

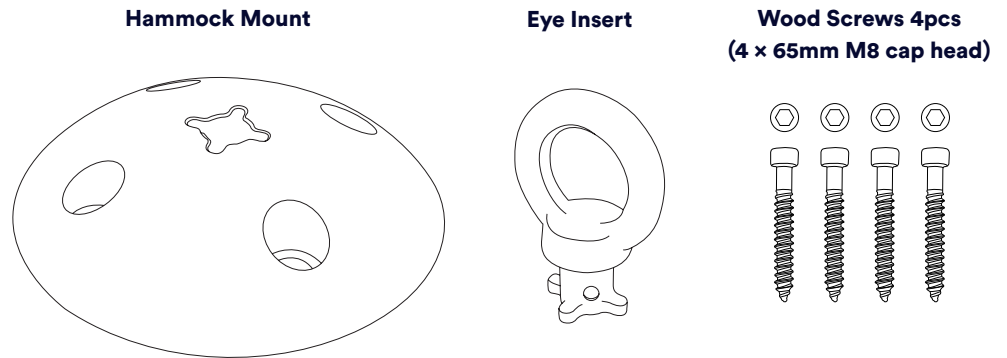
Welcome to **ARIZE** Aerial, developed by X-POLE. **ARIZE** Aerial equipment has been tried and tested in studios & homes across the world. Our Aerial Hammock Mount enables everyone to experience **low level, non-dynamic** Aerial Hammock at home with ease. A simple twist to lock or unlock system allows you to remove the eye insert, with the hammock attached for easy storage of your hammock.

SET CONTENTS

- Hammock Mount
- Eye Insert
- Wood Screws 4pcs (4 × 65mm M8)

TOOLS REQUIRED

- Tape measure
- Stud finder (optional)
- Electric Drill
- Drill Bits 1mm, 4mm & 6mm
- Drill Bits 15mm (only option 3)
- Torque wrench with 6mm hex drive



INSTALLATION OPTIONS

The Arize hammock mount must be installed by a professional tradesman. Installation methods depends on access to the joist(s) or beam(s) and the width and distance apart. The mount is not difficult to install but needs planning and installation skills.

(Option 1) If the joist or beam is wide enough (100mm/4" or more) it is recommended to install using 4 screws. If the joist is less than 100mm/4" (but not less than 50mm) the hammock mount can be installed using 2x of the screws supplied.

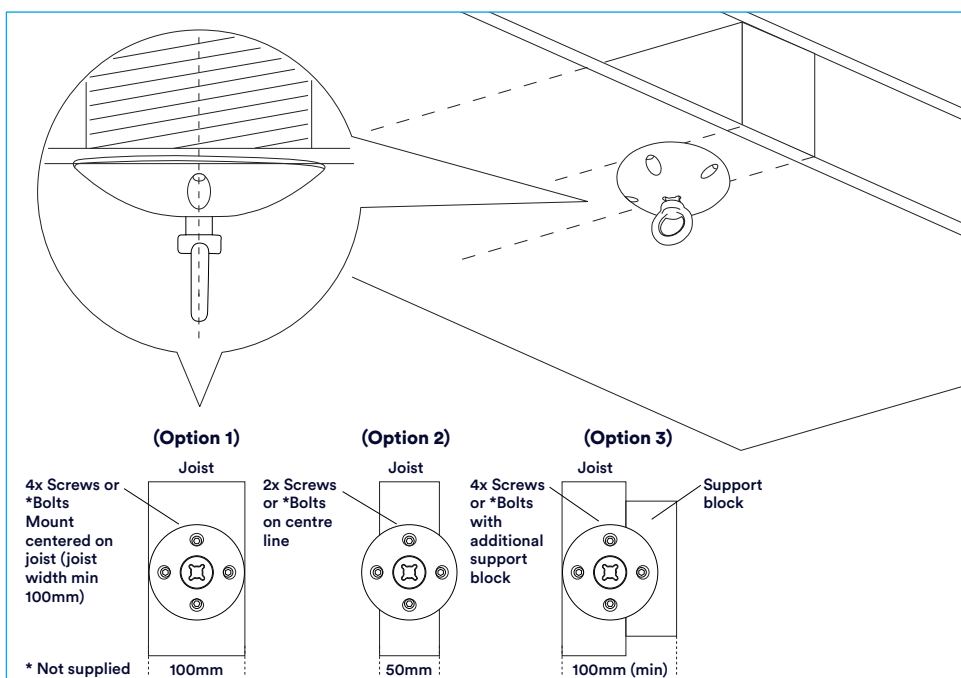
Note: A single aerial hammock mount (not a pair) has been weight load tested to in excess of 650Kg installed on to a standard 100mm/4" x 50mm/2" home joist with 2 of the screws (supplied). A single mount has been industry weight load tested and certificated to in excess of 1000kg.

(Option 2) If the joist can be accessed from above (by lifting floor boards or other) then, when using only 2 fixings, it is better to secure the mount to the joist using nyloc nuts, bolts and washers (not supplied) see Fig4.1. X-Pole technical departments can advise.

(Option 3) If the joist can be accessed from above and the joist is less than 100mm, it is recommended to use a 4 screw installation by fitting a support block to the side of the joist (fig 4.2). The block, which must be a minimum of 50% of joist height, can be installed using 'coach screws' or long bolts, nyloc nuts and washers (not supplied).

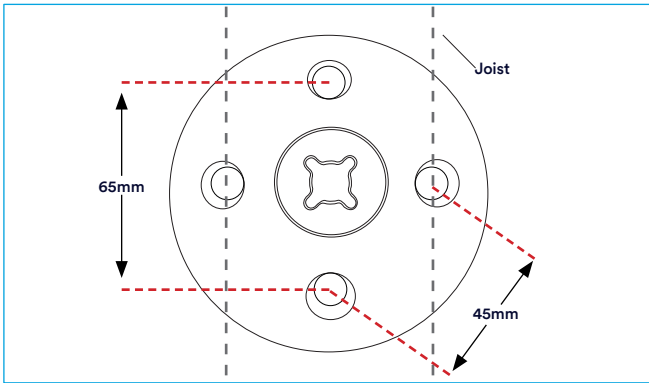
Positioning - It is important at all times that 2x screws or 2x Bolts (65mm apart) run in the direction of the joist length. This way the eye position will always be correct for single or double joist / beam use.

Fig. (1.1)



MOUNT DIMENSIONS

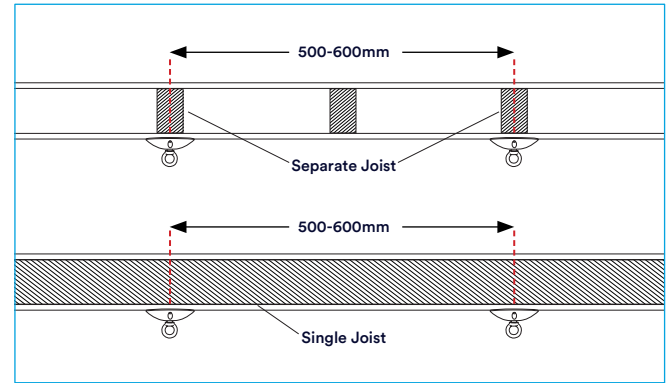
Fig. (2.1)



The mount must always be installed with the 2 screws 65mm apart - in line with the centre of the joist.

HAMMOCK MOUNT SPACING

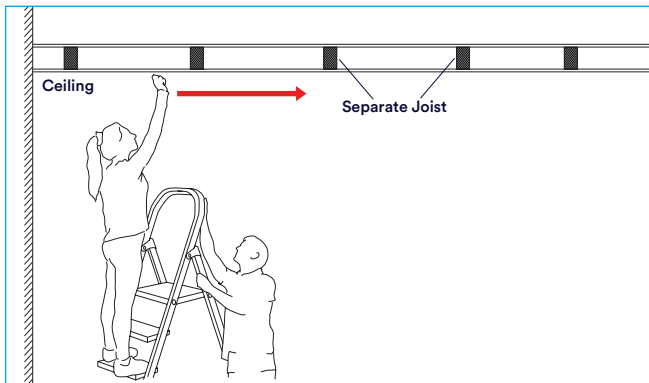
Fig. (2.2)



The recommended distance between hammock mounts is 500mm - 600mm. Before installation, please check two mounts can be installed on a single or two joists 500 - 600mm apart. It maybe, depending on measurement between joists, if fitting to 2 joists that there is a joist in between the mounting points.

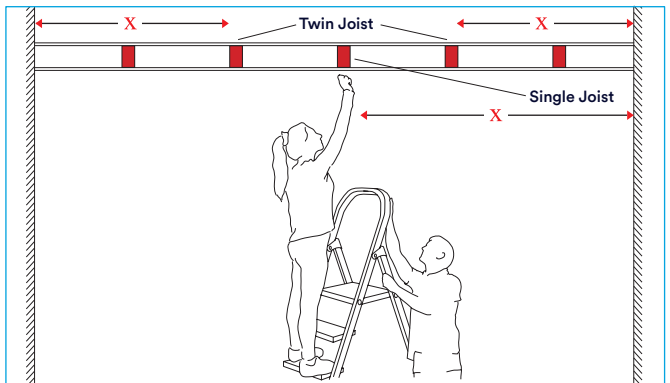
FITTING WITHOUT ACCESS

Fig. (3.1)



To find a joist, tap across the ceiling with your knuckle. The tapping sound will change between 'hollow' (the space between the joists) and 'solid' (this sound is a joist). A stud finder can also be used to locate joists.

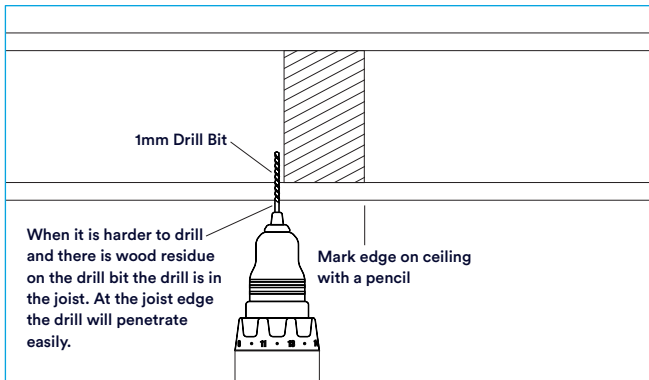
Fig. (3.2)



Decide the ceiling position of your hammock mount(s). Locate your joist or joists as per Fig. 3.1 and take a measurement(s) from the wall for further reference.

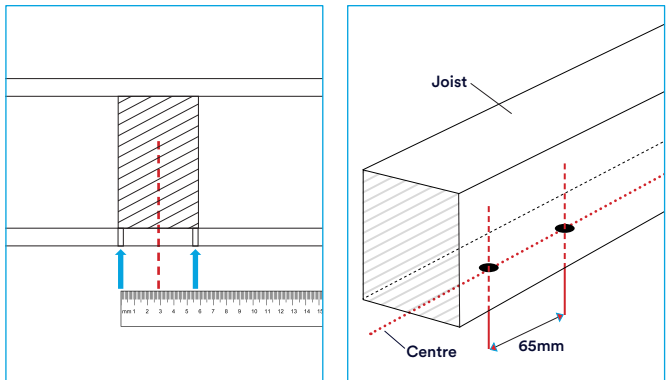
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Fig. (3.3)



At the located joist position, drill fine holes with a 1mm drill bit, to locate the joist edge. At the edge (above) the drill will penetrate quickly. If the drill hits the joist, it is harder to drill and wood residue is visible on the drill bit. Continue to drill very close test holes until the drill bit comes out clean and mark. These small holes can be covered by the mount or with paint.

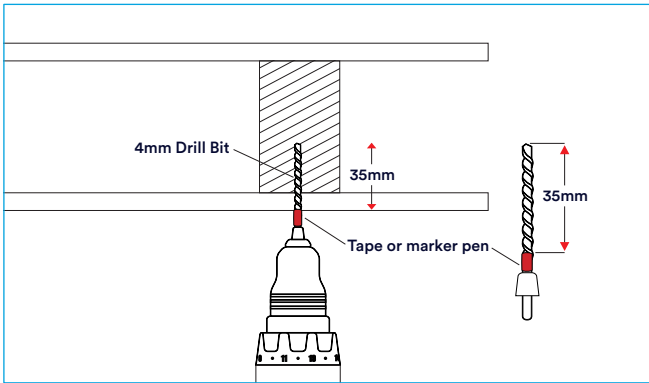
Fig. (3.4)



When the edges of the joist are located, measure between the marked holes to find the centre of the joist. At the centre of the joist make two marks 65mm apart for the fixing holes.

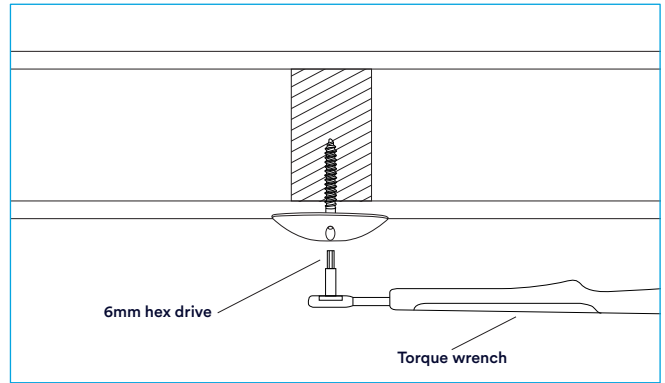
FITTING WITHOUT ACCESS CONTINUED

Fig. (3.5)



Insert the 4mm drill bit into an electric drill and mark a position 35mm from the end of the drill bit, using a marker or tape. Drill 2x holes, 35mm deep, through the plasterboard into the joist. **DO NOT** drill a hole more than 35mm deep.

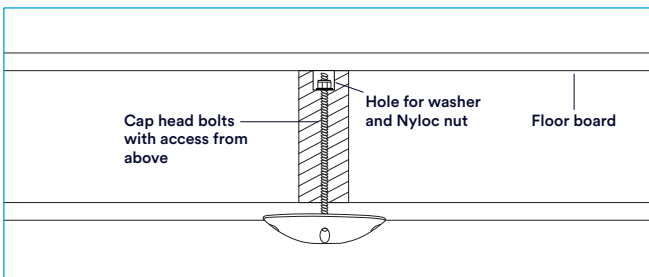
Fig. (3.6)



Taking the mount, insert a M8 cap head screw (supplied) into a fixing hole and screw half way into joist using a 6mm hex key. Insert the second screw the same way. Then, using a torque wrench with a 6mm Hex drive, torque the screws to 12Nm. This torque setting ensures they are securely screwed/mounted into the joist.

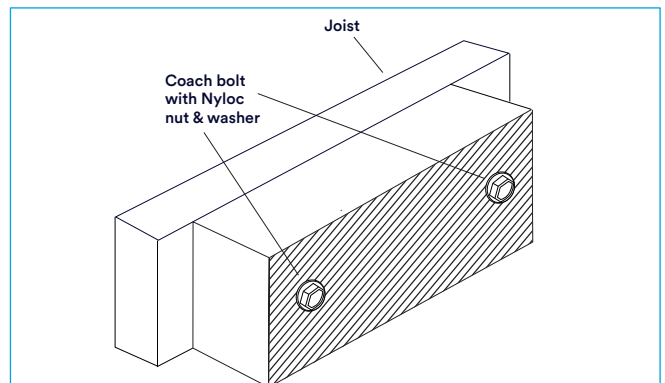
FITTING WITH ACCESS

Fig. (4.1)



If access is available, attach the mount using 2x M8mm, long length, cap head bolts (not supplied) through the joist, top to bottom. Using a long 8mm drill bit, longer than the joist depth, drill 2 holes 'vertically' all the way through the joist making sure the holes are in the centre of the joist and 65mm apart. Next using a minimum 15mm drill bit, drill a hole, downwards into the holes on top of the joist, for only 12~15mm. This is to accept the nut and washer. See Fig 4.4. We recommend using Nyloc, locking nuts, with washers as these will not undo.

Fig. (4.2)



If your joist is 50mm or less, to widen the area of the mount attachment with access from above, add another piece of joist or wood to increase the total joist and block width to a minimum width of 2.5x the joist width (example Joist 40mm x2.5 total minimum width 100mm). Fit to the block to the side of the joist and level with the ceiling board. Suggested minimum block length is 150mm (6"). This is to be attached using coach bolts with washers and nuts or coach screws. See figure (4.3).

Fig. (4.3)

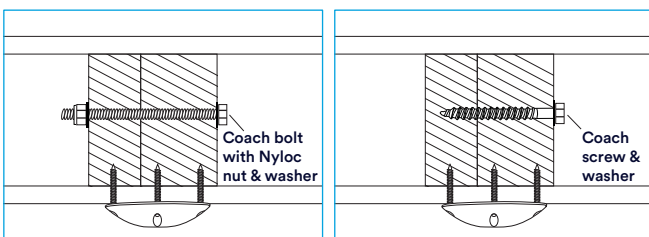
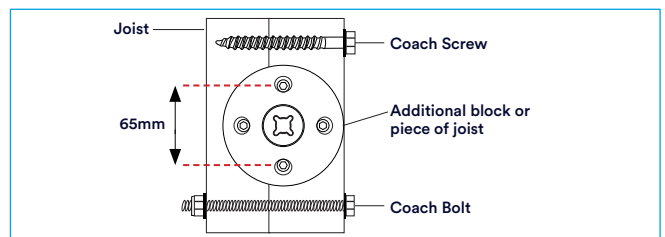


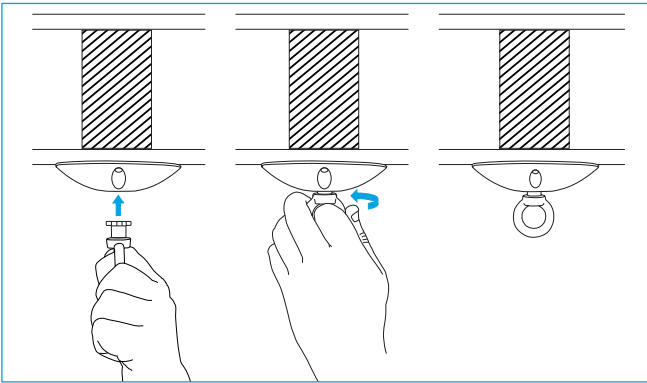
Fig. (4.4)



The 2x 65mm wide mount attachment holes must be in line with the block as shown above. Make sure the joist screw is in the centre of the joist.

HAMMOCK MOUNT ATTACHMENT

Fig. (5.1)

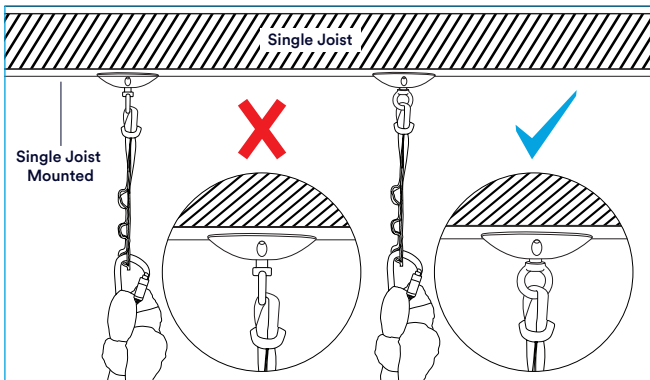


On arrival the Eye Insert is installed in the mount. To remove it, push the Eye Insert firmly into the mount, twist anti / counter clockwise 90° and release.

To fit the Eye Insert onto the mount (Fig 5.1), push the Eye insert '4-way cross' into the cross in the centre of the mount face, twist clockwise until it stops rotating and release.

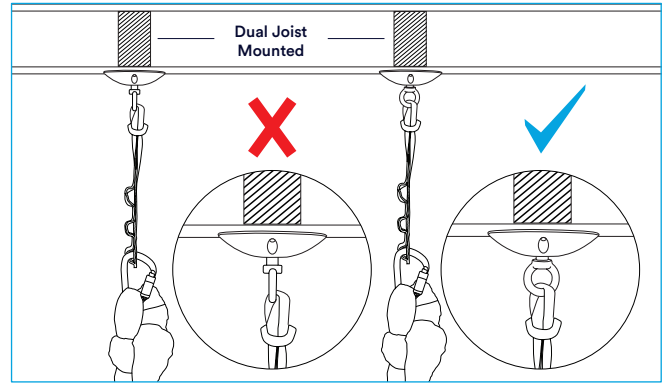
The Eye Insert is self-locking - to check it is fully locked gently twist either way without pushing upwards. The Eye Insert will not rotate if it is locked. It is mandatory to check the Eye Insert every time it is installed or used to ensure it is locked.

Fig. (5.3)



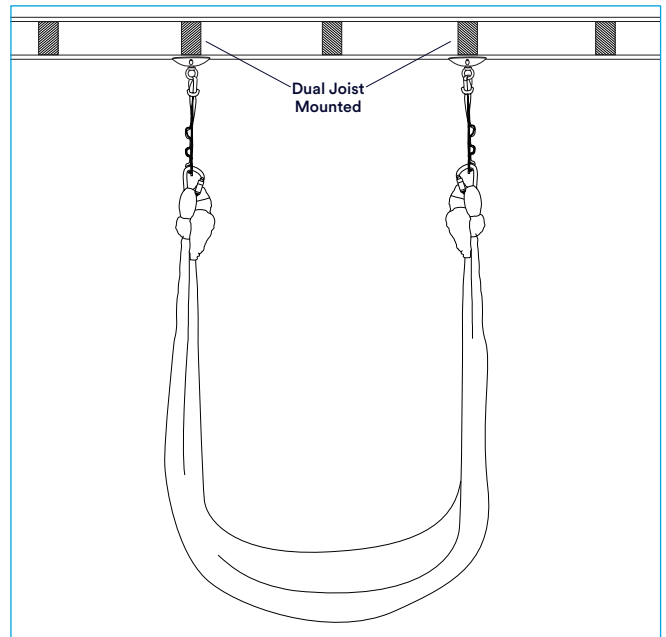
In a single joist installation the hammock will be at an angle to the eye of the ring and along the joist, See above.

Fig. (5.2)



The Eye insert direction must be in line with the load being placed on it. Please see above. The hammock will be at an angle to the Eye of the ring and to the side of the beams in a 2 beam installation.

Fig. (5.4)



Your hammock is now installed and ready to use.

To purchase any additional aerial equipment or accessories or if you have any questions

Visit us at: WWW.X-POLE.CO.UK/ARIZEAERIAL

If you have any questions, are in any doubt as to the installation or operation of the Aerial hammock mount you **MUST** call the **ARIZE** technical support team who will be able to assist you. Arize equipment should be fitted by a professional installer. Safety in the installation and use of aerial equipment is critical. Never take risks when using aerial equipment. If in any doubt, check installation and / or call **ARIZE** Technical support. For more information please go to WWW.XPOLE.COM

IMPORTANT NOTICE: Vertical Leisure Ltd, Arize Aerial, X-Pole International, X-Pole US inc, their distributors, sales persons or any other persons or associated companies cannot be held responsible for any damage to property or injury to persons or third parties due to incorrect installation or during the use of this product.