



EXPERT Exercise and Dance Pole

INSTRUCTION MANUAL

**READ THIS
IMPORTANT INFORMATION**

Removable Exercise Poles

As with any removable, portable pole that uses pressure between the floor and ceiling to keep it stable, possible damage could occur to the ceiling. The 'XPERT' pole is no different from any other pressure supported pole in this regard. The fact that damage could occur must be fully understood and accepted before use. Vertical Leisure Ltd, X-Pole US Inc, their distributors, sales persons or any other persons or associated companies can not be held responsible for any damage to property or injury to persons or third parties during the use of this product.

If you do not accept that damage can occur:

- **DO NOT** Remove the XPERT Pole from its packaging
- **DO NOT** Assemble the XPERT Pole
- **DO NOT** Use the XPERT Pole

IMPORTANT: The XPERT Pole CANNOT be used with false, suspended or non-rigid ceilings.

If in any doubt contact your local X-Pole technical support team or visit the web site.

Most plasterboard or plaster ceilings, will flex/compress with pressure. This means that the retaining nails/pins/screws can be pushed out of the plasterboard when pressure is applied by the pole adjuster. If this happens, just re-nail or re-tighten the fixing screws, fill and re-paint. From then on the problem should not re-occur. If it does re-occur, re-enforcement may be needed in the area where the upper dome is positioned. Information on this can be obtained on the X-Pole website or by contacting the X-Pole technical support team, or the distributor in your country of purchase.

As damage can occur from the pressure used to keep the XPERT Pole in place, it is mandatory that the pole is centered under one or two joists. The better aligned the upper support is under the centre of the joist and the more care taken in assembly and set up, the less potential there is for damage.

If you do not accept that damage can occur – DO NOT assemble or use the XPERT Pole.

Please return the product in its fully packaged state, to your point of purchase for a refund.

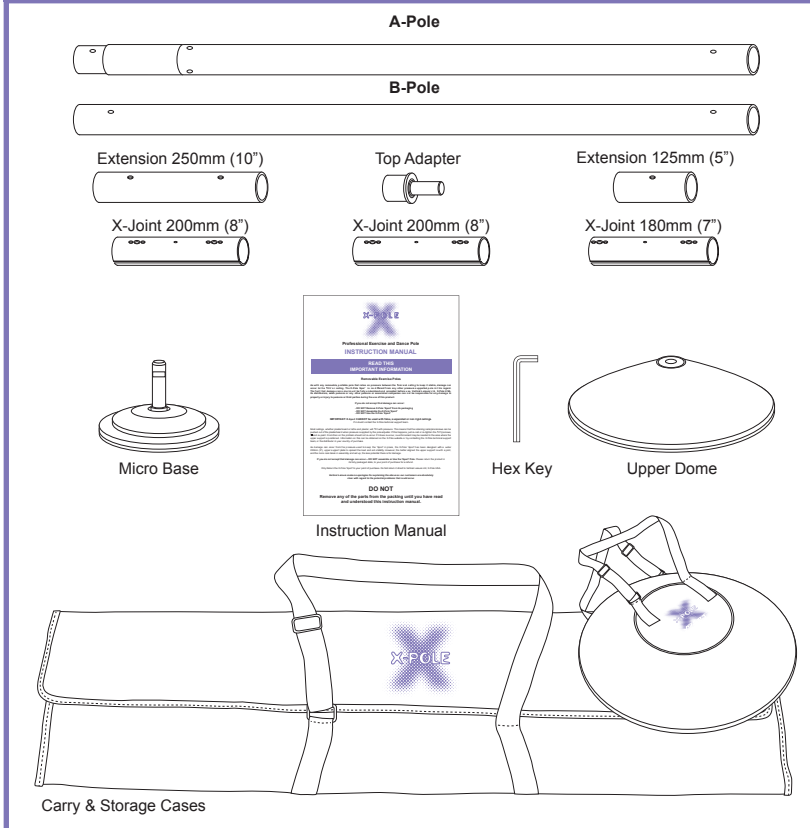
A return can only be accepted at your point of purchase.

X-Pole make no apologies for explaining the above so our customers are absolutely clear with regard to the potential problems that could occur.

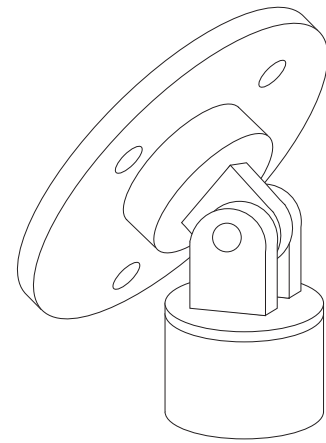
DO NOT

Remove any of the parts from the carry case until you have read this instruction manual from end to end and fully understood its contents.

Box Contents



Optional Ceiling Fixings



120mm - Vaulted Ceiling Mount

Designs Subject to Change

Parts List

Part Description	XX045CR	XX045TG	XX045TM	XX050CR	XX050TG	XX050TM
	(Chrome)	(T-Gold)	(T-Matt)	(Chrome)	(T-Gold)	(T-Matt)
Upper Dome	XP050CR-0010	XP050TG-0010	XP050CR-0010	XP050CR-0010	XP050TG-0010	XP050CR-0010
Vaulted Ceiling Mount **	XX050CR-0015	XX050TG-0015	XX050CR-0015	XX050CR-0015	XX050TG-0015	XX050CR-0015
Top Adapter (Complete)	XX045CR-0016	XX045TG-0016	XX045CR-0016	XX045CR-0016	XX045TG-0016	XX045CR-0016
Main Pole A (Pole only)	XX045CR-0040	XX045TG-0040	XX045TM-0040	XX050CR-0040	XX050TG-0040	XX050TM-0040
Main Pole B	XX045CR-0050	XX045TG-0050	XX045TM-0050	XX050CR-0050	XX050TG-0050	XX050TM-0050
Base Plate 120mm (4.75") w/Shaft	XX045CR-0090	XX045TG-0090	XX045CR-0090	XX045CR-0090	XX045TG-0090	XX045CR-0090
Extension - 100mm (4") **	XS045CR-0100	XS045TG-0100	XS045TM-0100	XS050CR-0100	XS050TG-0100	XS050TM-0100
Extension - 125mm (5")	XS045CR-0125	XS045TG-0125	XS045TM-0125	XS050CR-0125	XS050TG-0125	XS050TM-0125
Extension - 150mm (6") **	XS045CR-0150	XS045TG-0150	XS045TM-0150	XS050CR-0150	XS050TG-0150	XS050TM-0150
Extension - 175mm (7") **	XS045CR-0175	XS045TG-0175	XS045TM-0175	XS050CR-0175	XS050TG-0175	XS050TM-0175
Extension - 200mm (8") **	XS045CR-0200	XS045TG-0200	XS045TM-0200	XS050CR-0200	XS050TG-0200	XS050TM-0200
Extension - 250mm (10")	XS045CR-0250	XS045TG-0250	XS045TM-0250	XS050CR-0250	XS050TG-0250	XS050TM-0250
Extension - 300mm (12") **	XS045CR-0300	XS045TG-0300	XS045TM-0300	XS050CR-0300	XS050TG-0300	XS050TM-0300
Extension - 500mm (19.75") **	XS045CR-0500	XS045TG-0500	XS045TM-0500	XS050CR-0500	XS050TG-0500	XS050TM-0500
Extension - 750mm (29.5") **	XS045CR-0750	XS045TG-0750	XS045TM-0750	XS050CR-0750	XS050TG-0750	XS050TM-0750
Extension - 1000mm (39.25") **	XS045CR-1000	XS045TG-1000	XS045TM-1000	XS050CR-1000	XS050TG-1000	XS050TM-1000
X-Joint - 180mm Long	XJ045-180	←	←	XJ050-180	←	←
X-Joint - 200mm Long	XJ045-200	←	←	XJ050-200	←	←
Expansion Screws (2pcs) **	XJ045-200-04	←	←	XJ050-200-04	←	←
Adjuster Cover	XX045CR-0035	XX045TG-0035	XX045TM-0035	XX050CR-0035	XX050TG-0035	XX050TM-0035
XX Carry Case	XX-CS01	←	←	←	←	←
** Option or Additional Parts						

X-Pole 'XPert' Instructions

Thank you for buying an XPert Pole. The team at X-Pole have spent a significant amount of time researching, designing and developing the XPert Pole. We want the XPert Pole to be the worlds leading Exercise and Dance pole, if it's not we want to understand why not! At X-Pole we thrive on positive criticism and suggestions! So contact us if you have any comments or suggestions on how to improve our product.

To get the best from your X-Pole XPert – **with SAFETY being the utmost priority** – it is extremely important that you **READ** this instruction manual from beginning to end and most importantly, understand it!

If you have **ANY** questions whatsoever – before you assemble, install or use your XPert Pole – call your local technical support (details on back page) or see the X-Pole XPert section on the website.

DO NOT INSTALL OR USE your 'XPert' pole, if you have any doubt about how to assemble/install it or how to use it.

IMPORTANT

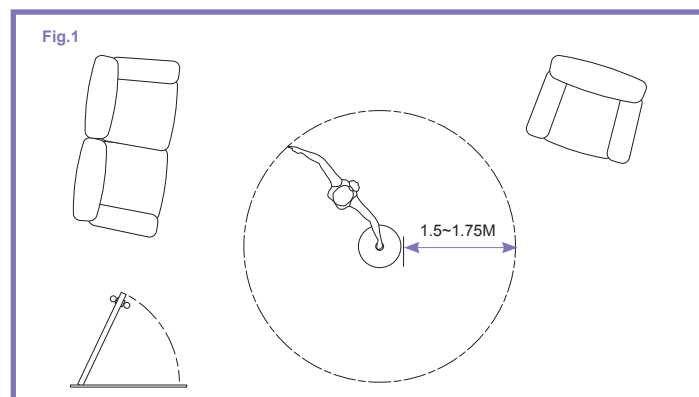
Due to the X-Pole 'XPert' being used in circumstances outside and beyond the direct control of Vertical Leisure Ltd, X-Pole US Inc, its distributors, sales persons or any other persons or associated companies, these parties cannot be held responsible for any accident, injury to the user or any third party, or damage to property. This does not negate your normal consumer rights.

Follow the simple but explicit instructions in this manual to get the best results from your X-Pole XPert. **Safety is a priority at all times.**

If in ANY doubt ASK before you install or use your XPert pole.

Finding a suitable exercise and dance area

To use a dance pole properly you need to be able to rotate around the pole with your arms outstretched and **NOT** be able to hit or touch anything whilst rotating. Find the area by rotating around an imaginary pole with your arms outstretched (Fig.1). You can use a chair as an imaginary pole or measure a circle with a diameter of approximately 3000 - 3500mm (120" - 138"). This will enable you to fully extend your arms.



Dance moves can be performed by experienced dancers in a smaller space than recommended but for beginners the above space is mandatory. Once you have located the correct sized clear area you can look for the ceiling joists above the area you have selected

Locating ceiling joists (Fig 2)

Unless you are erecting the XPert pole against a solid ceiling you will need to find a joist or pair of joists to install the Upper Dome against. XPert poles **CANNOT** be installed against false, suspended or non-rigid ceilings. Most ceilings are plasterboard or a similar material which is attached to "joists". Joists are the pieces of wood that run from wall to wall and support your floors and ceilings (Fig.2).

Important - Because the XPert Pole uses pressure to stabilise itself, it is essential that you centralise the upper support plate under the centre of a ceiling joist (Fig.2). This is Mandatory.

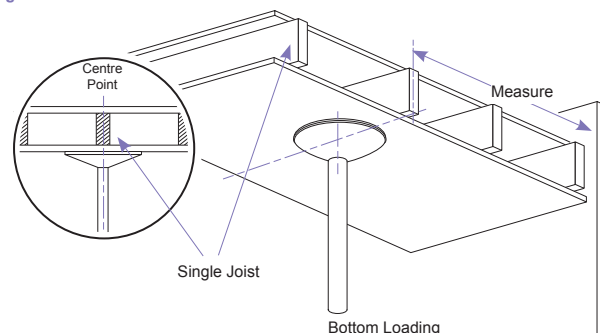


Stud Finder

Joists usually run at 90° degrees to the floorboards and will normally span between the two walls in a room closest to each other. Joists can be located by tapping with a knuckle or using an optional joist/stud finder.

(Stud finder not included - Available from most hardware stores)

Fig.2



To find a joist above your ceiling tap across the ceiling with your knuckle until a solid sound is heard, this will be a joist. Keep tapping across the ceiling and the sound will become more hollow – the space between joists. Once you have located a joist take a position measurement from the wall for future reference (Fig.2). Write this measurement in this instruction manual. When you take the measurement make sure it is at 90° degrees to the joists, not along them!

Important Note: When searching for the joists it is mandatory to use step ladders and to have a second person holding the ladder.

SAFETY is critical at all times.

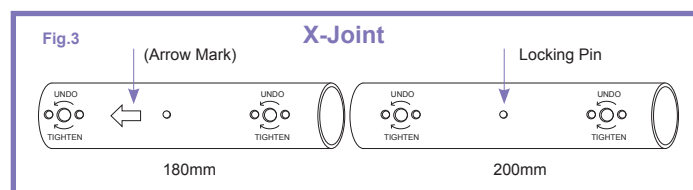
Optional Installation Parts

In addition to the free standing upper support dome X-Pole offers a range of optional installation fittings. These allow permanent fitting or semi removable fitting of your X-Pole. See the web site for details.

Now you have found a suitable exercise area and the joist, it is time for assembly and installation.

X-Joint

X-Poles incorporate a revolutionary new type of tube joint called the X-Joint (Pat. Pending) (See Fig. 3). The X-joint is very quick and easy to use and gives the X-Pole additional strength, rigidity and stability over other joint systems.



However, to optimize the X-Joint key features and ensure correct operation it is important that you follow these instructions. **Please** read them fully before assembly.

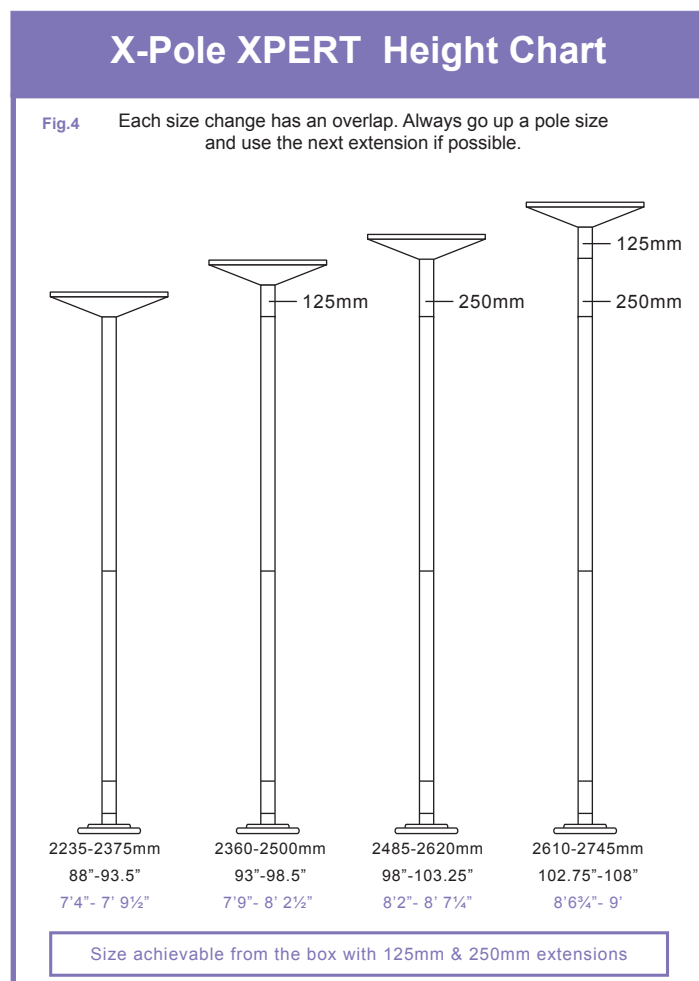
There are two sizes of X-Joint 180mm and 200mm (Fig 3). The 180mm joint has one half longer than the other. The short half of the 180mm X-Joint, is marked with an arrow and it must always be installed with the arrow pointing towards the ceiling, the end of the pole with the upper dome.

The 180mm X-Joint is only used with the 125mm or less extensions. However, it also may need to be used with some of the 'optional' gym fixing parts where a 200mm will not fit. The web site has details of when 180mm X-Joint can be used.

Checking the Parts

Take your XPERT parts out of the box and lay them out on the floor. Please check the contents of your XPERT pole with the contents diagram on page 2. If anything is missing or damaged please call your local X-Pole technical support immediately. The contact details are on the back cover of this manual. We will be pleased to help.

Please study the contents and the part descriptions in the diagram, as these are used throughout the instruction manual and are important for installation. Also try the parts so you understand how they work.



Extensions

A 125mm (5") and 250mm (10") extension are included in the set.

Optional extensions are available in 100, 125, 150, 175, 200, 250, 300, 500, 750 and 1000mm sizes. (4", 5", 6", 7", 8", 10", 12", 19.5", 29.5" & 39").

Height Chart and Extension Selection

Using the full allowed length of the screw adjuster and both the extensions included in the box the X-Pole XPERT will fit ceilings from 2235mm (88") to 2735mm (108"). Any further increase in height will require additional 'Optional' extensions which can be purchased from your supplier or the X-Pole website.

The screw adjuster has the capability of extending the XPERT Pole by 125mm (5"). This is why a minimum and maximum height is shown on the height chart (Fig.4) (i.e. between 2235 ~ 2375mm or 88" ~ 93.5"). The Minimum height is with the pole screw adjuster closed - Maximum height is with it fully extended 125mm (5"). You should **NEVER** use more than 125mm (5") of the adjuster.

Start by measuring the height of the ceiling at the centre point of use and then refer to the height chart above (Fig. 4) which shows the pole tubes/ extensions to be used. Always match the ceiling height to the pole height on the chart which uses the minimum adjuster length.

Example

If the ceiling is 2365mm (93.1") you will see the range of the first pole in the height calculator is 2235 - 2375mm (88" - 93.5"). This has no extensions and is within your height requirement. However, the ceiling height of 2365mm (93") is very close to 2375mm (93.5") the maximum height shown in Fig. 4 and at this height you would be using nearly all the 125mm (5") of threaded adjuster. An extension is therefore needed to reduce the amount of screw adjuster used.

If you now look at the next pole on the Fig. 4 chart you will see its minimum height is 2360mm (93") with 1x 125mm (5") extension. So, this means that with a 125mm (5") extension your height of 2365mm (93.1") would use only a small amount of the adjuster.

So, by selecting the correct extension, it maximises the 'useable pole' and minimises the length of height adjuster needed.

The XPERT can be used with ceilings up to 3050mm (120") using the standard upper support dome and optional extensions (purchased separately). Additional extensions and other optional installation parts can be purchased from your supplier or the X-Pole website.

For higher ceilings than 3050mm (120") it is mandatory to use a fixed ceiling plate or optional ceiling fixing. Further information is available from your local technical support on the web site.

Extension Selection without the Height Chart

The basic height (no extensions) of the XPERT pole is 2235mm (88") with the adjuster closed. So if you subtract 2235 (88") from the required ceiling height the difference between the two will give you the overall measurement used to select the required extension/s.

Example for ceiling with height of 2515mm:

Required Ceiling height - Closed Pole = Difference
 Height 2515mm (99") - 2235 (88") = 280mm (11")
 Difference is 280mm (11") so closest extension is 250mm (10")

So, difference 280mm (10") less extension 250mm (9.85") = 30mm (1.2"). Therefore using the 250mm extension means only 30mm (1") of adjuster expansion.

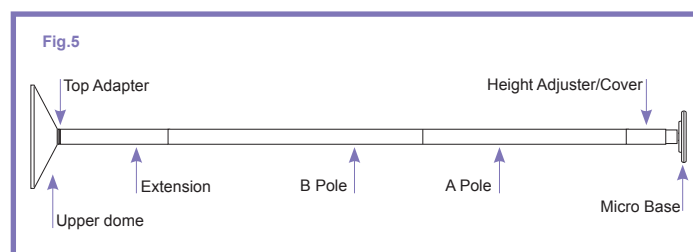
Minimising the number of extensions

Another key point is to minimise the number of extensions used for a given height/extension requirement. So, if the required extension length is 500mm (20") it is better to use 1x 500mm (20") (optional) extension than 2x 250mm (10")

Calculation is the most accurate method of selection and allows for a better extension selection. There is also a special height chart on the web site. If you have any doubt about the extensions required or how to select them please contact your local technical support, who will be pleased to help.

Extension Installation

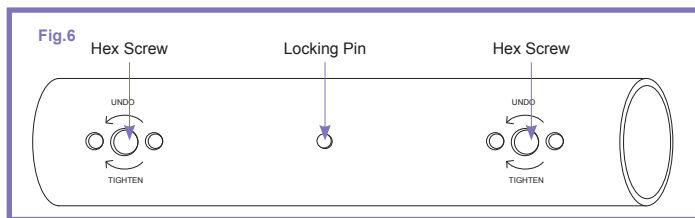
Correct installation of extensions and X-Joints is extremely important to ensure strength and stability. Please read the next section paying maximum attention to the correct procedure for installing X-Joints.



Extensions should always be installed at the opposite end to the height adjuster (Fig. 5). The smallest extension always goes closest to the upper support plate. **NEVER install extensions in the middle of the pole, this is dangerous.**

X-Joint Operation

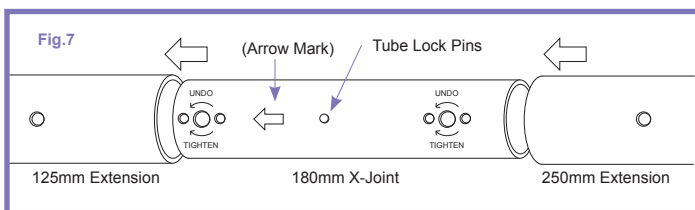
The XPERT includes the very latest in pole joint technology the X-Joint. This joint is simple, easy to use, very strong and stable. Just follow these simple operational instructions to ensure the joint is properly locked. If in ANY doubt contact the X-Pole technical support.



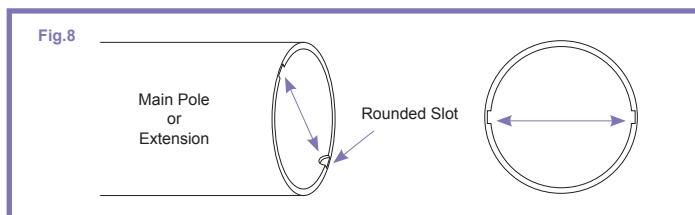
X-Joint features a joining tube which expands and locks the pole tubes together. The joint expansion is done by inserting a Hex Key, through holes in the pole tubes and turning the key clockwise.

The markings on the tube show the direction to turn the hex key. **Clockwise** to tighten and **Counter-Clockwise** to loosen/undo. It is very important to remember this as when the tubes are in the pole the markings are covered and cannot be seen.

There are two sizes of X-Joint. 180mm (7") and 200mm (8"). **The smaller 180mm (7") is used with small extensions (125mm and below).** It can be identified by an arrow on the joint pointing towards the smaller end (Fig.9). This end must be inserted pointing towards the smaller extension. i.e. If you are using a 250 and 125mm the arrow end ways points towards the 125mm extension and the top of the pole.

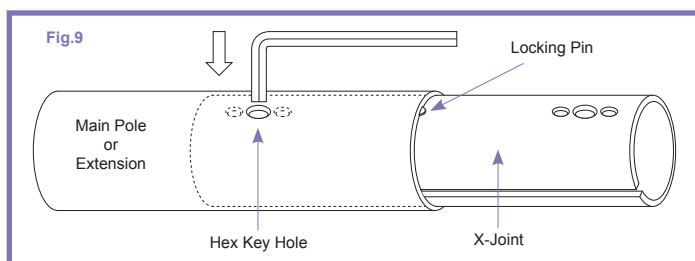


At the center on either side of the joint is a pin. These pins slot into corresponding U slots at the ends of the pole tubes (Fig.7). These slots must go over the pins. The pins stop the pole tubes from rotating.



X-Joint Installation

To install the X-Joint simply slide one half into a pole tube, ensuring the 2x pins on the joint locate in the corresponding U slots in the tube. When inserting the X-Joint make sure that the Hex locking screws on the X-Joint align with the Hex Key holes in the pole tube otherwise you will not be able to insert the Hex Key (Fig.10).

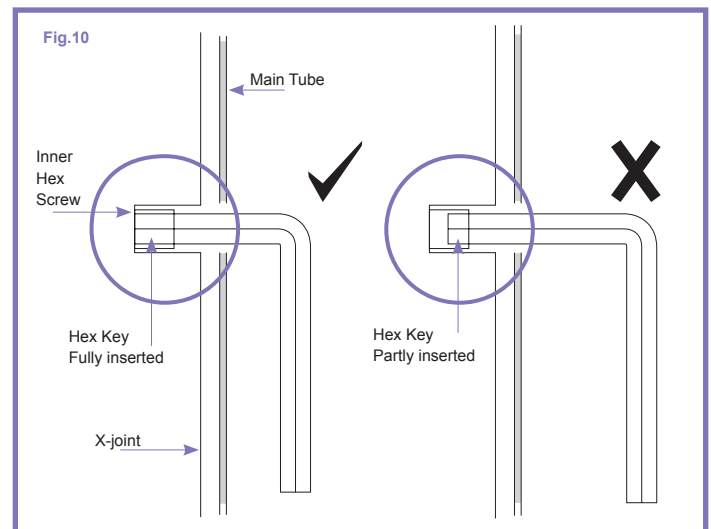


Now attach the other tube, checking the hole alignment again and then inserting the Hex Key into one of the key holes, turn lightly **'clockwise'** until a slight pressure is felt. **DO NOT** fully tighten. Check the tube edges are tight together and then lightly tighten the screw in the other tube and then continue tightening alternating screws. Tighten progressively until reasonably tight. **DO NOT FORCE.**

It is important to tighten progressively, alternating the screws, so that the joint expands evenly, otherwise one side may not expand fully and the pole tube joints may not lock fully tight.

To undo the X-Joint - turn both hex screws **'counter-clockwise'**. Undo screws until there is pressure against the key. Continue to apply slight reverse pressure to the both screws to ensure the joint is fully released and slides out.

Important Note: It is very important to make sure the Hex key is fully inserted into the Hex expansion screws (Fig.10). Partial insertion can damage the screw holes (rounding them) making it difficult to tighten or more important undo the joint. (Spare expansion screws and fitting instructions are available from the web site should they be damaged).



Before installation test the operation of the X-Joint on 2 tubes, it will help with the assembly to be able to operate the X-Joints quickly and easily.

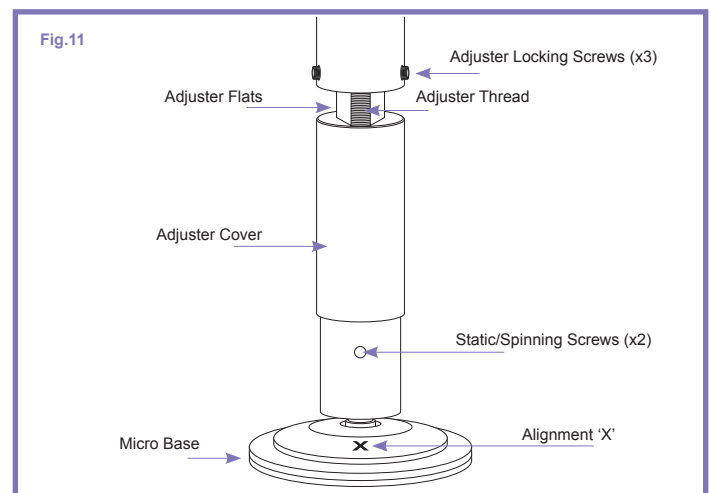
When assembling join the main poles with an X-Joint, then insert the next X-Joint, add the next pole tube and tighten the X-Joint etc. Add extensions and X-Joints as required to match ceiling height. It is better to firmly tighten the X-Joints and then re-tighten them when the pole is installed as then the weight/pressure of the pole tubes will push the joints tightly together.

Key Parts

With the height calculations done and extensions selected (if required), the XPERT pole is ready for assembly.

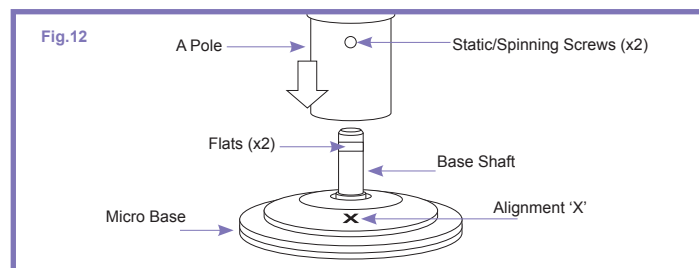
DO NOT ASSEMBLE YET - Continue to Read the Instructions first.

Key Parts of XPERT.



Attaching the Base

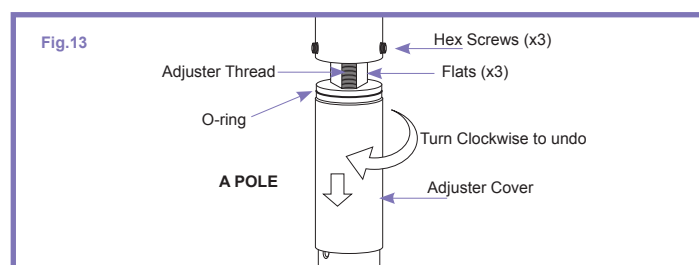
The first part of the XPERT assembly is to attach the base to the A Pole. Making sure the 2x Static/Spinning screws are fully undone, slide the main A Pole onto the base shaft (Fig.12). Note the 2 flat sections on the shaft ('Flats'), these are where the hex screws will locate to stop the pole from spinning. The flats sections are in line with the 'X' on the base.



Once the A Pole is on the shaft, align one of the Hex screws up with the 'X' on the base and tighten till pressure is felt. Then tighten the other one, then visa a versa till tight. Once the base is attached stand the pole on the base.

XPERT Adjuster Operation

During Installation the final height adjustment of the pole is done by the A Pole 'screw adjuster' located under the adjuster cover. Unscrew the adjuster cover 'Clockwise' i.e. with the tube in front of you rotate the cover from right to left - undoing it. Unscrew until loose and the adjuster thread is fully exposed. There is an O-ring so a little pressure may be needed to help it slide down (Fig.13).



The XPERT screw adjuster is locked and unlocked using the 3x Hex screws on the main pole above the cover screw. Undo the 3 hex screws till they are flush and the pole will spin on the adjuster shaft. **Counter clockwise** rotation will undo the pole, making it longer and increasing the pressure. **Clockwise** rotation will shorten/release it. Doing up the 3 Hex screws against the 3 'Flat' sections on the adjuster shaft will lock the adjuster. Test this operation several times and make sure you are conversant with it.

Leave the 3 hex screws undone ready for installing the pole. The adjuster cover can be put back in position to stop any grease being rubbed off. When re-attaching the adjuster cover, take care not to cross thread the screw. If it does not go on first time DO NOT force it. Undo and try again gently.

Now you understand the operation of the XPERT you can assemble and install it.

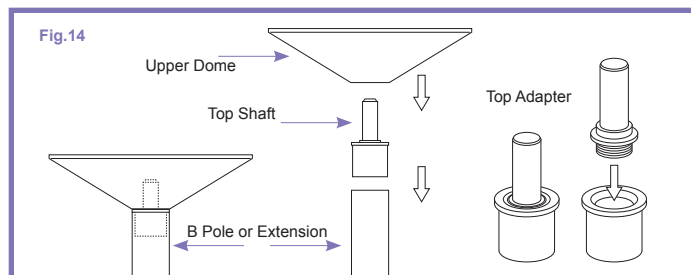
XPERT Installation

First lay the A pole down and start adding the pole tubes. Once familiar with XPERT assembly it may be easier to add the base unit after pole tube assembly but the first time assemble as advised.

Next insert a 200mm X-Joint into the A pole, make sure it is in its slot, add the B pole tube and tighten the X-Joint hex screws as previously explained. Then, as required, keep adding X-Joints and extensions as selected to match the ceiling height. **DO NOT** forget. If you are using extensions they are installed getting progressively smaller towards the ceiling and with a 125mm or smaller extensions you only use the 180mm X-Joint and make sure the 'Arrow' is pointing towards the ceiling.

Top Shaft Attachment

Once the pole is assembled insert the Top Adapter unit into the last extension and add the upper dome unit (Fig.14).



Be careful, as you lift to install the XPERT, that the Top Adapter Unit does not fall out as it is lifted into position.

Installation

When assembled the XPERT pole is heavy and at full height it is not easy to handle. It is unstable and difficult to lift into position. It is therefore **mandatory/compulsory** that 2 people install the XPERT pole. i.e. 2 people should lift it into position and expand the height adjuster.

First make sure the base of the assembled XPERT Pole is at the centre point of your dance area and under the selected joist.

With one person firmly holding the base in position, to stop it slipping, the other person should slowly and very carefully lift the pole from the top end, raising it (using hand over hand movements) until it is vertical and under the joist position. Take care while holding the pole vertical in case it slips.

Once vertical, and with the second person still holding the base, unwind the pole, counter-clockwise (i.e. rotate left to right), this will expand the pole until it touches the ceiling.

Pole Rotation

Rotating the pole tube to the **Right (Counter-clockwise)** - as you look at the vertical pole - **Tightens/Expands** the pole.



Rotating the pole tube to the **Left (Clockwise)** - **Undoes/Shortens** the pole.



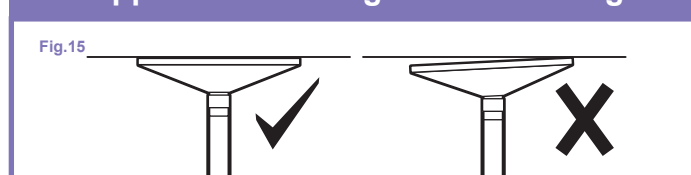
Final Adjustment

Once the upper dome is against the ceiling and before it is tightened further make sure the pole is vertical. The best way to do this is with a builders level/bubble or visually align the pole - with a door frame, window frame, room corner etc. - from 2 sides at 90° to each other. Whilst aligning the pole make sure the other person is still holding it in position in case it should slip or fall.

Very Important: It is critical that the Upper Support Plate is flat against the ceiling/joist. Please see Fig.15. **DO NOT** expand the adjuster further until the upper plate is flat against the ceiling/joist.

If the Upper Plate is not flat the plate could rotate on one edge and slip or damage the ceiling.

Upper Dome flat against the ceiling



Tip - As some floors and ceilings are very flexible it helps, once the pole is tight, have someone to stand on the base and then re-tighten. This compresses the floor and also makes it easier to rotate the adjuster.

If the pole is not vertical **move the base plate** in the required direction to correct it. **DO NOT** move the Upper Dome which must be kept over the centre of the joist at all times.

Once satisfied that the XPERT Pole is vertical and that the upper dome is in the center of the joist and flat and against the ceiling, the adjuster can be tightened/expanded. With the second person still holding the XPERT Pole vertical slowly unwind the adjuster - turning the whole pole **counter-clockwise** increasing the length/pressure.

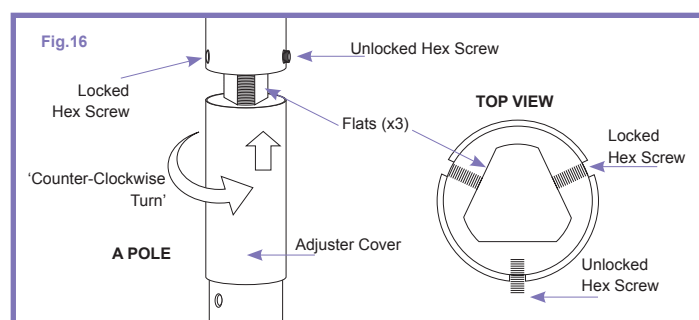
The very 'fine' or 'close' thread on the X-Pole makes it very easy to adjust and exert the pressure required to hold the pole in place. However, this also means it is possible to exert 'too much' pressure if you are not careful and damage the upper dome and/or ceiling. It is therefore important to adjust the XPERT adjuster pressure progressively. Tighten until good positive pressure is felt and the pole is firmly in place.

Once satisfied that the pole is firmly in position, gripping the pole, lean to one side applying sideways pressure to the pole. If the pole feels tight and does not move try a practice swing with your feet on the floor and your arm outstretched putting as much weight on the pole as you can. Try this several times.

If the pole moves, re-check its alignment and tighten further until it does not slip anymore. Next try swinging with your feet off the floor. Re-tighten as necessary until there is no movement.

Adjuster Locking and Cover

Once the pole is tight align the three Hex screws with the 3 flat sections on the adjuster shaft and tighten the screws firmly. It helps to rock/rotate the pole very gently back and forth as you tighten the first screw to help seat it. Then tighten the others without rocking the pole. See web site for further info.



Once the pole adjuster is locked, refit the adjuster cover. Take care, as described before not to cross thread the cover. If it does not 'bite' at first, try again. **DO NOT** force the screw action.

Your XPERT pole is now ready for use

Static and Spinning

To change the pole mode from static to spinning undo the 2x Hex screws at the bottom of the pole until they are flush with the outer surface of the pole. To return to static, align one of the Hex screws with the 'X' on the base plate and tighten. The screw must be aligned with the X otherwise damage can be done to the shaft.

When tightening the Hex screws for static, use the same method as above for the adjuster, rocking the pole slightly as the first screw is tightened.

IMPORTANT - Pole Tightness

It is very important to remember that because XPERT pole uses pressure to retain it in position it can un-tighten and/or become loose, with use. The pole tightness should be checked regularly during use, definitely every 25~30 minutes. If there is any movement **DO NOT** use. Re-tighten and then re-test again before use. Also regularly check that the X-Joints are tight.

Pole Removal

To take down your XPERT pole undo the adjuster **Clockwise** until free from ceiling. Take care the pole does not fall over. Remove the upper dome, remove the base plate, lay pole tubes on the floor, undo X-Joints, remove pole tubes and extensions and pack away in the carry case. Store only in a warm, dry place.

BEFORE USING YOUR POLE

Mis-using a pole can be dangerous not only to you but also anyone close to the pole. The use of a dance pole is always at the user's discretion.

Pole Exercise is extremely physical and uses muscles that you will not have used before and therefore if you are not warmed up muscle damage, strains and injury can occur. Before using the X-Pole XPERT it is mandatory to warm up and, after use, warm down.

It is highly recommended that before you use your XPERT Pole you purchase a suitable DVD to learn the basic moves. **Never** try moves beyond your ability without an Instructor.

If at any time whilst using your pole you feel uncomfortable, your muscles hurt, or you are short of breath – take a break and try again later. Always rest between moves.

Have Fun with your X-Pole XPERT

The X-Pole Team

Setup Check List

- Check floor to ceiling height
- Refer to height chart for correct extension(s) (if needed)
- Locate ceiling joist
- Put base plate under joist centre position
- Attach pole tubes/extension(s) (if needed) using X-Joints
- Tighten X-Joints
- Continue adding X-Joints/extensions/B Pole to fit height
- Attach base plate
- Attach Top shaft and upper dome.
- Lift pole into position – base plate under joist centre
- Rotate pole Counter-Clockwise (left > right) to expand
- Check pole is vertical (use level/bubble or align with door/window)
- Tighten until pole firmly in position
- Lock adjuster with 3x Hex Screws
- Refit adjuster cover
- Check pole by rotational pressure with feet on floor
- Check pole by performing spin
- Re-tighten/align pole as necessary

DO NOT use pole if in doubt about its tightness or positional stability.
RE-CHECK tightness every 25~30 minutes or after heavy use.

Warranty

X-Pole XPERT and its associated parts are guaranteed free of manufacturing defect for a period of 6 months from date of purchase. Defects from use, wear and tear, chipped edges from pole to pole contact or being dropped and anything outside of a pure manufacturing defect are not covered. This does not affect your statutory rights. X-Pole, at its own discretion, will replace or re-fund damaged items. The user must return the item to the point of purchase after which it will be returned to X-Pole for evaluation and appropriate action.

TROUBLE SHOOTING

Maintenance

The X-Pole XPERT should require very little maintenance. Most important is to check the edges of the pole tubes for damage because if damaged or dented the chrome plating could come off. Chrome plating is very sharp and could cut the skin so make sure the edges of the pole tubes are looked after.

The plating can also be affected/damaged if the pole tubes are dropped.

Always check the pole plating before use and check the joints and pole tubes for any sharp edges. **DO NOT** use the XPERT Pole if the surface is damaged in any way. Contact the local support office.

Cleaning – Your pole will need regular cleaning as you use it. Clean your pole with a glass cleaner or similar non abrasive cleaner. **NEVER** use water. Use a clean, smooth cloth to both clean and dry the pole tubes. Do not clean with an oil or spray such as WD40 or similar.

X-Joint Screws – regularly check the X-Joint expansion screws to make sure they operate smoothly. A light oil (Not WD40) should be applied to the screw thread. Apply and adjust in and out a few times to spread the oil down the threads.

Also check the Hex screw holes that the key goes into. These can become rounded with constant use preventing the joint from retracting. If the holes go round new screws can be bought from the X-Pole web site.

Hex Keys – The edges of the Hex keys can become rounded with use. Do not use rounded keys as these can damage the screws. Replace the key.

Base Screws – the 4 screws on the base can come loose with regular use. Check and re-tighten regularly. Spare screws are available on the website.

Trouble Shooting

The X-Pole XPERT is the latest in pole technology and should not need any support providing the regular maintenance is carried out and the pole is looked after, cared for and stored properly.

Hex Keys/Screws – It is important to make sure the Hex key is fully inserted into the hex expansion screw. Partial insertion can damage the screw holes (rounding then during operation) making it difficult to tighten or more importantly undo the joint. Spare screws are available from the web site should they be damaged.

Keep watching the X-Pole website for any product updates and the release of new products and optional parts for the XPERT. Please feel free to call our offices for help and advice on your XPERT Pole.

Warnings

Storage – it is extremely important not to keep your pole in a wet or damp environment. **DO NOT** leave it in the back of the car or in an outside shed etc, where it could become damp. Damp/Humid weather will cause rust which could effect the plated surface and the tubes. Always keep the pole in a warm dry environment.

Grip Chalk – Dancers use hand chalk to improve grip and in cases of sweaty hands. Never use 'climbing' chalk or powder chalk on a dance pole. Only ever use special liquid grip chalk such as X-Grip, Mighty Grip, Gorilla Grip or other specialist pole chalk. Powder chalks can damage the pole surface and clog up the joints and other mechanisms.

Height measurement – It is essential to measure the height of your ceiling and select the correct extensions to suit. Mistakes are often made in measuring heights especially with inches where 96" becomes 9'6" and 116" is 11' 6". These are factual cases where wrong measurements have been made and the wrong parts purchased or used.

Safety Warning

Should you have any concerns regarding your XPERT pole, its suitability for use, its correct installation, your ability to use the pole or any other possible factor relating to the installation or use this product please call X-Pole technical support before use. Use of this pole is entirely at owners and/or users discretion.



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