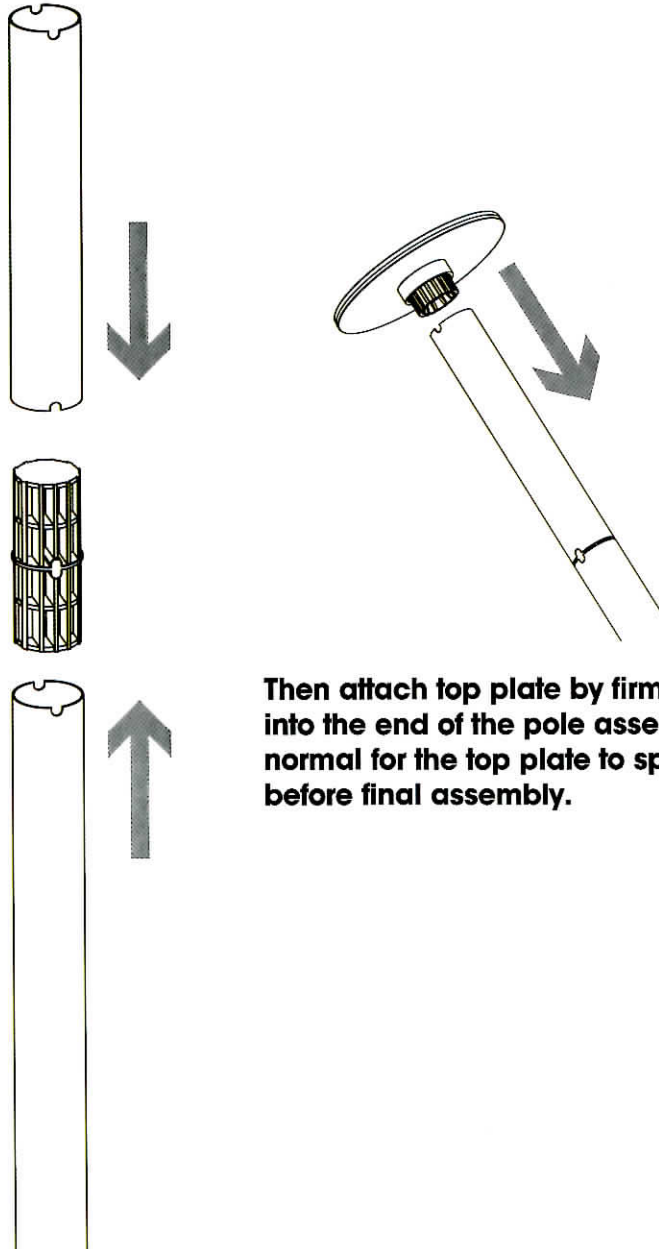


Measure your ceiling height, then check the chart below to see which extensions you will need, if any. Your kit comes with one 6" extension, and one 12" extension

| Ceiling Height | Extensions Needed |
|--------------------------------|------------------------|
| Up to 7'7" or 2.3m | None required |
| 7'7" to 8'2" or 2.3m to 2.49m | Use 6" extension only |
| 8'2" to 8'7" or 2.49m to 2.61m | Use 12" extension only |
| 8'7" to 9' or 2.61m to 2.74m | Use both extensions |

Step 4

Connect extensions as needed by using plastic connectors as shown

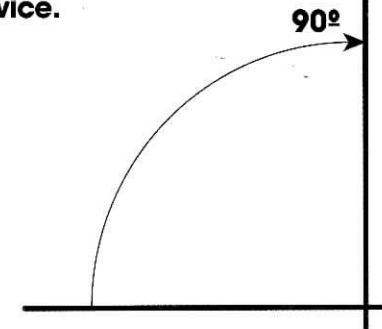


Then attach top plate by firmly pushing it into the end of the pole assembly. It is normal for the top plate to spin freely before final assembly.

Step 5

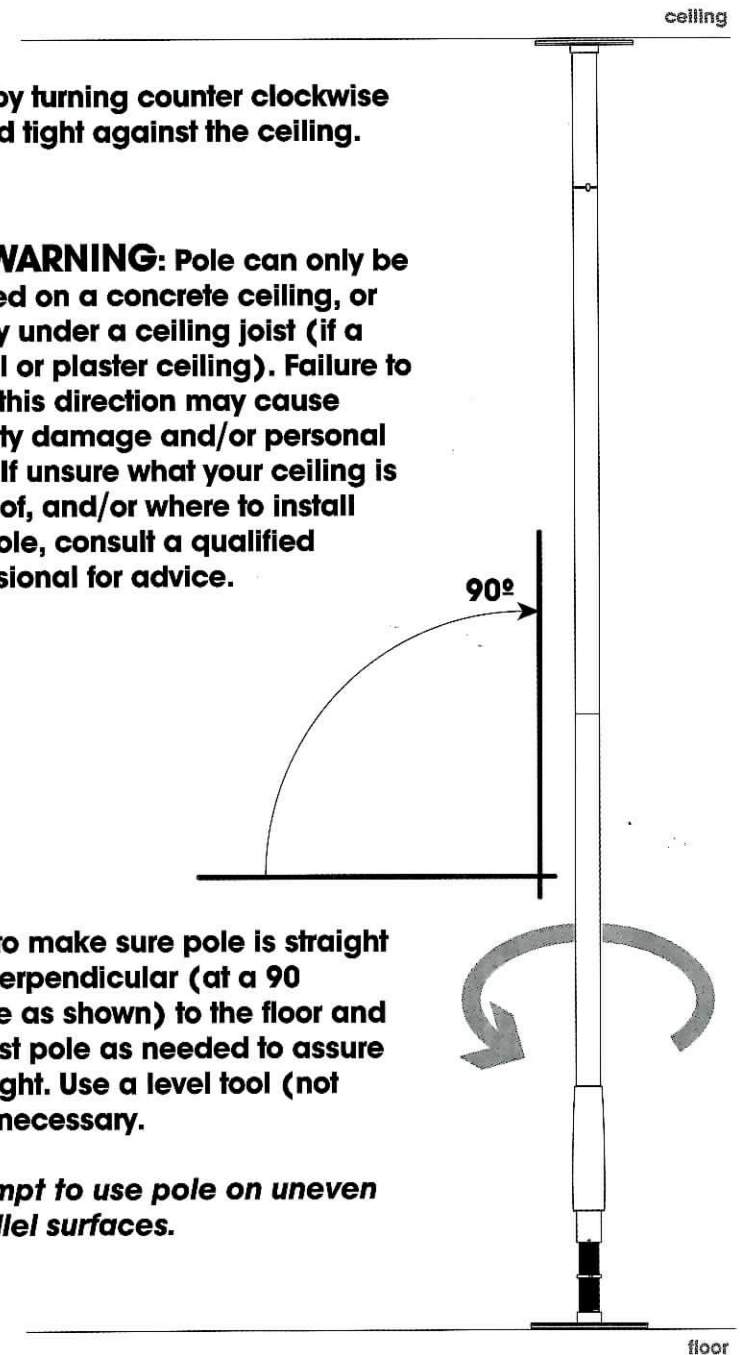
Extend pole by turning counter clockwise until it is hand tight against the ceiling.

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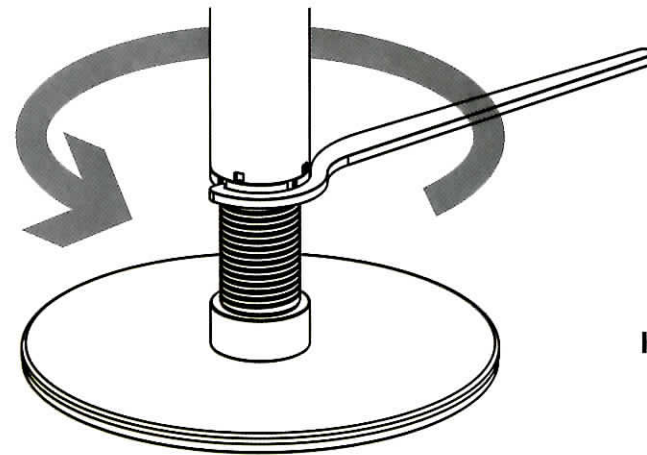
Now, check to make sure pole is straight & perfectly perpendicular (at a 90 degree angle as shown) to the floor and ceiling. Adjust pole as needed to assure that it is straight. Use a level tool (not included) if necessary.

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

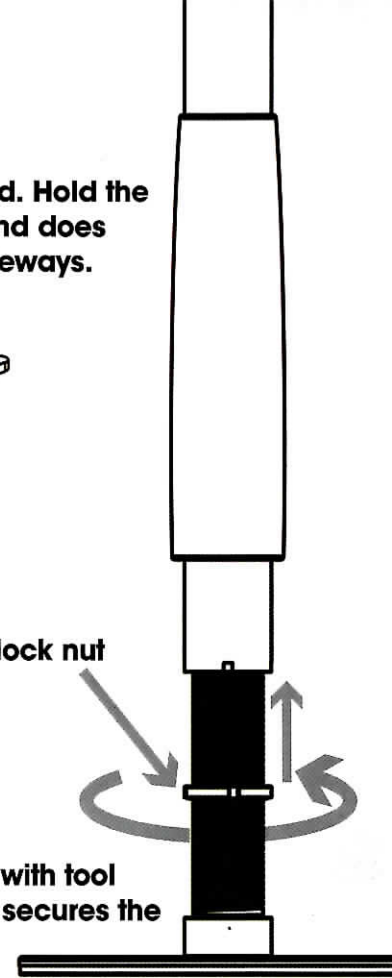


Step 6

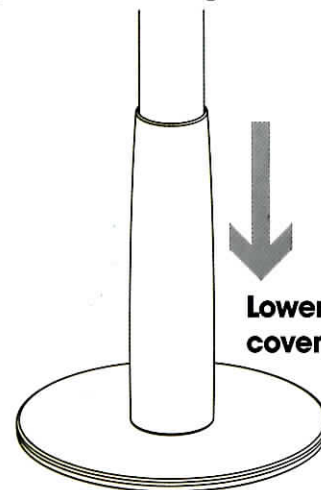
Finish by tightening pole using tool provided. Hold the pole and check to make sure it is steady and does not move when firm pressure is applied sideways.



lock nut



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



Lower bottom assembly cover as shown.

ENJOY!