

The instructions to install the competition poles are as follows:

- 1) You would need to take the A pole (2.5M long) and undo the two screws at the bottom (which change the pole from Static to Spinning and vice versa)
- 2) You would then need to insert the base into the bottom of this pole and then tighten the two screws above the X's marked on the base.
- 3) Now take your X-joint and second extension. Slide the X-joint into the A pole and the extension so that both black screw holes are visible.
- 4) You would then need to tighten the X-joint between the two pole pieces at a half a turn at a time until they are locked and cannot be tightened any further. (this will ensure that the pressure between the poles is equal.
- 5) If you haven't already please attach the ceiling mount to the ceiling wherever you want it to be positioned. (please be aware that if you have joists in your ceiling then the ceiling mount would need to be secured to these.)
- 6) Now take the Extended top insert and slide this into the last extension and secure this with the use of X-joint function. Lock this into the top of the pole.
- 7) Now you can lift your pole up and slide the top insert into the ceiling mount.
- 8) Now release the adjuster cover by unscrewing it on the bottom of the A pole. Then release the 3 screws that lock the pole in place.
- 9) Make sure the pole is perfectly vertical by using a spirit level and the unwind the pole from the bottom section which will extend the adjuster rod. Therefore increasing the pole length. Unwind the pole until this is pressured between the ceiling and the floor. This does not need to be super tight, but hand tight so that the pole cannot be moved. (Physically shake the pole to ensure that it cannot come down!)
- 10) Now tighten the three screws on the flat section of the adjuster rod until they are tight. Then wind up the adjuster cover to cover the rod.

Your pole is now ready to use!!! ☺

Please see the link below to our regular pole assembly guide which should help with a few of the points above:

<http://www.youtube.com/watch?v=93gtDnwzL0>

Let me know if you have any problems or want me to explain any of the points!

Kind regards,  
Jon