

X-POLE[®]
LEADERS IN POLE & AERIAL FITNESS

INSTRUCTION MANUAL

X-POLE[®]

***XP*ERT**

Exercise and Dance Pole



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 world's 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 (details on the back cover) if you have any comments or suggestions on how to improve the product.

BEFORE USING YOUR POLE

Mis-using a pole can be dangerous, not only to the user but also to anyone close to the pole. The use of a dance pole is always at the user's discretion, and it is the user's responsibility to check the pole is installed correctly & safely before use.

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, cool 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. Always rest between moves & exercise sensibly, if you experience any health issues, seek medical advice.

Have fun with your X-POLE XPERT.

The X-POLE Team.

WHAT TO WEAR

Clothing

When it comes to clothing – less is best (unless you have purchased a Silicone Pole). So try to keep your arms and legs uncovered. Pole work needs the friction created by skin contact, so T-Shirts, Crop Tops & Shorts are best. However, you must feel comfortable so wear what you feel relaxed in (tracksuit bottoms, etc.) even though this may mean you are unable to do some of the pole moves properly because of grip.

Footwear

Again comfort is essential. Bare feet (recommended), dance shoes, or trainers can be used but trainers have high friction, so a trainer with a smooth as possible sole is recommended.

Oils and Lotions

NEVER use oils and/or lotion on your hands or body prior to using your pole. This is very **DANGEROUS**. The oil can transfer onto the pole making it slippery and impossible to hold and this could cause you or someone using the pole after you to have a serious accident.

CRITICAL INFORMATION - PLEASE READ THIS BEFORE OPENING YOUR PACKAGE

To get the best from your X-POLE XPERT – with SAFETY being the utmost priority – it is extremely important that you READ & FOLLOW the Instruction Manual from beginning to end and most importantly, understand it!

Prior to installation, all shrink-wrap covering the pole tubes and parts must be removed. Please DO NOT use a sharp instrument/knife to do this, as damage may be caused.

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 you have ANY questions – before you assemble, install or use your XPERT Pole – contact your point of purchase or see the X-POLE XPERT section on the website (www.xpole.com – first select your region, then search for the XPERT Section).

ALL REMOVEABLE AND PORTABLE POLES USE PRESSURE BETWEEN THE FLOOR AND CEILING TO KEEP THEM STABLE. THERE IS A POSSIBILITY THAT DAMAGE COULD BE CAUSED TO THE CEILING.

VERTICAL LEISURE LTD, 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 DURING THE USE OF THIS PRODUCT.

BY REMOVING THE XPERT POLE FROM ITS PACKAGING AND/OR ANY USE OF THE PRODUCT CONFIRMS ACCEPTANCE OF THE ABOVE WARNINGS AND THE USER'S RESPONSIBILITY IN USING THE PRODUCT.

IF YOU DO NOT ACCEPT THE TERMS SET OUT ABOVE THEN:

DO NOT REMOVE THE XPERT POLE FROM ITS PACKAGING OR ATTEMPT TO ASSEMBLE, INSTALL OR USE THE PRODUCT.

Contact your point of purchase to arrange a return & refund (shipping costs may still apply). The product must be returned unused & in its fully packaged state.



CAUTION: The XPERT Pole **SHOULD NOT** be installed under false, suspended or non-rigid ceilings. When searching for Joists please use a step ladder and have a second person holding the ladder providing additional assistance.



CAUTION: Take note that carpet, wooden or sprung floors can affect the stability of this product.

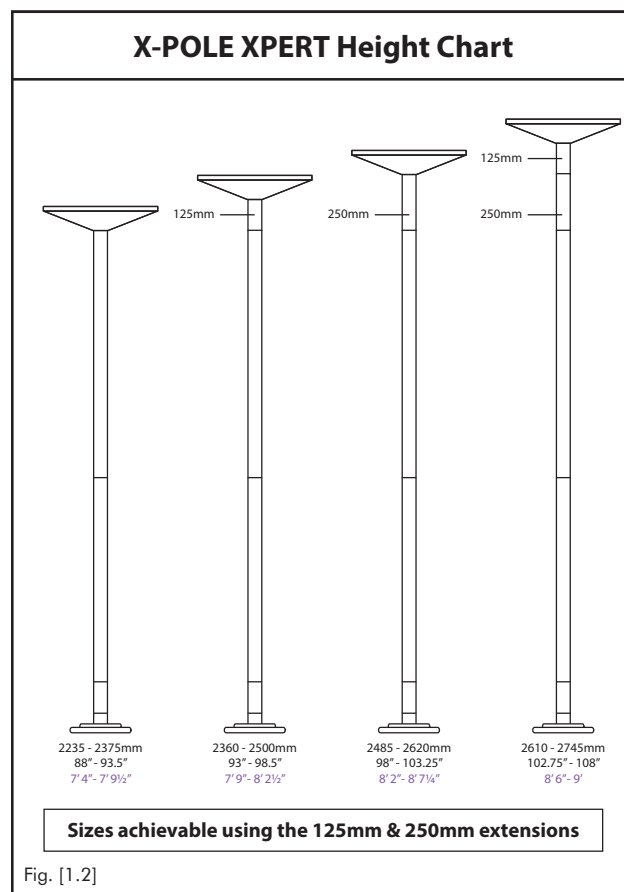
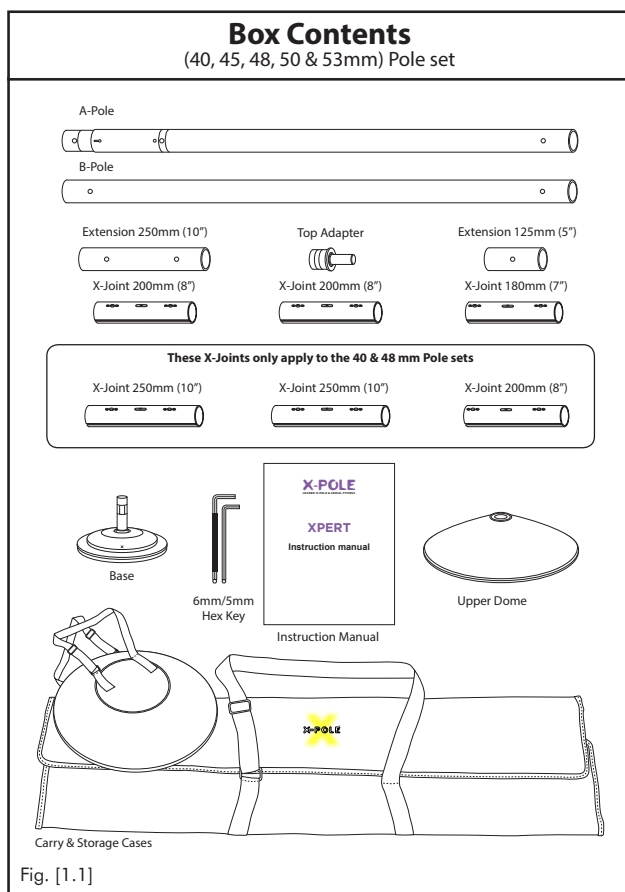


CAUTION: Never undo any of the screws unless you are explicitly told to do so in the instruction manual.

WANT A QUICKER WAY TO ASSEMBLE YOUR XPERT POLE?

WHY NOT SCAN THE CODE TO GO DIRECT TO OUR YOUTUBE CHANNEL TO WATCH THE INSTALLATION VIDEO – Search for the 'XPERT Installation' Video.





WHAT YOU NEED BEFORE YOU START: 1 x Tape Measure & 1 x Spirit Level



TIP: Measurement Calculation: 100mm = 10cm = 3.94 inches (or divide the amount of millimetres by 25.4 to get inches)

CHECKING THE PARTS

Please check the contents of your XPert pole with the contents diagram (Fig 1.1). If anything is missing or damaged, please contact your point of purchase or call your local X-POLE office immediately (contact details on the back page).

Please study the contents and the part descriptions in the diagram [Fig 1.1] as these are used throughout the instruction manual and are important for installation. Please also try using the parts before assembling, it is important that you understand how they work.



TIP: FOR TRANSPORT & DELIVERY THE X-Joints ARE INSTALLED INSIDE THE EXTENSIONS.

X-POLE XPert HEIGHT CHART

Using the full allowed length (125mm/5'') of the **Screw Adjuster** (which adjusts the height of the pole) & both supplied extensions (125mm/5'' & 250mm/10'') will allow the XPert to fit ceilings between the ranges of 2235mm (88'') to 2745mm (108''). If you have a ceiling which is higher than 2745mm (108''), you will need to purchase additional/optional extensions from our website www.xpole.com (first select your region, then search for the 'Extensions' section) or from your point of purchase.

The **Screw Adjuster** has the capability of extending the XPert pole by 125mm (5''). With the Screw Adjuster closed (contracted) you will be able to achieve a height of 2235mm (7'4'') & with it open (extended) using both the supplied extensions, you will achieve a height of 2745mm (9'').



CAUTION: You should NEVER use more than 125mm (5'') of the Screw Adjuster.



TIP: Ceilings over 3.35m/11ft will require mounts or ceiling plates - please see pg.15. If you have any doubts about the height you wish to reach, contact your local X-POLE office or Point of Purchase.

CHOOSING THE BEST PLACE FOR YOUR X-POLE

LOCATING CEILING JOISTS:

Try to find a suitable area in the centre of your room, where you would like to install your pole. Above this area, you will need to locate a 'Joist', please see instructions below on how to do this.

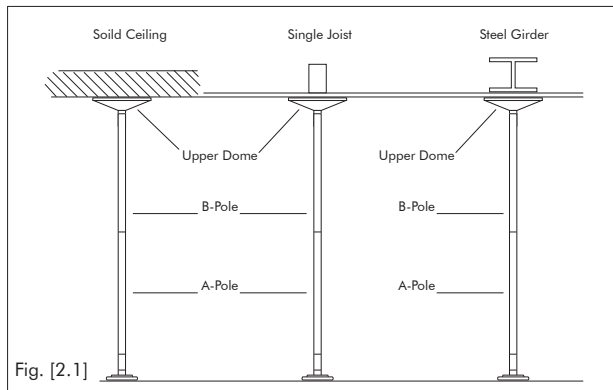


Fig. [2.1]

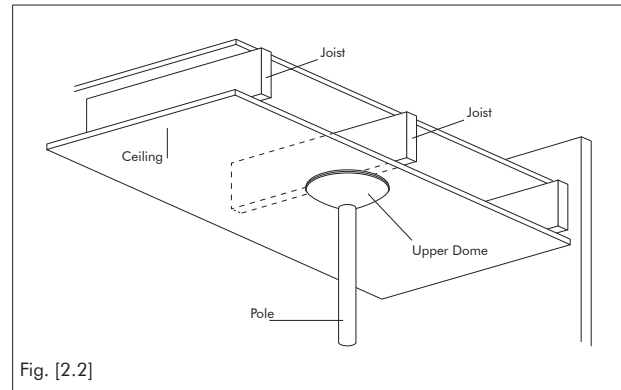


Fig. [2.2]

1. The XPERT POLE should be installed in the most secure location possible, like under a solid ceiling – if you do not have a solid ceiling, you will have to locate a 'Joist' or 'girder' to install the upper dome against.
2. Joists are beams of wood that run from wall to wall and support your ceilings. The Upper Dome must be centred under the Joist.

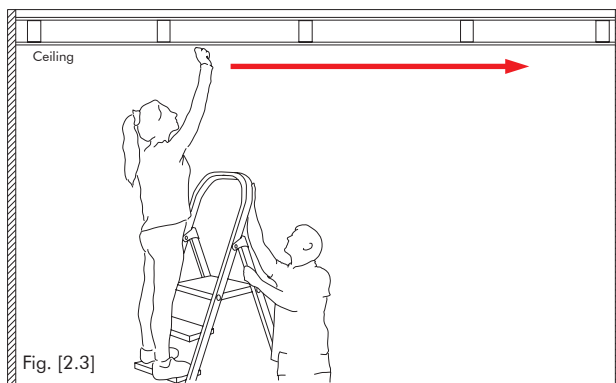


Fig. [2.3]

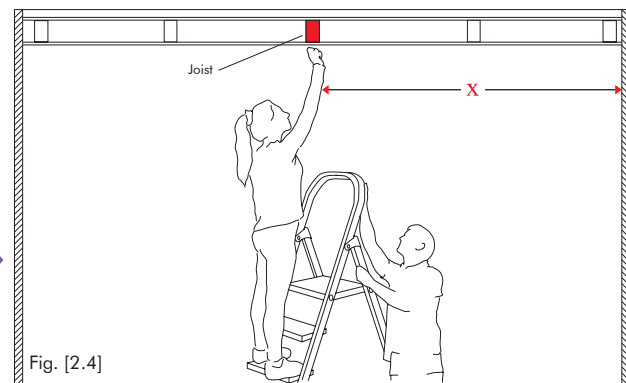


Fig. [2.4]

3. To find a Joist above your ceiling, tap across the ceiling with your knuckle until a solid sound is heard – this will be the Joist. If you keep tapping across the ceiling the sound will become hollow – the space between the Joists.
4. Once a Joist is located, take a position measurement from the wall for future reference. Write this measurement here: $X =$ _____
Make sure that the measurement is taken at 90° from the Joists.



TIP: Joists can be located using an optional Joist/stud finder; this can be purchased from most hardware stores.

NEXT: FINDING A SUITABLE DANCE AREA

FINDING A SUITABLE EXERCISE & DANCE AREA



TIP: Measure a circle with a diameter (measured from one point of a circle across to another) of approximately 3000 – 3500mm (120" – 138") and locate your pole in the centre of the circle.

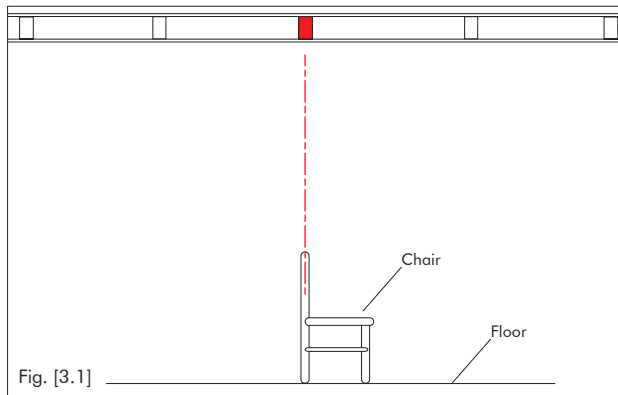


Fig. [3.1]

1. Place a chair beneath the location where you have identified your Joist OR imagine a fully assembled pole beneath this spot.

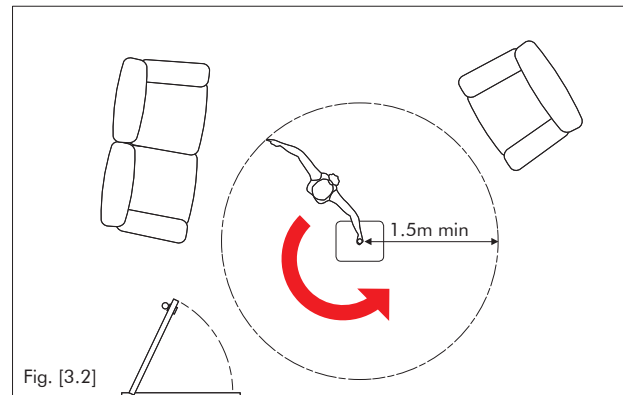


Fig. [3.2]

2. Fully stretch both your arms & place one hand on the chair/imaginary pole and walk around it in a circular motion.

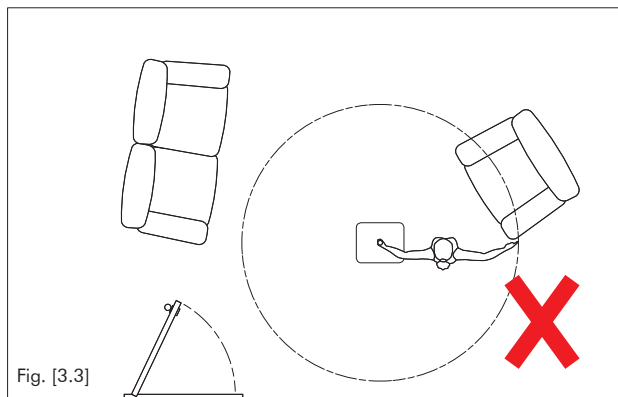


Fig. [3.3]

3. Whilst rotating around the chair/imaginary pole you must not hit or touch anything else in the room.

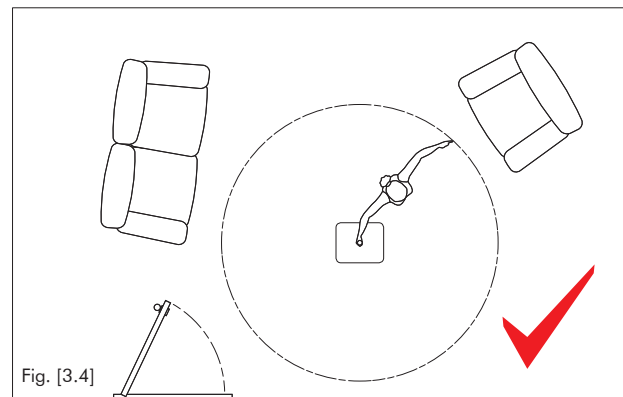


Fig. [3.4]

4. This area will enable you to fully extend your arms & legs when using the pole. **ADDITIONAL HELP ON pg.15.**

Measuring the Height of the Ceiling

Accurately measure the height of the ceiling at the point of use and match the ceiling height to the pole height on the chart [Fig 1.2]



TIP: If longer extensions are required (than those supplied in the standard set), then a key point is to minimise the number of extensions & Joints used for a given height requirement; i.e. if the required extension length is 500mm – it is better to use [1 x 500mm extension & 1 x X-Joint] rather than [2 x 250mm extensions & 2 x X-Joints].

FOR CEILING HEIGHTS OVER 3.35M/11FT, PLEASE REFER TO PG.15.

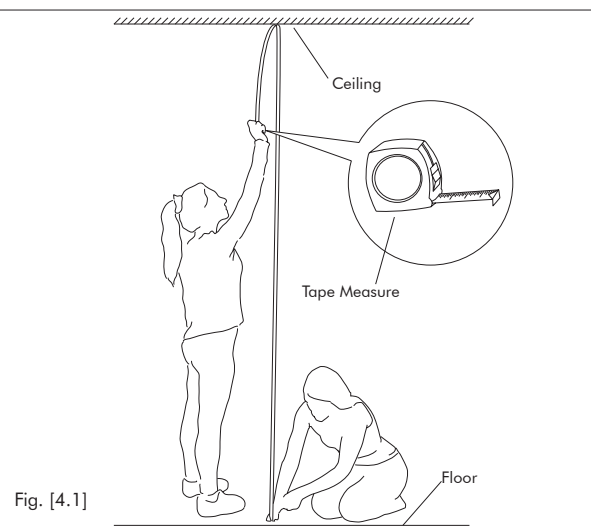


Fig. [4.1]

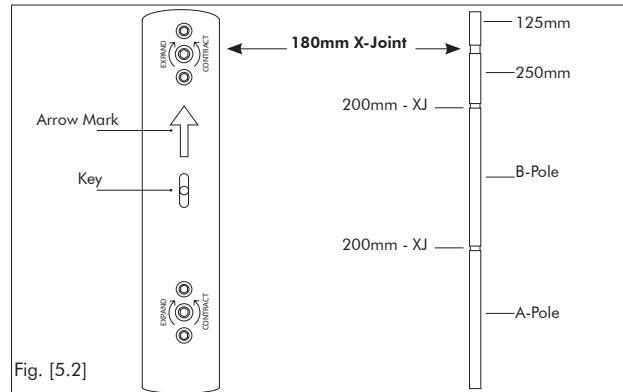
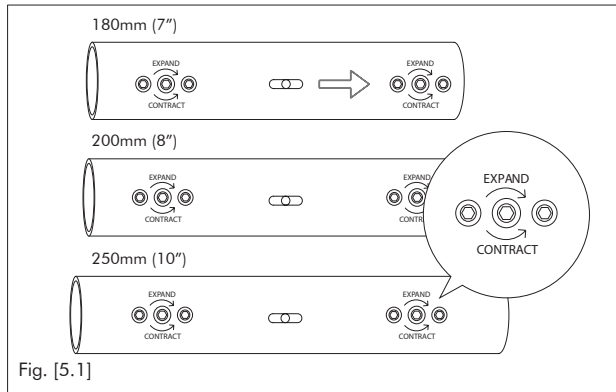
Now you have found a suitable exercise area & the ideal spot for the installation of your pole.

NEXT: HOW TO USE THE X-JOINT

HOW DOES X-POLE'S X-JOINT WORK? >>>

X-POLES use a revolutionary joint called the X-Joint that expands inside the pole tubes to lock them together and stops them from coming apart/separating. To optimise the X-Joint's key features and ensure correct operation, it is important that you carefully follow these instructions.

X-JOINT OPERATION: PLEASE NOTE: ANTI-CLOCKWISE = COUNTER CLOCKWISE



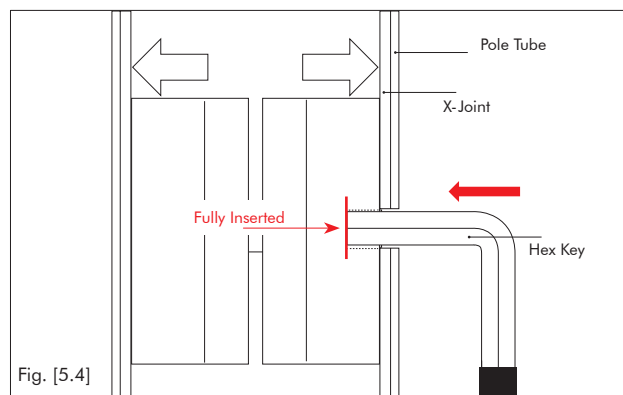
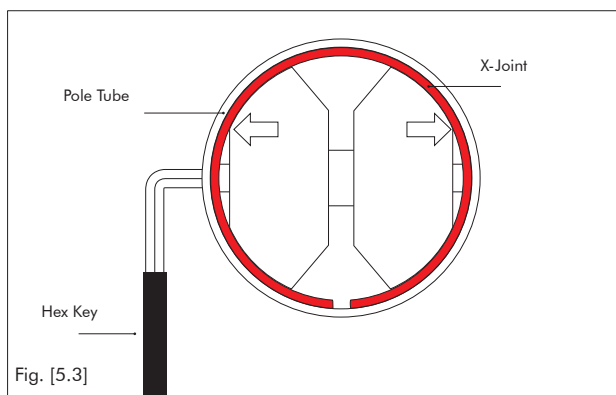
1. There are 3 sizes of X-Joints; 180mm (7"), 200mm (8") & 250mm (10").

The XPERT Pole is supplied with:

40mm:	1 x 200mm (8")	2 x 250mm (10")
45mm:	1 x 180mm (7")	2 x 200mm (8")
48mm:	1 x 200mm (8")	2 x 250mm (10")
50mm:	1 x 180mm (7")	2 x 200mm (8")
53mm:	1 x 180mm (7")	2 x 200mm (8")

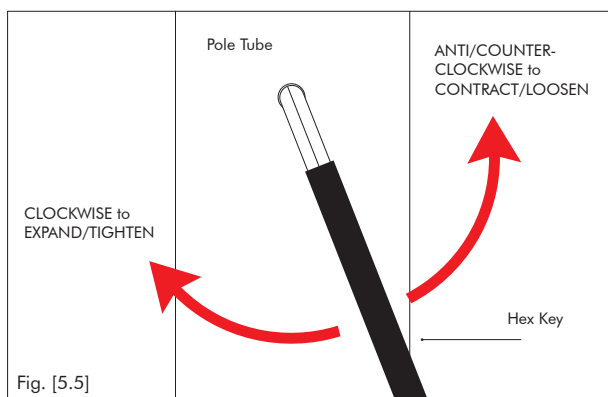
2. The 180mm (7") X-Joint has one half longer than the other & is marked with an arrow (on the shorter end), when used, this must be installed at the top with the arrow pointing upwards.

CAUTION: The 180mm X-Joint (200mm in the case of 40mm & 48mm poles) should only be used with the 125mm extension.



3. The X-Joint features a special mechanism which expands/contracts to lock/loosen the pole tubes together. Please test this prior to assembly.

4. The Joint expansion is done by FULLY inserting the 6mm **Hex Key** (with black plastic cover) into the pole tube & rotating clockwise.

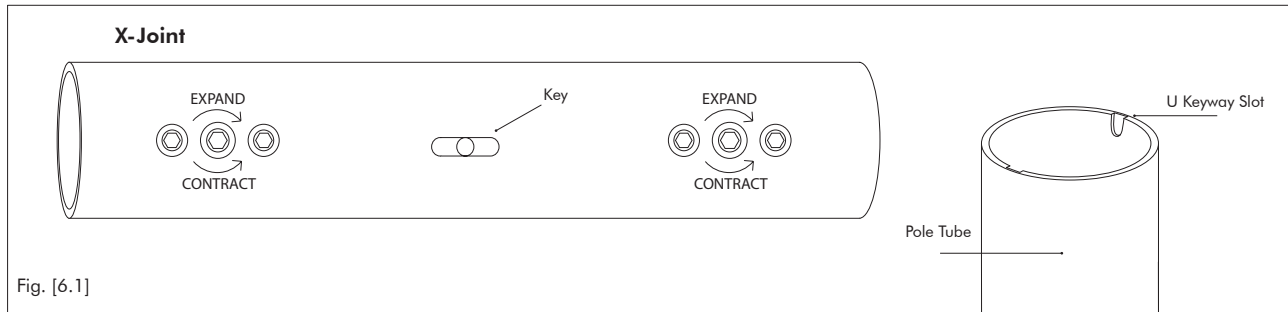


5. Always remember:
TO EXPAND/TIGHTEN: Clockwise
TO CONTRACT/LOOSEN: Anti/Counter-Clockwise

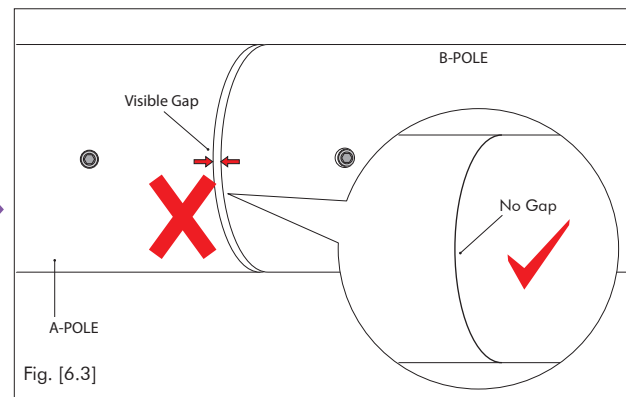
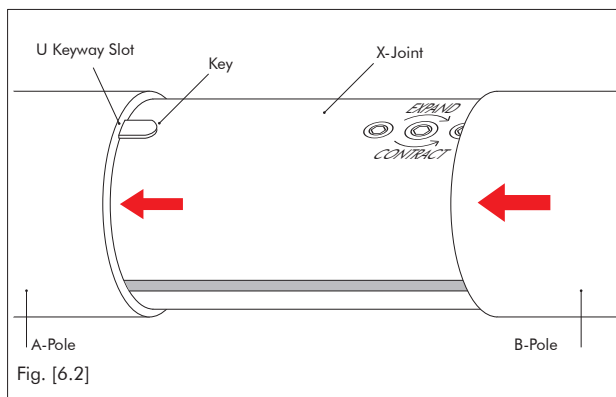
TIP: Before pole installation test the operation of the X-Joint on its own and then on 2 x Extension Tubes. It is better to loosely tighten the X-Joints and then undo and firmly re-tighten them when the pole is in place, as when vertical, the weight/pressure of the pole tubes will push the Joints tightly together.

NEXT: ASSEMBLING YOUR X-POLE >>>

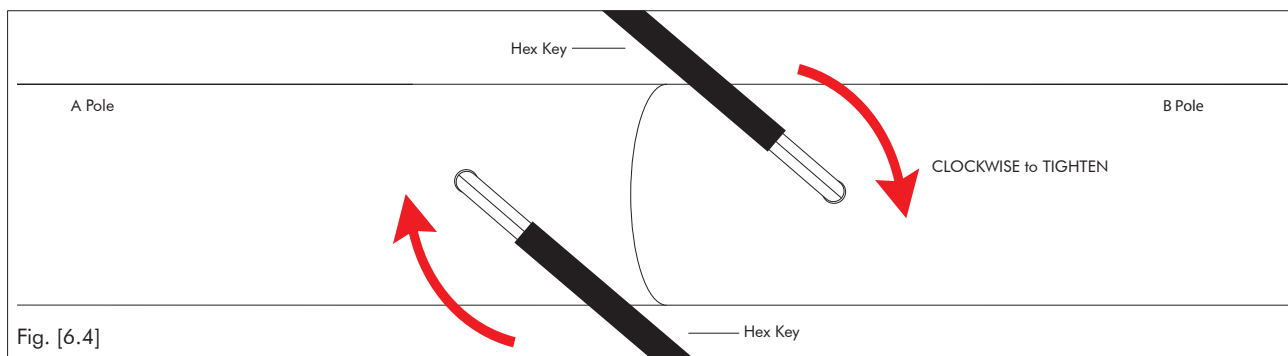
Connecting the A-POLE (main tube with screws & screw adjuster at one end) to the B-POLE.



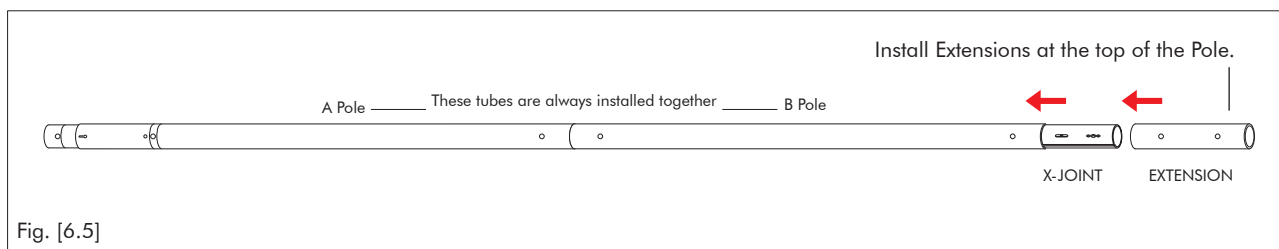
1. At the centre of the X-Joint are 2 x Keys. These Keys slide into the corresponding U Keyway slots in the pole tube.



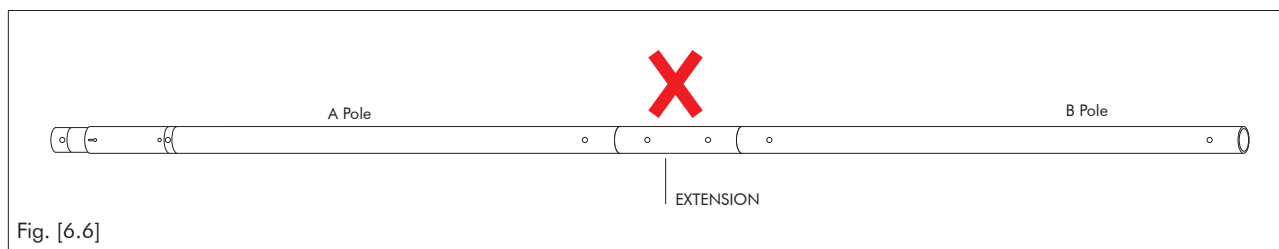
2. Insert a 200mm X-Joint into the A-Pole ensuring the keys locate into the U Slots and the expansion screws line up with the holes on the pole tubes. Next attach the B-Pole to the A-Pole with the X-Joint ensuring the Keys engage with the U Keyway Slots.
3. Check the tube edges are tight together – then loosely tighten the screw in the A-Pole – now loosely tighten the other tube (B-Pole) – continue to tighten, alternating between the two until no further force could be applied to the screws.



4. It is important to tighten the screws progressively – alternating between the screws, tightening Clockwise. This will ensure the pressure is equalised within the pole tubes.



- Then, as required, keep adding X-Joints and Extensions to reach your desired height – minimising the number of Joints and tubes by using optional longer extensions (available from our online shop; www.xpole.com - first select your region, then search for 'Extensions') where possible.



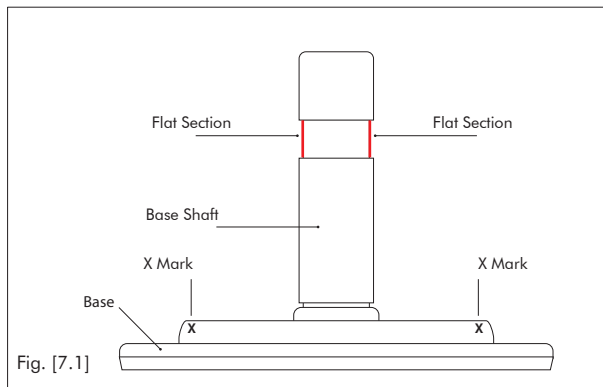
NEVER INSTALL EXTENSIONS IN THE MIDDLE OF THE POLE – THIS IS DANGEROUS.



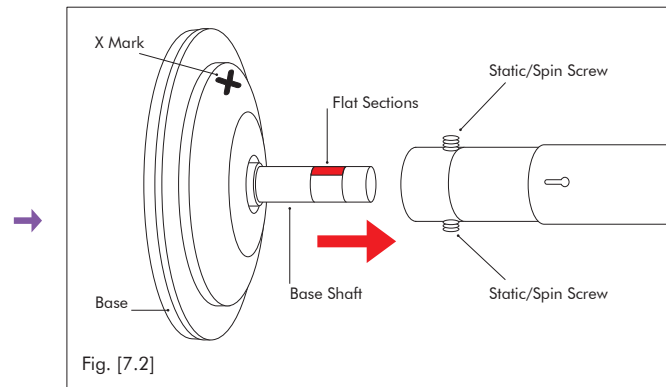
TIP: If longer extensions are required (than supplied in the standard set), then a key point is to minimise the number of extensions & Joints used for a given height requirement; i.e. if the required extension length is 500mm – it is better to use [1 x 500mm extension & 1 x X-Joint] rather than [2 x 250mm extensions & 2 x X-Joints].

NEXT: HOW TO ATTACH THE BASE TO THE A-POLE >>>>

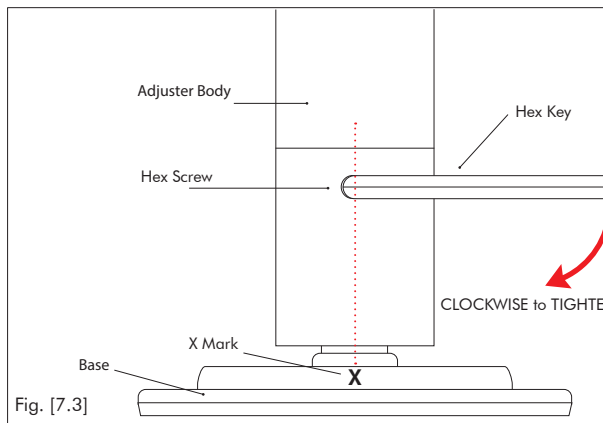
HOW TO ATTACH THE BASE TO THE A-POLE



1. The 2 x flat sections are where the hex screws will locate to stop the pole from spinning. Note the 2 x flat sections on the base shaft, and ensure these are in line with the X's on the base.

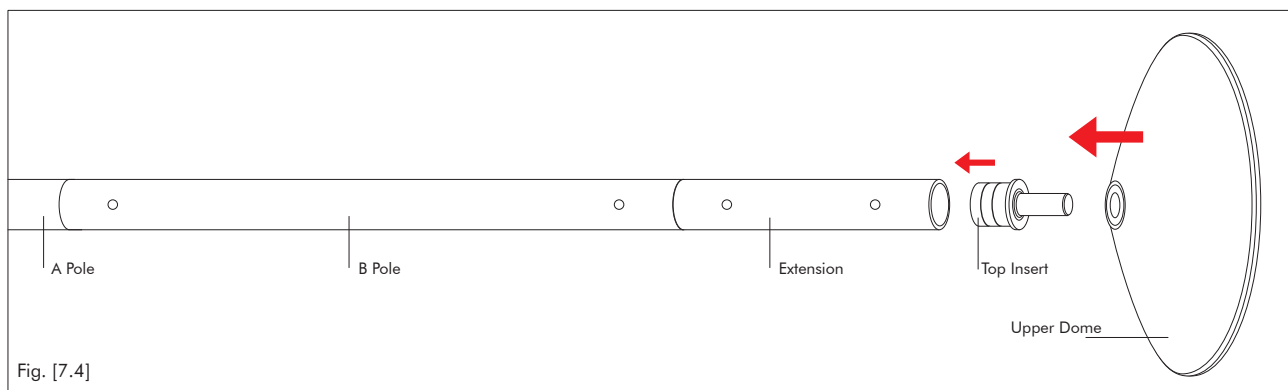


2. Make sure the 2 x Static/Spin screws are fully loosened using the 5mm Hex Key. **DO NOT** completely remove the screws. Slide the base shaft into the A-Pole. The two screws need to be in line with the X's on the base to ensure they are screwed onto the flat sections.



3. Once the A-Pole is on the shaft – align both the Static/Spin screws with the 'X-Marks' on the base and tighten the 2 screws.

TOP ADAPTER UNIT ATTACHMENT



1. Once the A-Pole and B-Pole (and any additional extensions) are connected, insert the Top Insert into the B-Pole or last extension used then slide the upper dome onto the top insert.

BE CAREFUL WHEN YOU LIFT THE ASSEMBLED XPERT POLE, TO INSTALL, THAT THE UPPER DOME DOES NOT FALL OFF, AS IT IS LIFTED INTO POSITION.



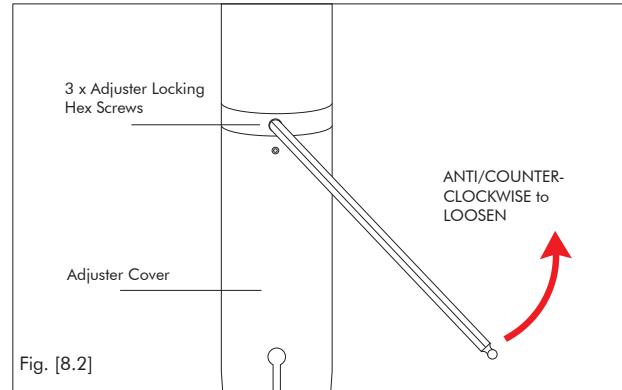
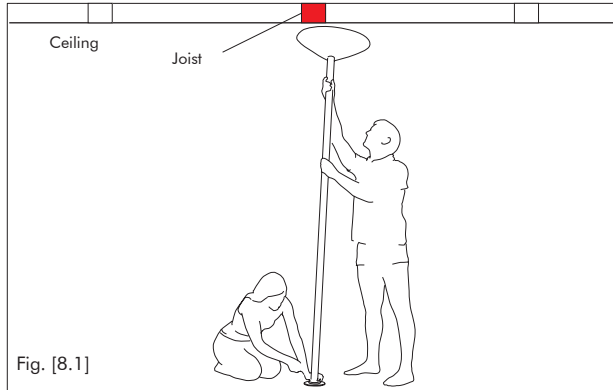
CAUTION: DO NOT FORGET: If you are using extensions, you can ONLY use a 180mm X-JOINT (200mm in the case of 40mm & 48mm poles) with a 125mm extension and make sure the ARROW is always pointing towards the ceiling.

INSTALLING XPERT



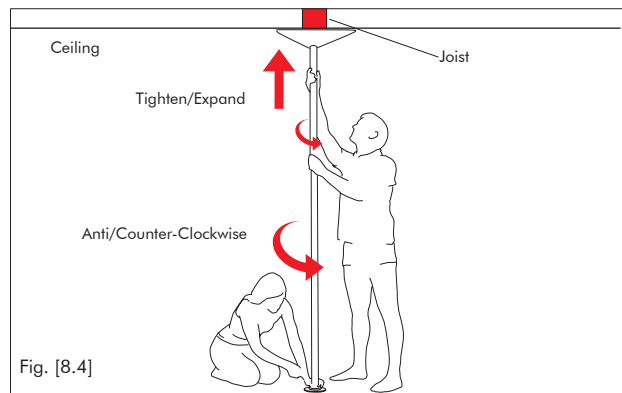
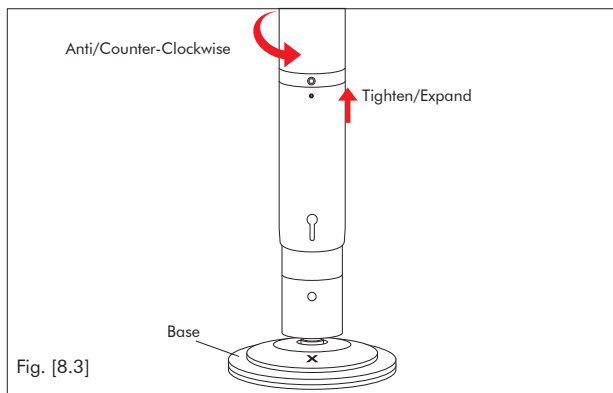
CAUTION: When assembled, the XPERT Pole is heavy and at full height, NOT easy to handle. It is therefore **MANDATORY/COMPULSORY** that 2 people install the XPERT Pole – i.e. 2 people should lift it into position and 1 person hold the pole while the other rotates/expands the height adjuster.

1. Make sure that the base of the pole is at the centre point of your dance area – as explained in 'Finding a suitable exercise & dance area' [Fig 3.1-3.4] and under the selected Joist [Fig 2.4].



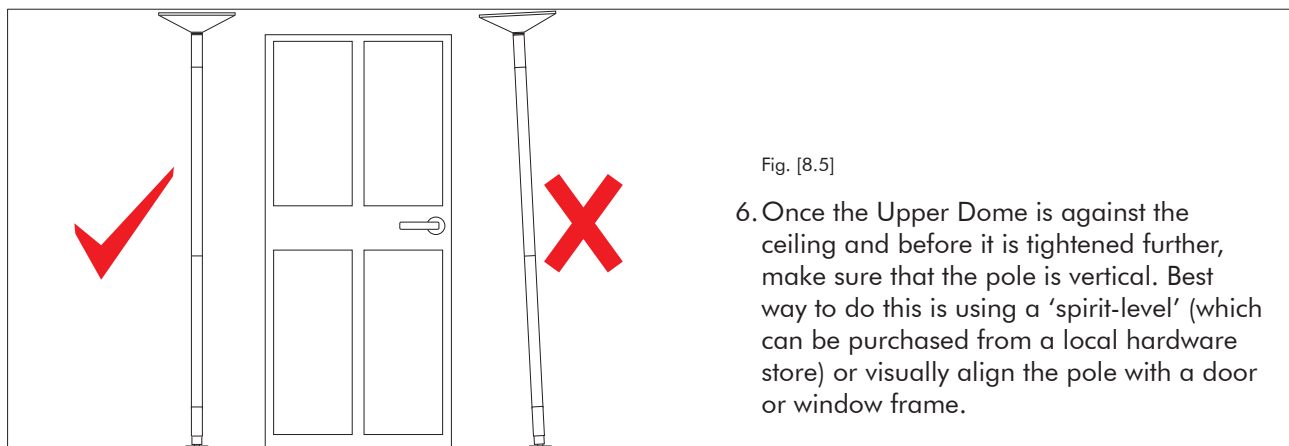
2. With one person holding the base, the other person should slowly and carefully lift the pole, raising it until it is vertical and under the Joist.

3. Now undo the 3 Adjuster Locking Hex Screws on top of the Adjuster Cover with the 5mm Hex Key - a minimum of 2 whole turns. (DO NOT completely remove the screws).

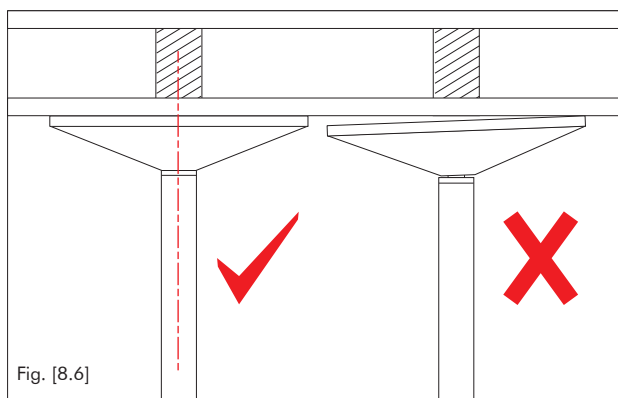


4. Pole Expansion: Rotating the main pole tube from left to the right (Anti/Counter-Clockwise) will Expand/Tighten the Pole. Rotating the pole tube from right to the left (Clockwise) will Shorten/Loosen the Pole.

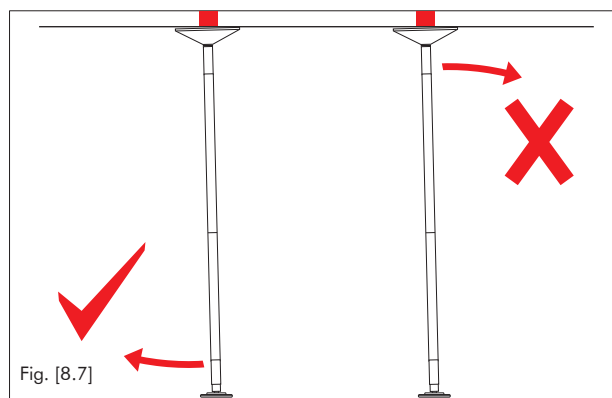
5. Once vertical, with the second person still holding the base, rotate the pole, Anti/Counter-clockwise (i.e. rotate left to right) which will expand the pole until it touches the ceiling.



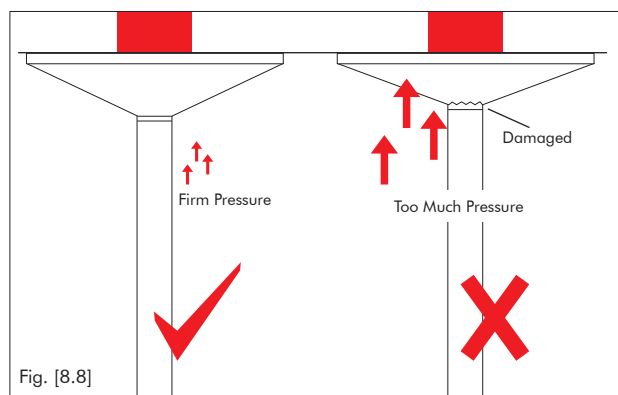
6. Once the Upper Dome is against the ceiling and before it is tightened further, make sure that the pole is vertical. Best way to do this is using a 'spirit-level' (which can be purchased from a local hardware store) or visually align the pole with a door or window frame.



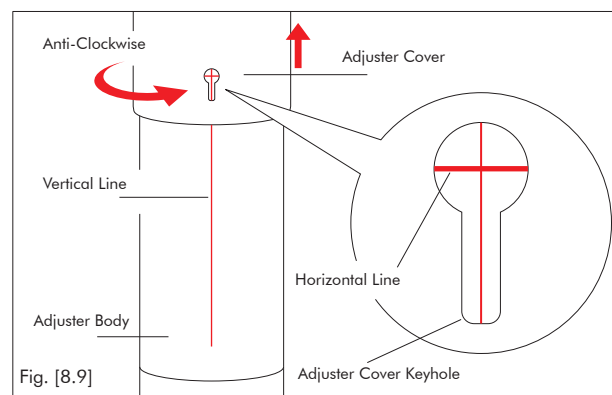
7. It is critical that the Upper Dome is flat against the ceiling/Joist. DO NOT expand the adjuster further until the upper dome is flat against the ceiling/Joist. If the Upper Dome is not flat, the plate could rotate, and slip or damage the ceiling.



8. If the pole is not vertical, move the base in the required direction. DO NOT move the Upper Dome which must be kept over the centre of the Joist at all times.



9. Tighten the XPERT pole until good positive pressure is felt and the pole is firmly in place. DO NOT exert too much pressure. Rock/Shake the pole to ensure it does not move from its position. Now change pole mode to 'Spin' (see Static & Spinning section on pg.12), spin the pole gently with your hands, if the pole rotates smoothly, your pole has been tightened correctly. If the pole DOES NOT rotate smoothly, it has been OVERTIGHTENED. In this instance, re-tighten the Static/Spinning screws and loosen the pole half-a-turn. Repeat until pole rotates smoothly.



10. When expanding/unwinding the pole Anti/Counter-clockwise, the adjuster cover will rise. If a horizontal line on the adjuster is exposed in the keyhole – this indicates that the adjuster is close to 100mm. It is at 100mm when the line is below the adjuster cover. Consider buying an extension from our website www.xpole.com

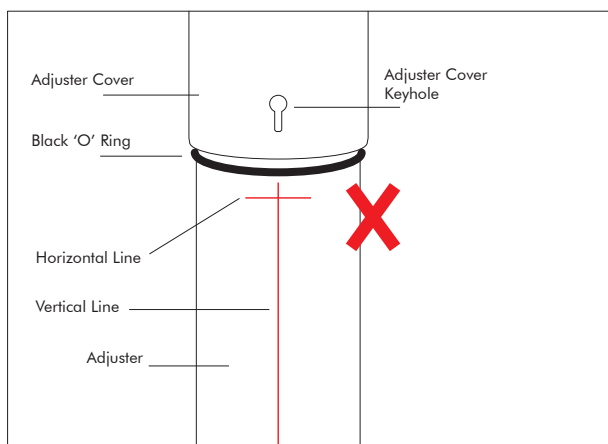
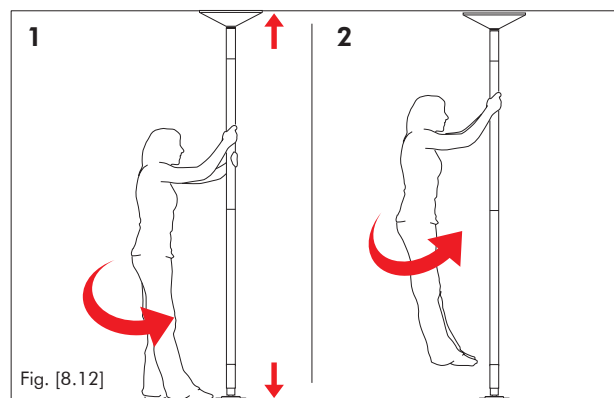
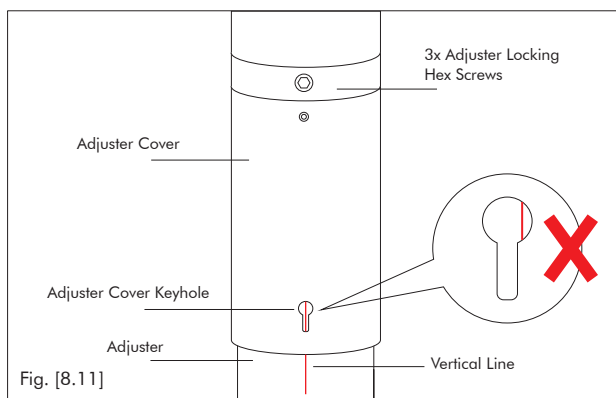


Fig. [8.10]

11. If ANY of the black 'O' ring is exposed, the adjuster is at its maximum allowed length (125mm/5"). It is now mandatory/compulsory to purchase an additional extension, available from our website www.xpole.com or your Point of Purchase.

DO NOT exceed the point past the 'O' ring.



12. Once the pole is tight, rotate the pole till the Adjuster Cover Keyhole is in alignment with the vertical line on the Adjuster. This will ensure that the screws are on the flats. Now tighten the 3 Adjuster Locking Hex Screws tightly with a 5mm Hex Key to lock the A-Pole.

13. Once the pole feels tight and does not move, try practicing a turn with at least one **feet on** the floor. Re-tighten as necessary until there is no movement. Once you are certain that the pole has been installed safely - try a move with your **feet off** the ground.

Your XPERT pole is now ready for use.

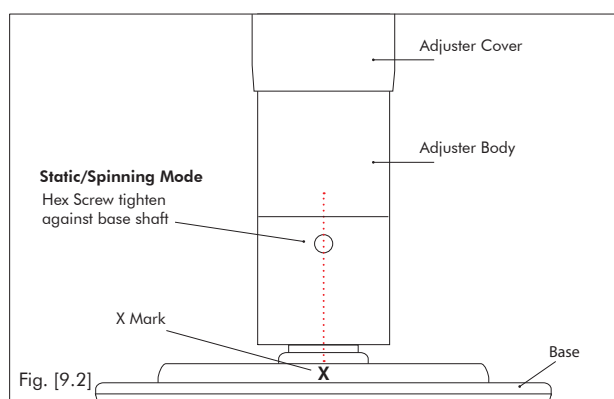
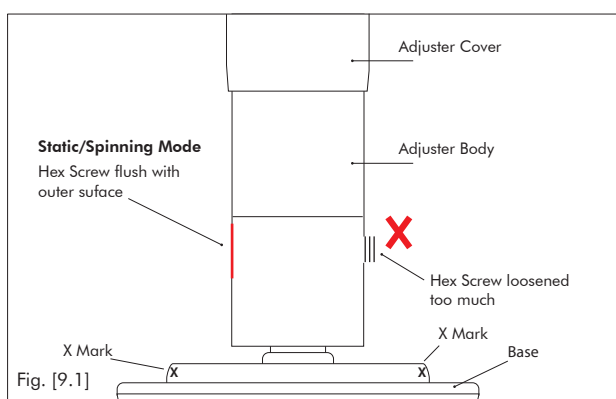


TIP: If the floor is not solid (concrete), it helps, once the pole is tight, to have someone stand on the base and then re-tighten. This compresses the floor and also makes it easier to rotate the pole.



CAUTION: Do not over-tighten the XPERT Pole - only tighten till good positive pressure is felt and the pole is firmly in place.

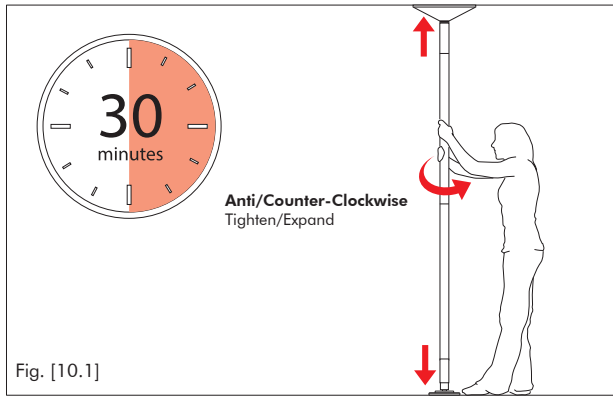
STATIC & SPINNING



1. To change the pole mode from static to spinning – undo the 2 x Static/Spin Hex screws at the bottom of the pole, until they are flush with the pole - **DO NOT REMOVE COMPLETELY** – the pole will now spin freely.

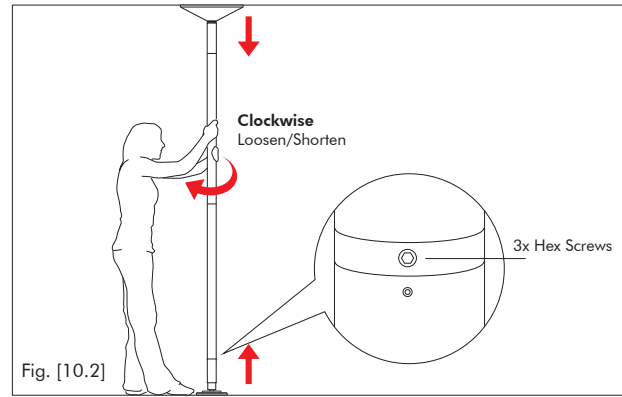
2. To return to static, rotate the pole till one of the hex screws is in alignment with the 'X' on the base plate and **FULLY** tighten. Whilst tightening, gently rotate the pole back and forth to help seat the screw. Now fully tighten the other screw.

POLE MAINTENANCE & REMOVAL

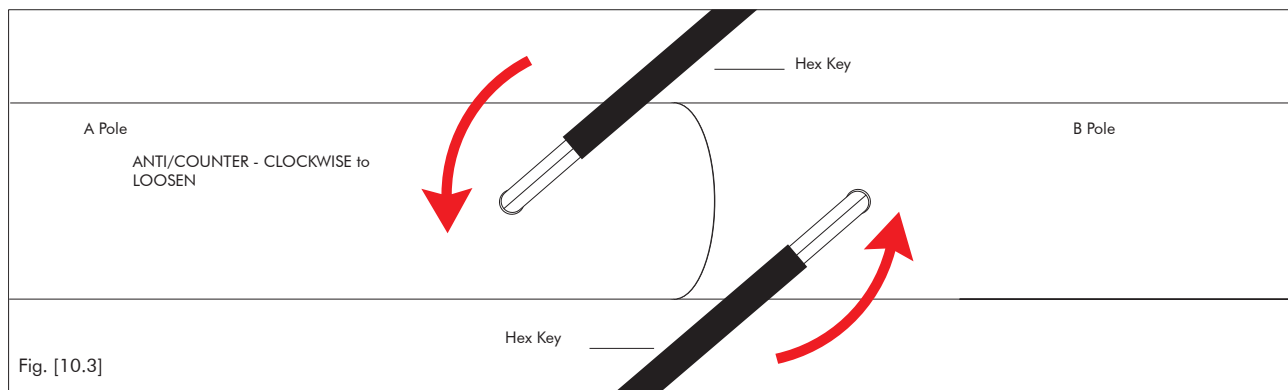


1. Because the XPERT pole uses pressure to remain in position. The pole tightness should be checked regularly during use, ideally every 30 minutes.

If there is any movement, DO NOT USE, until you have re-tightened. Always check the X-Joints at the same time.



2. To take down the pole, undo the 3 x Hex Adjuster Locking Screws (DO NOT completely remove the screws). Then turn the pole clockwise to contract/release the pole. Once the pole has been removed from its position, the Upper Dome & Base can be removed.

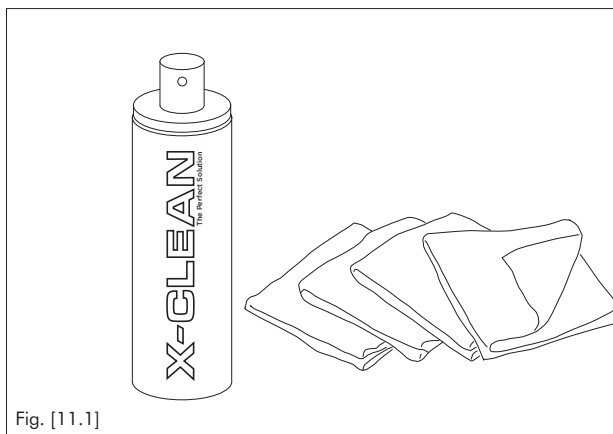


3. Lay the pole tubes on the floor and undo the X-Joints to disassemble the XPERT. To undo the X-Joint – turn both Hex Screws **Anti/Counter Clockwise** – undo screws until there is pressure against the key.



CAUTION: STORE YOUR XPERT POLE ONLY IN A WARM, DRY PLACE.

CLEANING YOU XPERT POLE



X-CLEAN & Micro-Fibre Cloths

X-POLE strongly recommends the use of X-CLEAN with our specially designed Micro-Fibre Cloths to clean and maintain the surface of your XPERT Pole. You can purchase these items from our website www.xpole.com (first select region, then search for X-CLEAN) or your Point of Purchase.

DO NOT USE X-CLEAN on Powder Coated or Silicone Poles.

For ceiling heights over 3.35m/11ft, it is mandatory/compulsory to use a Ceiling Plate or Ball Mount.



TIP: When installing multi-piece poles over 3.35m/11ft, it is mandatory to install a Ceiling Plate or Ball Mount. It is also strongly recommended not to use standard multi-piece poles and to use our 'Competition Poles' in this scenario. Please contact your local X-POLE office, or your Point of Purchase for further details.

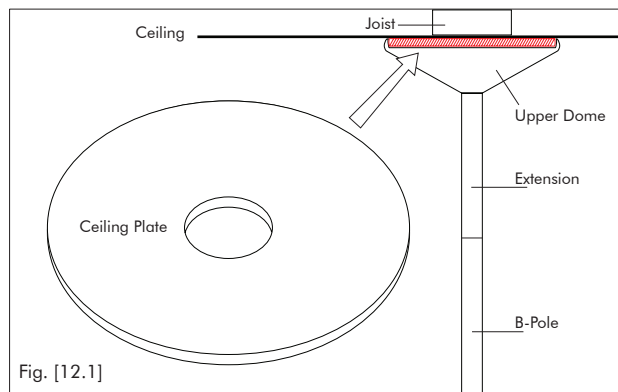


Fig. [12.1]

Ceiling Plate

The Ceiling Plate is a permanent fixture which will prevent any movement of the Upper Dome when using multi-piece poles over 3.35m/11ft.

For further details please visit our website at www.xpole.com or contact your Point of Purchase.

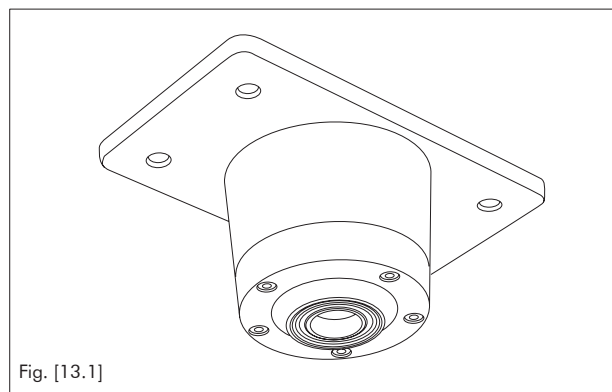


Fig. [13.1]

Ball Mount

The Ball Mount is a permanent fixture which will prevent any movement of the complete pole when using multi-piece poles over 3.35m/11ft. The Ball Mount replaces the need for an Upper Dome.

For further details please visit our website at www.xpole.com or contact your Point of Purchase.

ADDITIONAL ASSISTANCE SECTION:

PLEASE NOTE: ANTI-CLOCKWISE = COUNTER CLOCKWISE

- A. As damage can occur from the pressure used to keep the XPERT Pole in place, it is mandatory that the pole is centred under one Joist. The better aligned the upper dome is under the centre of the Joist and the more care taken in assembly and set-up, the less potential there is for damage.
- B. 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.
- C. 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.