

DANCE POLE / PRO POLE  
*Installation  
Manual*

U.S. PATENT # 7,338,411



*www.lilmynx.com*

Read all instructions before assembly and use of the pole.  
Keep these instructions for future use.  
Save your original packaging.

Made in USA



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Marketing & Promotions  
Inc.

## Save these important Safety Instructions

Safety is a combination of common sense, staying alert, and knowing how your Lil' Mynx dance pole is installed and used.

### Safety Signal Words

**DANGER:** means if the safety information is not followed someone will be seriously injured or killed.

**WARNING:** means if the safety information is not followed someone could be seriously injured or killed.

**CAUTION:** means if the safety information is not followed someone might be injured.

**WARNING** - Read and understand this owner's manual before installing and using the Lil' Mynx dance pole.

**CAUTION** - Designed for use on carpeted floors. Small non-skid pads are available for non-carpeted flooring at [www.LilMynx.com](http://www.LilMynx.com).

**CAUTION:** If using this product on a vaulted ceiling you must install a vaulted ceiling mount, not the standard mount.

**CAUTION** - When installing, be sure to leave enough room to swing around the Lil' Mynx without obstruction.

**WARNING:** Do not adjust the pole while it is installed on the mount. If you adjust when in place, the ceiling mount will spin causing damage to the ceiling. If you are using a Rotator, your pole will spin the mount, causing the pole to come loose. **NEVER ADJUST THE POLE WHEN IT IS INSTALLED ON THE MOUNT.** Always adjust the pole when it is in a horizontal position.

### LIST OF PARTS

Main Tube  
Adjustment Tube  
Bolted ceiling mount;  
hook, ceiling mount,  
lag bolt, drill bit, allen  
wrench, rubber feet screws

Friction ceiling mount\*\*  
Non-skid floor pad\*\*

\*\*Pro / Pro Lite

### Standard Installation Requirements:

Floor to ceiling minimum distance 95.5 inches/maximum 120 inches  
(Locate an area specified to your pole; 8-9 ft., 9-10ft., 8-10 ft.)

Tools you will need:

1. Drill
2. Tape Measure
3. Safety glasses
4. Stud finder
5. Standard screw driver
6. Ladder/Stepstool
7. Level (recommended)



1) Use a stud finder to find a joist where you would like to install/use the pole. A joist is wooden beam in your ceiling above the sheet rock that typically runs 12-16 inches on center from another. (Figure 1)

**WARNING** - You must find a joist for the mount or serious damage will occur.

**WARNING** - Always use safety glasses when installing your ceiling mount.

**DANGER** - Failure to secure your bolted ceiling mount into a ceiling joist will compromise the structural integrity of your pole, which could result in serious injury. Consult a locally certified housing repairman for installation help if necessary (Note: When using the friction ceiling mount it must straddle a joist).



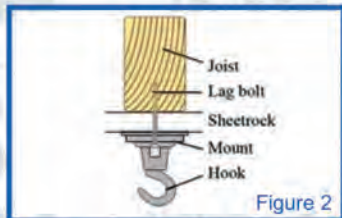
\* For vaulted ceilings go to step 3b\*

2) After locating the joist, drill a hole into it with the 3/16 bit supplied. Drill all the way in until the drill bit disappears completely - about 2 1/2 inches. Be sure to drill in as deep as possible as the lag bolt has a blunt end and can't cut its way through the joist.

**NOTE:** Make sure when you drill that saw dust is ejected from the hole. This helps to confirm that you are drilling into a joist.

### 3a) Standard Ceiling Mount

- Place the lag bolt through the plastic mount. Mount as shown. Use the Allen wrench to tighten the bolt into the drilled hole. It is important to use appropriate force to secure the bolt. Be careful not to over tighten as you will "strip" the threads in the wood. (Figure 2)



### 3b) Vaulted Ceiling Mount

- Locate an area that is 10 feet tall or less.

**Note:** You should locate an area specified to your pole; either between 8-9 ft., 9-10 ft., or 8-10 ft.

- Find the joist center and make a line about 2 inches long. Mark that line with two dots 1 inch apart. These will be the drill marks for the two mounting screws. Drill each hole with the drill bit supplied. Be sure to drill in as deep as possible as the lag bolt has a blunt end and cannot cut its way through the joist (Note: The hole should be drilled in at the same angle as the vault).

- Place the lag bolt through the mount base and tighten into the drilled hole.

- Once the lag bolts are tight, place the swing mount in and place the 1/4 x 20 bolt through the mount. Allow the mount to swing into vertical position. It is important that it is vertical as this is what the pole relies on to hold it in place. Once vertical, tighten the bolt with tool supplied.



(Figure 3) After the pole is installed in place re-check the tightness of the bolt. If it is not tight the mount may move causing the pole to fall.



4) **PRO POLE ONLY** Slip the upper main tube into the lower main tube, taking care as to not damage the surface. (Figure 4)

5) Install the rubber feet on the base by inserting the machine screw through the rubber foot and thread into base. Tighten with a screwdriver. (Figure 5)

6) Measure the ceiling height.

7) Adjust the pole length by turning the adjustment tube while applying slight pressure towards the foot of the pole (Holding the Lil' Mynx at a 45 degree angle is enough pressure.) Do not pull out on the adjustment tube as you extend it. You will be tempted to pull and twist, but resist the temptation. Turn it counter-clockwise to make it taller, clockwise to make it shorter. Adjust the pole so that it is 1 1/4 inch longer than the height of the ceiling (i.e. if you have an 8 foot ceiling, the pole should be 8 feet 1 1/4 inch). Measure from the bottom of the base to the top of the adjustment tube (if installing on a non-carpeted floor be sure to account for 1/2 inch height of the non-skid rubber pad). Check tension every time you install the Lil' Mynx.

**WARNING:** Do not adjust the pole while it is installed on the mount. If you adjust when in place, the ceiling mount will spin causing damage to the ceiling. If you are using a Rotator, your pole will spin the mount, causing the pole to come loose. **NEVER ADJUST THE POLE WHEN IT IS INSTALLED ON THE MOUNT.** Always adjust the pole when it is in a horizontal position.

8) Install the pole by placing the top of the adjustment tube over the mounting hook assembly (Note: The hook is designed for discretion only; it will not attach to anything inside the adjustment tube). (Figure 6)

Once the adjustment tube is seated on the ceiling mount, push to compress the pole and position it to vertical until pole base is flat on the floor. Do not drag the base feet as this can cause them to pop off. If using the non-skid floor pad, place the pad on the floor under the ceiling mount and place the Lil' Mynx dance pole on top (Note: The base feet are still required when using a non-skid floor pad).

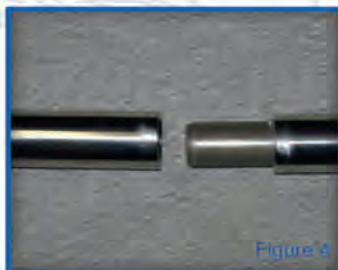


Figure 4

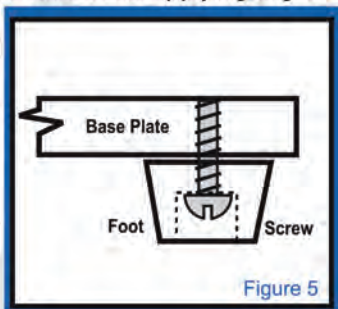


Figure 5



Figure 6

9) Now take 2 steps back and look to see if the pole is straight up and down. (Figure 7) Then move 90 degrees and take another look. It is recommended to use a level on 2 sides of the pole to ensure that it is straight. Test the stability of the pole by applying successively higher weight before using fully.

**CAUTION** - When using the pole, do not grab the adjustment tube. This could cause the pole to detach from the ceiling mount.

### ROTATOR POLE

To unlock a Rotator pole simply push down on lock pin and pull up pin into keyway to lock. If the lock pin is too hard or too easy use a small flat head screw driver and turn the tiny screw facing the pin in side of base 1/8 turn at a time. Clockwise to make harder and counter clockwise to make easier.

### PRO POLE ONLY

#### 10) Friction Ceiling Mount (Figure 8)

**DANGER** - While this mount allows you to install the pole and dance/pose around it, it does have limitations including, but not limited to, heavy side load/spinning. Because the pad is not screwed permanently to the ceiling, any side load could cause the pad to shift on the ceiling. Never take a running leap at the pole. Never allow anyone to use the pole with the friction ceiling pad without being aware of these limitations.

Start with steps 4-7.

- a. Locate ceiling joist. The pad must straddle the ceiling joist. - See step 1
- b. Place the mount onto the adjustment tube, pad side up.
- c. Be sure to have 1 inch of compression on the adjustment tube (i.e. if you have an 8 foot ceiling the pole should be 8 feet 1 inch). Never jam the pole into place as this will damage the internal parts.
- d. Raise the pad to the predetermined joist location and compress to the ceiling - See step 8



Figure 7



Figure 8



e. It is recommended to use a level on 2 sides of the pole to ensure that it is straight. - See step 9

f. Test the stability of the pole by applying successively higher weight loads before full use.

### Troubleshooting

Please refer to the frequently asked questions on our website, [www.Lilmynx.com](http://www.Lilmynx.com), for the most up-to-date troubleshooting.

- Your pole should never be more than 1 to 1 1/4 inches taller than the room.
- Do not jam the pole into place. This could cause internal damage voiding all warranty.
- Do not allow children to play on or use the pole.
- Do not overload the pole. Overloading the pole can result in serious injury. Your pole is designed to handle dancers up to 200 lbs.
- Do not install near windows or doors with windows.
- Do not install near open balconies or unprotected heights.
- A radius around the pole equal to the height of the dancer should remain clear and free of all furniture, objects, obstructions, or debris.
- Do not use if the pole is damaged in any way including, but not limited to, bends, kinks, or any other deformation of the pole.
- Regularly inspect the base feet for wear, damage, or looseness.
- Regularly inspect the ceiling mount for wear, damage, or looseness.

[www.lilmynx.com](http://www.lilmynx.com)

## Care

The Lil' Mynx comes with a powder coat or stainless steel finish and it is important to treat your dance pole with care when in use and in storage. Clean with a damp cloth or Windex. **BE CAREFUL NOT TO DAMAGE OR SCRATCH THE SURFACE.** It is recommended that you remove any rings or bracelets before use, as these items can scratch the finish. It is also suggested that the Lil' Mynx be stored **HORIZONTALLY** to ensure that it has no chance of falling over, causing injury to any person or damaging the finish. If your Lil' Mynx Rotator becomes squeaky or sticky when rotating, spray a little Liquid Graphite / WD40 in between the adjustment tube and main body.

## Warranty/Warning Material

If within 1 year from the date of purchase, this Lil' Mynx dance pole fails due to a defect in material or workmanship, Pacific International Marketing & Promotions Inc. will, at its sole discretion, repair or replace it, free of charge.

This warranty applies only to the dance pole itself, not accessories or carrying case. If this Lil' Mynx dance pole is used for commercial or rental purposes, this warranty coverage applies for only 30 days from the date of purchase.

Warranty service is available by returning your Lil' Mynx dance pole to the original manufacturer in **original packaging**. All exchanges/repairs must be pre-approved. \* Do not return without prior consent.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

This warranty expressly disclaims any and all implied warranties. **No box, no warranty. Save your box & foam.**

Should you have any questions or problems please contact us directly at:

URL

[www.LilMynx.com](http://www.LilMynx.com)

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