

Step 1: Choose desired are you would like your pole to be placed. Locate a stud or ceiling joist and mark the stud or ceiling joist with a pencil.

Step 2: Place the small floor plate (F) directly under your pencil mark on the ceiling.

* The pole will be shorter than your ceiling height.

Step 3: Adjustable screw thread (D) is already screwed into the bottom of your pole. Make sure the screw thread is inserted far enough into your pole, leaving plenty of room to place your pole vertical.

Step 4: Place the large ceiling plate (A) onto top of pole (B).

Step 5: Place the bottom coupler (E) into small floor plate (F). Align pole with door or window frame to ensure pole is straight. (Fig. D)

Step 6: **IMPORTANT:** Place locking pin into bottom coupler (E). To locate the locking pin hole in small floor plate, spin your pole slowly and push down until pin drops into place. This will lock the pole from spinning. Locking pins are located in a small zip lock bag. (You will only need one to lock the pole in place.)

Step 7: Place one hand on bottom coupler (E) to ensure bottom coupler does not turn. Place your other hand on the bottom of the pole just under the chrome sleeve (Shown in Figure A). Twist the pole counter clockwise with your top hand until it is tight to the ceiling. Pole should be completely vertical. Using tool provided, twist one ore more time by placing tool in the hole located at the bottom of the pole

Step 8: Once fully tightened, twist your locking nuts (C) up to the bottom of pole, until “hand tight” (Shown in Figure C). Slide sleeve down over bottom coupler (Shown in Figure B).

VERY IMPORTANT

If you are installing on carpet make sure to compress the padding underneath the carpet by standing on bottom plate (F) while twisting pole.

Platinum Stages recommends that you always check the pole's stability before each use. If pole is not secure repeat steps 9 through 11.

WARNING

Test pole before spinning to ensure proper fit to your ceiling. You should not see the rubber foot sliding at all either on the floor or ceiling. Do not run across room and jump onto pole as rubber foot will not hold the pole to the ceiling.

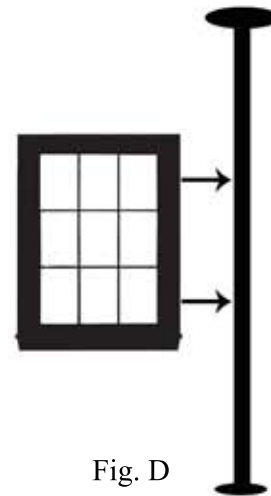


Fig. D

WARNING

If the top plate is not under ceiling joist or stud, the pressure may cause damage to your ceiling and pole may fall.

Use a stud finder (available at any hardware store) to find ceiling joist or stud position.

Rubber foot must be positioned directly under ceiling joist.

Failure to properly secure and install the pole as instructed may cause the pole to become unstable resulting in possible injury or death.



Fig. A



Fig. B



Fig. C

VAULTED CEILING ADAPTER INSTRUCTIONS

Step 1: Adapter is set in a straight position when shipped out. Bearing Joint (vB) will pivot inside adapter housing (vA).

Step 2: Place top of pole into bearing joint (vB). Lock side screws inside bearing joint (vB) around top of pole with hex key (vD).

Step 3: Tap adapter housing (vA) while holding pole until you have reached ceiling pitch(angle).

Step 4: Remove top of pole from vaulted ceiling adapter.

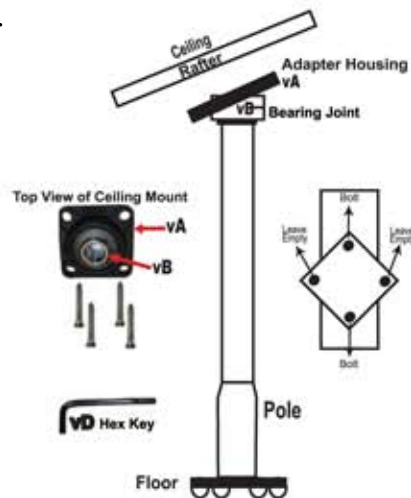
Step 5: Place adapter on ceiling and position where pole will be installed.

Step 6: Mark the center of all 4 screw holes on your ceiling rafter with a pen.

Step 7: Drill small starter holes into ceiling where screws will be placed.

Step 8: Place adapter on ceiling and screw in all four screws. If rafter is smaller than mount, two screws can be used instead. They must be diagonal from each other and screwed into the middle of the beam.

Step 9: Assemble the pole with instructions provided. Just replace top plate for vaulted ceiling adapter.



HELPFUL HINTS

● Extend your pole to the ceiling

Turn threaded nuts so they are all the way down (hand tight) to the base and then turn the pole counter-clockwise. Make sure the locking pin is secure. You can use both hands to easily torque the pole for the tension mount to the floor.

● Retract your pole from the ceiling

Turn threaded nuts so they are all the way down (hand tight) to the base and then turn the pole clockwise. Make sure the locking pin is secure. You can use both hands to easily un-torque the pole to remove it.



WARNING



The use of this product may cause serious injury or death. If you are questioning your ability to properly install this fitness pole, we recommend that you contact a home repair contractor for professional installation. If the pole moves at any time during exercise; immediately cease all activity and reinstall.

No person weighing over 200lbs or 90 kg should perform lifts or spins using this pole.

Do not use this product if you are consuming any alcohol or intoxicating substances. Not intended for use by children or pregnant women.

LIMITED WARRANTY

Platinum Stages™ warrants all parts against damage, which impair the structural integrity of the product for 1 year from the date of purchase, to the original owner with proof of purchase. All parts covered under this warranty will be replaced free of charge and returned to the customer freight collect. This warranty does not cover normal wear and tear or damages resulting from misuse, abuse, altered or improperly installed equipment. PLEASE INSPECT THIS PRODUCT ON A REGULAR BASIS FOR WEAR AND SAFETY. Platinum Stages™ assumes no responsibility for incidental or consequential damages, which may arise, from the purchase or use of this product. This warranty is expressly in lieu of all other warranties, expressed or implied.

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ONE PIECE INSTRUCTION MANUAL



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