



Attach the padded ceiling cap to the top of the pole

Step 2:

Slot the 2 sections of the dance pole together with ceiling cap facing the ceiling

Step 3:

Twist the top section of the pole clockwise to extend. Extend pole approximately 3-4 inches beyond the height of your ceiling.

Step 4:

Install by pushing the padded ceiling cap towards the ceiling. Spring will flex to allow you to fit the pole firmly. Slowly release pressure until the base of the pole is firmly pressed against the floor.

Step 5:

Make sure the pole is erected straight before use. Pole can be more permanently fixed by adding screws through the alloted spaces in the ceiling cap.