

FITPOLE

ORIGINAL

INSTALLATION, OPERATING, AND SAFETY INSTRUCTIONS

FITPOLE STAGE

Thank you for selecting *Fitpole Stage*! You now own a masterpiece of Finnish design, manufacturing and marketing – one of the best dancing poles available! We will develop and refine *Fitpole Stage* based on feedback and suggestions from the users. In case you have suggestions on how to improve *Fitpole Stage*, do not hesitate to contact us. You will find our contact information at the end of these instructions.



SAFETY is our priority! It is very important that you read all the instructions and tips before installing or using the pole. Do NOT install *Fitpole Stage* if you are unsure of how it should be installed or used. In this case, contact the retailer. Keep these instructions available during the whole service life of the product.



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Introduction

Fitpole Stage

Fitpole Stage is a dancing pole stage consisting of two pieces. It stands alone and does not need to be secured to a ceiling. The pole itself consist of either one or two pieces. Pole height is 2800 or 2700 mm. The total Height of the stage is 2990mm and 2890mm

Fitpole Stage is provided with a warranty of 1 year.

Physical results

- Improves muscle strength and power
- Improves physical coordination skills
- Improves balance and mobility
- Improves efficiency of the circulatory and respiratory systems
- Burns fat and tones muscles

Safety instructions

Notes

Ignoring the following instructions can lead to severe accidents during exercise!

- Have a medical check-up before embarking on exercising. This way you can make sure that you can safely use the dancing pole.
- If you feel dizzy or you otherwise do not feel well during an exercise, do not continue with the exercise. Have your physical condition checked before using the pole again.
- Make sure that there is enough free space around you. *Fitpole Stage* is not a toy. Minors may only use the pole under adult supervision.
- Use *Fitpole Stage* only for its intended purpose. Maximum permissible pole load is 100 kg.
- Fitpole Stage is designed for one user. Only one person may use it at a time. Several users are not allowed.
- Always check *Fitpole Stage* before exercising. If you notice any deformities or irregularities, do not use the pole.
- Follow possible exercise instructions.
- Warning: Some moves might require excellent mobility and balance. Take this into account when exercising and start carefully.
- The manufacturer or its partners are not responsible for any injuries or material damages caused by using this product.

Fitpole Stage is used outside the direct supervision of Ahlsport, Ahlsport e-store, retailers, and salespersons or any other natural or legal persons associated or cooperating with Ahlsport do not assume responsibility for any accidents to users or for any injuries or property damages to third parties. However, general consumer rights are respected.

Fitpole Stage is a portable stage. Because of this, it may damage the flooring. In this respect, *Fitpole Stage* does not differ from similar products on the market. Please take this

into account and minimise the risks before using *Fitpole Stage*. Ahlsport, retailers or any other natural or legal persons associated or cooperating with Ahlsport do not assume responsibility for any property damage or accident caused by or in relation to using *Fitpole Stage*. If you do not accept the risk for accidents or damages, do not use *Fitpole Stage*. Keep the product in its original package unopened.

Installation instructions

Contents of the package

Fitpole package contains the following items:

- Wooden stage elements (2 pcs)
- Metallic base plate of the stage (1 pc)
- Pole (1- or 2-pieced)
- Gaskets for the underside of the stage (4–6 pcs)
- Screws for securing the pole (5 pcs)
- Screws for securing the base plate (9 pcs)
- Hex wrench

If the package does not contain the above items, please contact the retailer/sales point.

Installation location

If you are not sure whether the location is suitable, please contact a building professional or the retailer/sales point.

If you do not accept the risk for damages, do not install *Fitpole Stage*.

Choose a proper place for exercising and dancing. To test that there is enough free space around the pole, walk around the pole with your arms open and check that there is nothing on your way. As a rule the stage should be installed inside a circle with a diameter of at least 3 to 3.5 m.

How to mount Fitpole

Check the contents of the package once again. If something is missing or any item is damaged, contact the retailer/sales point.

Attach the metallic plate to the wooden stage elements according to the picture (picture 1). Watch the assembly video (<https://www.youtube.com/watch?v=aGxzUp24BLQ>)



Picture 1. Attaching the metallic plate to the wooden stage elements

Screw the bolts (8 pcs) to their holes according to the picture (picture 2.). Tighten the bolts to appropriate tightness. Be careful not to damage the threads in the metallic plate.



Picture 2. Tightening the bolts between the wooden elements and the metallic plate

If needed, install a gasket under each corner of the stage for anti-skid protection.

Attach the pole to the stage according to the picture (picture 3).



Picture 3. Attaching the pole to the stage

The pole and the metallic base plate both have alignment marks for aligning the bolt holes (picture 3). Make sure that the alignment holes indicated by the upper arrows (picture 3) are aligned properly.

If you want to lock the stage of the spinning model to a static position, align the alignment holes with the lower bolt hole.

Screw the bolts of the pole (5 pcs) to their holes according to the picture (picture 4) with the ball end of the hex wrench. Tighten the bolts to appropriate tightness with the other end of the wrench.



Picture 4. Installing the bolts

Note! First, start all the bolts a few threads. Then screw the bolts to appropriate tightness.

You can lock the spinning stage into static position by installing an extra bolt shown in the picture (picture 5). See also picture 3 (alignment holes).

The bolt used for locking the stage is the same as the bolts used for attaching the wooden elements to the base plate.

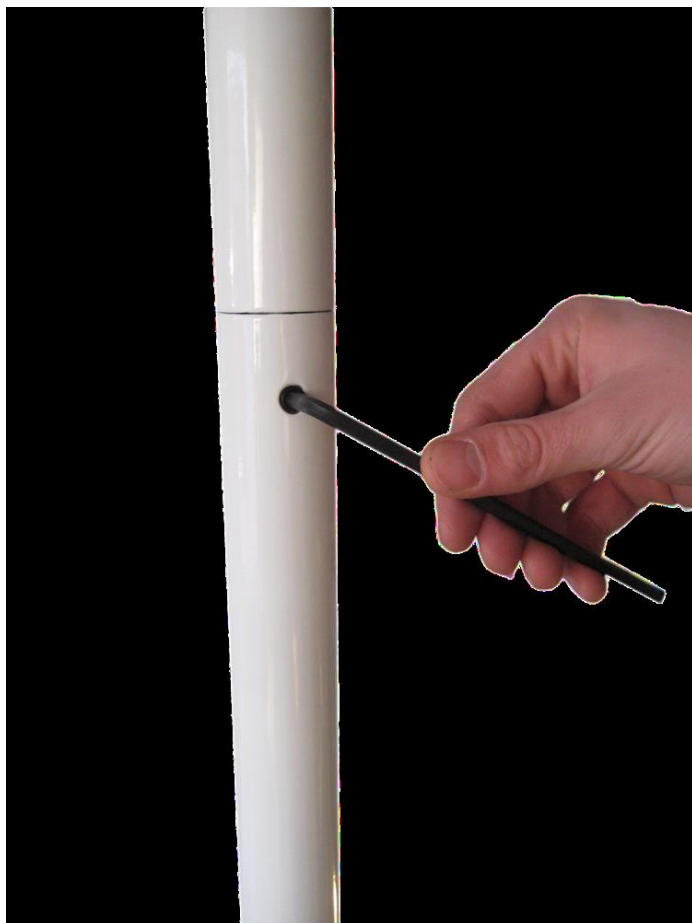
Once you remove the bolt, the stage spins again.

Note! The bolt needs to be lubricated every 5th time the pole is mounted or at least every other month.



Picture 5. The bolt for switching between static/spinning mode

The threads at the mid-section of the 2-pieced pole have been lubricated at the factory before packing. You can lubricate the threads regularly, e.g. every 5th time you mount the pole or at least every other month. Besides oil, you can lubricate the threads with for example petroleum jelly. Tighten the upper and lower part of the pole together with your hands. You don't need any tools. You can ease the upper part onto the lower part by turning the upper part clockwise. Then screw the lock screw located on the side of the pole clockwise with the hex wrench included in the package (picture 6). When disassembling the pole, first open the lock screw and then twist the pole parts apart with your hands. If the parts do not move with reasonable force, for example a wet towel might be of help.



Picture 6. Tightening/opening the lock screw

You can lock the spinning stage into static position by installing an extra bolt shown in the picture (picture 6). See also picture 3 (alignment holes).

The bolt used for locking the stage is the same as the bolts used for attaching the wooden elements to the base plate. Once you remove the bolt, the stage spins again.

Note! The bolt needs to be lubricated every 5th time the pole is mounted or at least every other month.



Additional information

Cleaning, maintaining and storing the product

Please follow general rules on cleaning painted surfaces. You can clean the product with water or neutral detergent. You can also clean *Fitpole Stage* with a detergent containing alcohol. If you use a detergent, test the detergent first in an inconspicuous spot. Never use abrasive or scratching tools. To protect the painted surface, avoid using rings or other abrasive jewellery.

All the threads in all the parts of the stage should be lubricated every 5th time the stage is mounted or at least every other month. Besides oil, you can lubricate the threads with for example petroleum jelly. Also, check all the screws and bolts regularly (at least every 6th month) and replace them if needed. All the fixings and fasteners in *Fitpole Stage* are wear and tear parts. Failure to check and maintain the product may lead to danger.

Decommissioning and disposal of consumer goods

As *Fitpole Stage* consists mainly of metallic and wooden parts, it can be disposed of in public recycling centres.



<http://www.fitpolestore.com/>



<https://www.facebook.com/ahlsport/>

Contact information

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