

(1) Use the spanner to rotate the inner black pole part at the end of the bottom pole clockwise to further extend the whole dance pole. Please rotate it to the most until the dance pole could not extend further.



(2) Use the spanner to rotate the upper plastic nut anti-clockwise to fasten the upper circle lock in place.



(3) Use the spanner to rotate the lower plastic nut clockwise to fasten the lower circle lock in place.



## 7 (Optional)

There are two screws holes on the ceiling plate. You can use two screws (not included) to fix the ceiling plate on your ceiling. Note that the screws must be installed on a ceiling joist.



# Portable Dance Pole User Manual

## Safety Instructions

1. Never use oil and/or lotion on your hands or body before using the dance pole. The oil and/or lotion transferred onto the pole will make it slippery and hard to hold, which might cause serious bodily injury.
2. The dance pole should not be installed under false or suspended ceilings that are not sturdy enough.
3. Never place a carpet under the dance pole as it could affect the stability of the product.
4. Before the installation, all shrink-wrap covering the parts must be removed.
5. The maximum weight this dance pole could afford is 220 lbs / 100 kg. Never apply any weight over 220 lbs / 100 kg on this dance pole.
6. This dance pole is only for basic moves. It is not suitable for climbing and spinning moves.

## Package Contents



Bottom Pole x 1



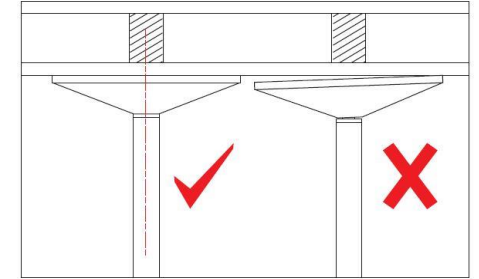
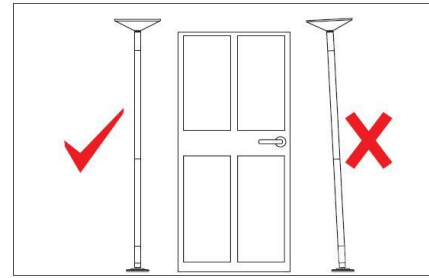
Middle Pole x 1



Top Pole x 1



Carry Bag x 1



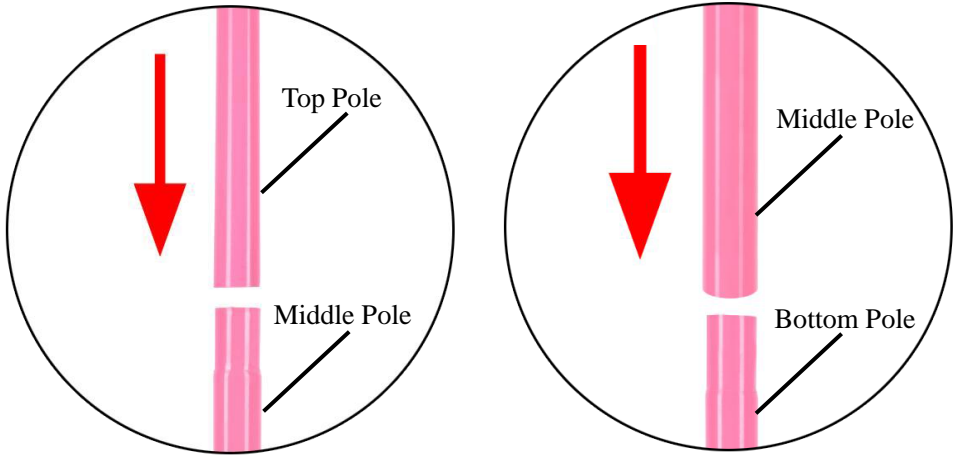
**Note:** Please make sure that the pole is vertical between the ground and the ceiling and that the ceiling plate is flat against the ceiling as shown in the pictures above.

6

While one person is holding the dance pole, the other person carries out the fine-tuning for the dance pole at the lower end of the bottom pole. Please follow the sub-steps for the fine tuning.

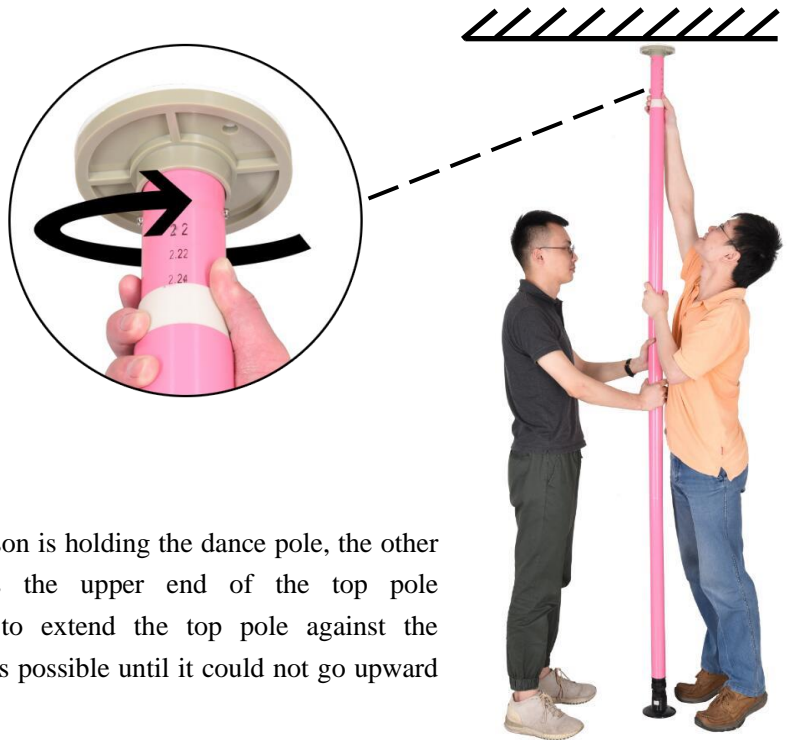


4



Connect the middle pole with the top pole and bottom pole from two ends.

5



While one person is holding the dance pole, the other person rotates the upper end of the top pole anticlockwise to extend the top pole against the ceiling as far as possible until it could not go upward further.



Ceiling Plate x 1



Base Plate x 1



Spanner x 1



Plastic Nut x 2



Upper Circle Lock x 1



Lower Circle Lock x 1

**Note:** Please refer to the pictures below to distinguish between upper circle lock and lower circle lock. The protruding parts of the lower circle lock are bigger while those of the upper circle lock are smaller.



Lower Circle Lock



Upper Circle Lock

The plastic nuts, upper circle lock and the lower circle lock are preinstalled on the end of the bottom pole. You need to unscrew them out first.



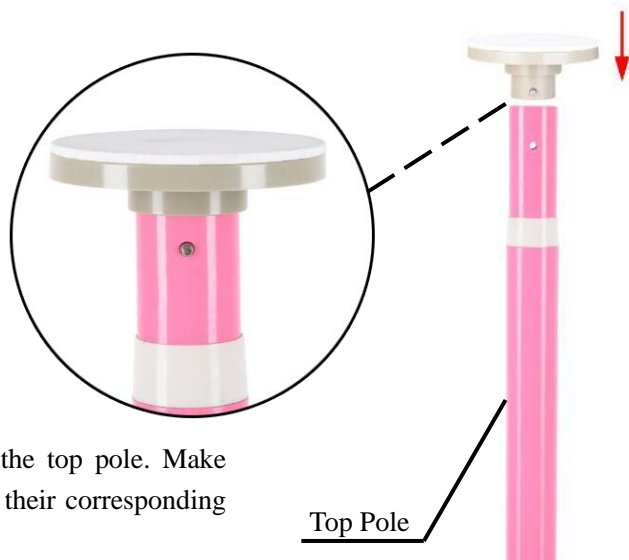
## Specifications

Adjustable Height	from 86 5/8" to 102 3/8"
Overall Dimensions	4 3/4" x 4 3/4" x 102 3/8"

## Assembly Instructions

**Important:** We strongly recommend that the assembly of this dance pole should be carried out by two people. If you need to set up the pole under a plasterboard ceiling, it must be positioned under a ceiling joist. We recommend you to use a stud finder to locate the ceiling joists.

1



Install the ceiling plate on the top pole. Make sure the pushpins click into their corresponding holes.

2

Lower Circle Lock

Install the lower circle lock on the base plate



3

Thread the upper circle lock and the two plastic nuts through the end of the bottom pole. And then insert the end of the bottom pole into the base plate. Do not tighten the plastic nuts at this time.

Upper Circle Lock

Plastic Nut

Plastic Nut

