

**X-POLE<sup>®</sup>**  
LEADERS IN POLE & AERIAL FITNESS

# INSTRUCTION MANUAL

**X-POLE<sup>®</sup>**

**SPORT**

Exercise and Dance Pole



**Thank you** for buying a SPORT Pole. The team at X-POLE have spent a significant amount of time researching, designing and developing the SPORT Pole. We want the SPORT 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 SPORT it is mandatory to warm up and, after use, cool down.

It is highly recommended that before you use your SPORT 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 SPORT.

**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 SPORT – 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!

Follow the simple but explicit instructions in this manual to get the best results from your X-POLE SPORT.

## **Safety is a priority at all times.**

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

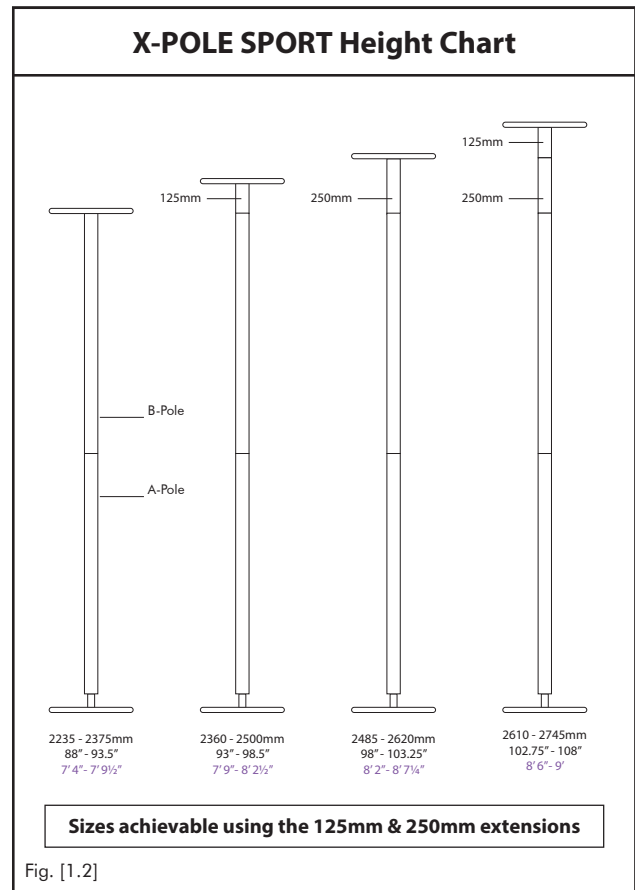
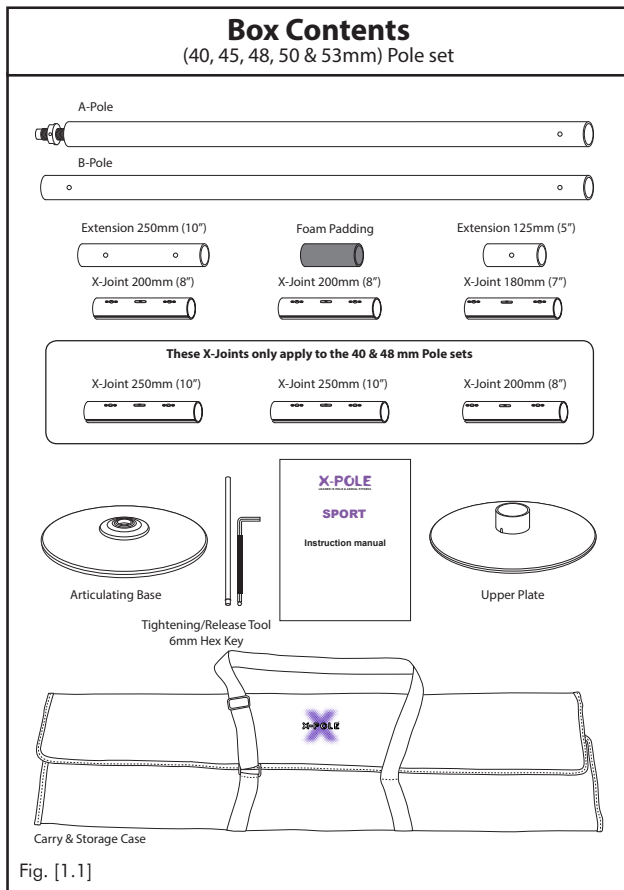


**CAUTION:** Never undo any of the screws unless you are explicitly told to do so in the instruction manual.

**WANT A QUICKER WAY TO ASSEMBLE YOUR SPORT POLE?**

**WHY NOT SCAN THE CODE TO GO DIRECT TO OUR YOUTUBE CHANNEL TO WATCH THE INSTALLATION VIDEO – Search for the 'SPORT 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 SPORT 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 SPORT 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 SPORT to fit ceilings between the ranges of 2235mm (88") to 2745mm (108"). If you have a ceiling which is higher than 2745mm (108"), you would need to purchase additional/optional extensions from our website [www.xpole.com](http://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 SPORT 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.**

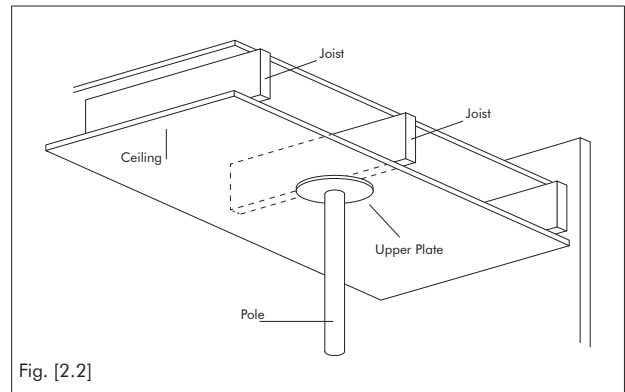
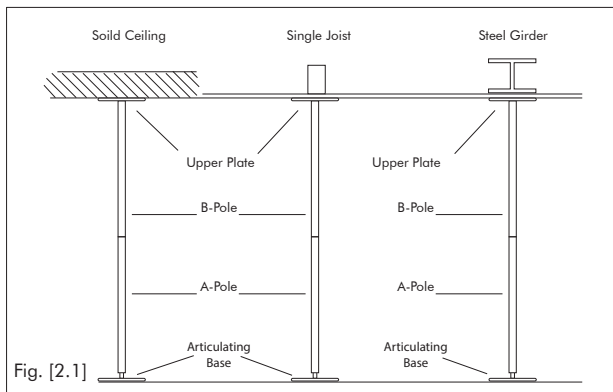


**TIP: Ceilings over 3.35m/11ft will require mounts or ceiling plates - please see pg.15. If you have any doubts about the height you wish to reach, contact your local X-POLE office or Point of Purchase.**

## CHOOSING THE BEST PLACE FOR YOUR X-POLE

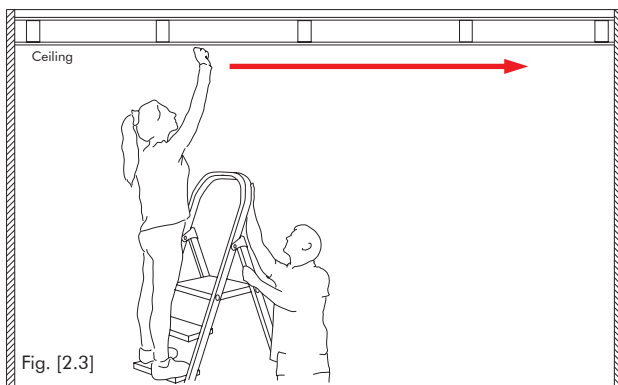
### LOCATING CEILING JOISTS:

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.

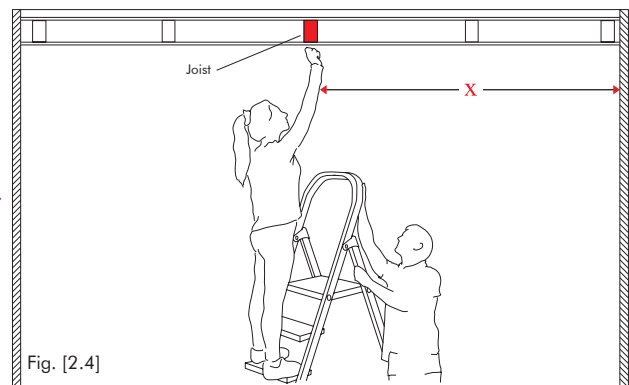


1. The SPORT POLE should be installed in the most secure location possible, like under a solid ceiling – if you do not have a solid ceiling, you will have to locate a 'Joist' or 'girder' to install the Upper Plate against.

2. Joists are beams of wood that run from wall to wall and support your ceilings. The Upper Plate must be centred on the Joist.



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.



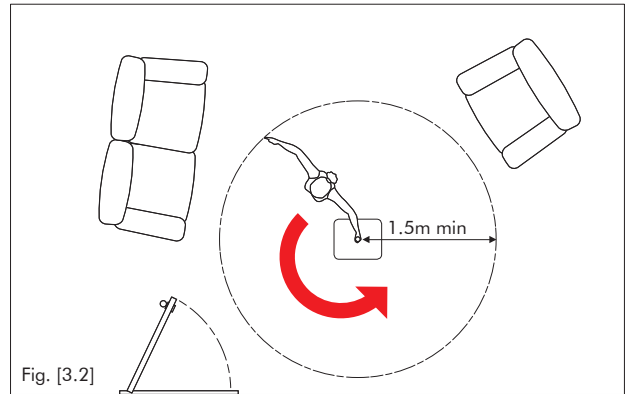
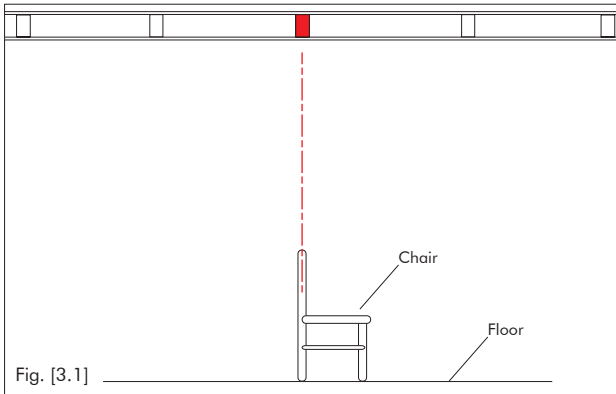
4. Once a Joist is located, take a position measurement from the wall for future reference. Write this measurement here:  $X =$  \_\_\_\_\_

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.**

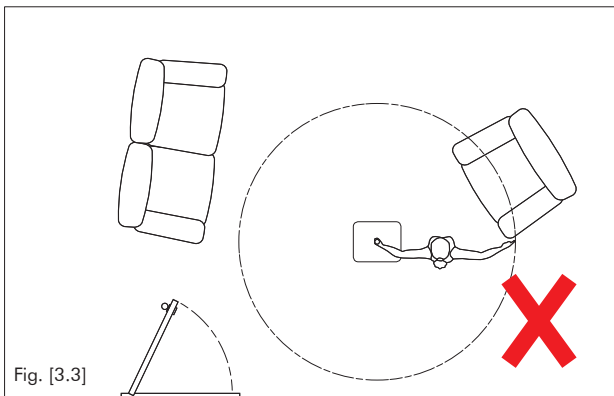
## NEXT: FINDING A SUITABLE DANCE AREA

**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.**

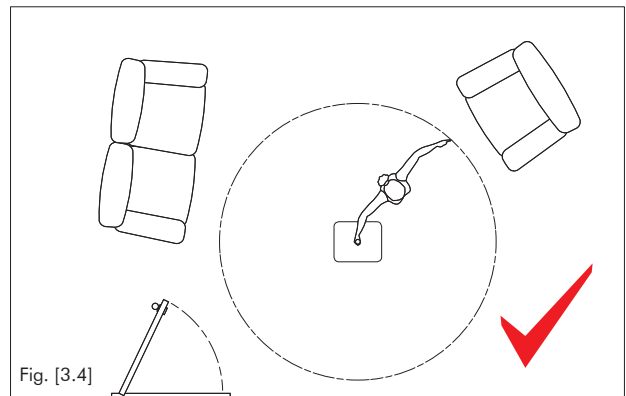


1. Place a chair beneath the location where you have identified your Joist OR imagine a fully assembled pole beneath this spot.

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



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



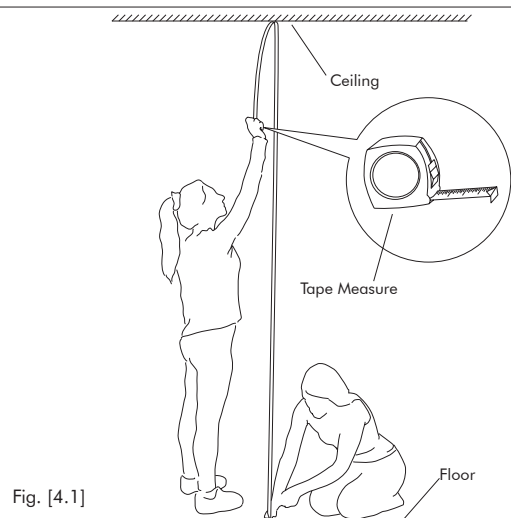
4. This area will enable you to fully extend your arms & legs when using the pole. **ADDITIONAL HELP ON pg.15.**

**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 PAGE 15.**

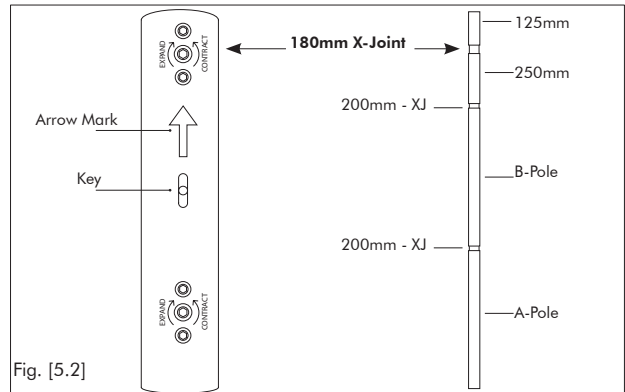
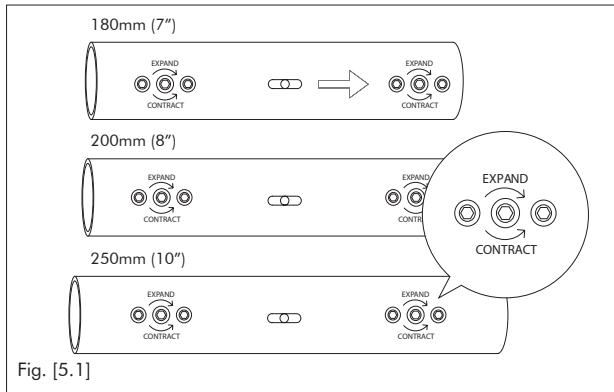


Now you have found a suitable exercise area & the ideal spot for the installation of your pole.

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

The X-POLE SPORT uses 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").

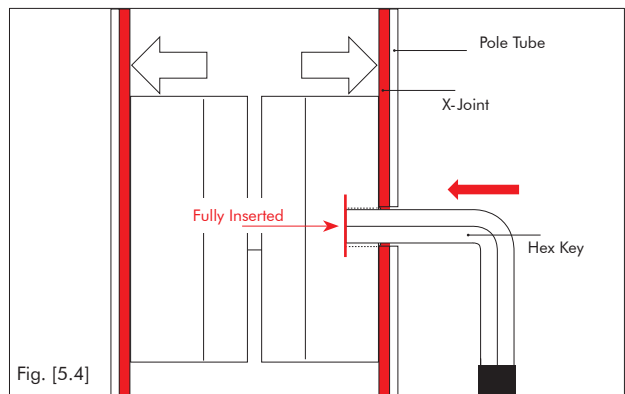
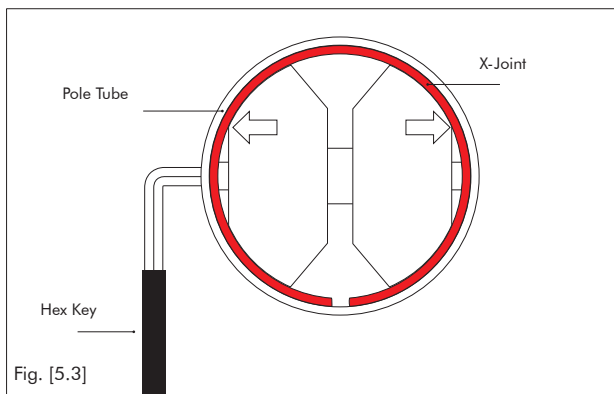
The SPORT Pole is supplied with:

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.

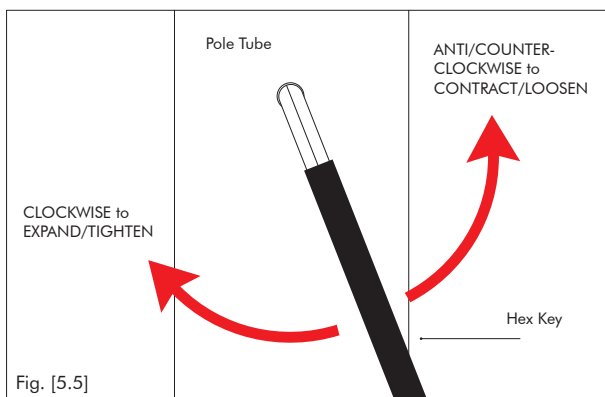


**CAUTION: The 180mm X-Joint (200mm in the case of 40mm & 48mm poles) should only be used with the 125mm extension.**



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.



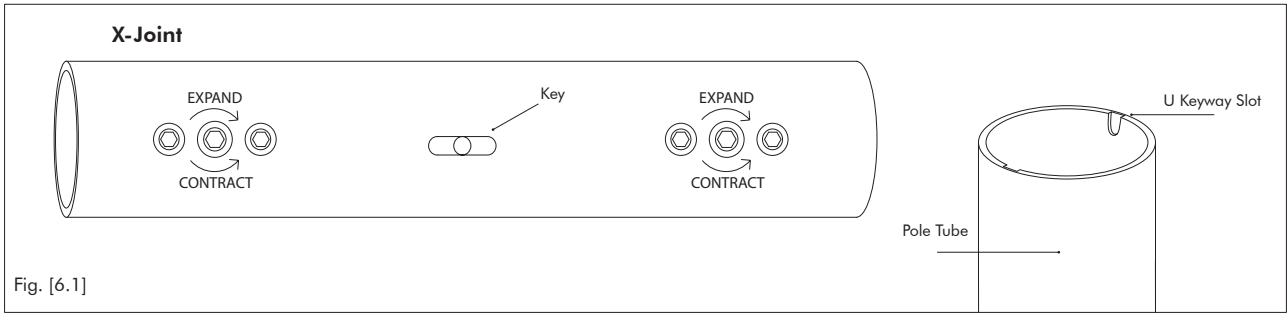
5. Always remember:  
**TO EXPAND/TIGHTEN:** Clockwise  
**TO CONTRACT/LOOSEN:** Anti/Counter-Clockwise



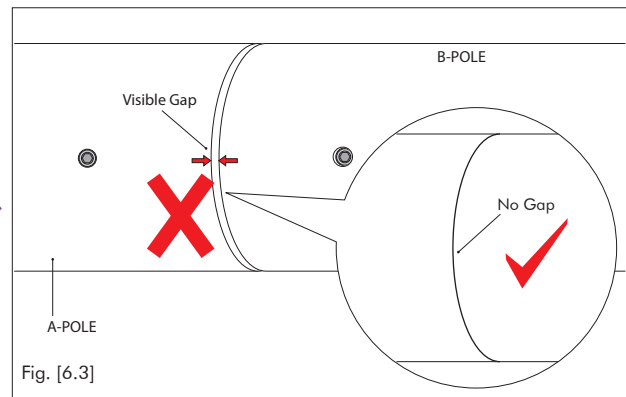
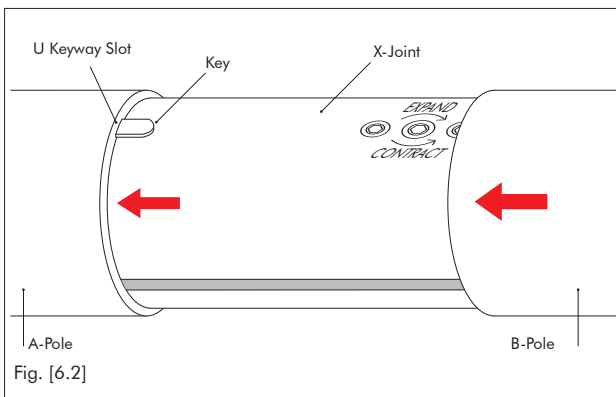
**TIP: Before pole installation test the operation of the X-Joint on its own and then on 2 x Extension Tubes. It is better to loosely tighten the X-Joints and then undo and firmly re-tighten them when the pole is in place, as when vertical, the weight/pressure of the pole tubes will push the Joints tightly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

## NEXT: ASSEMBLING YOUR X-POLE

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

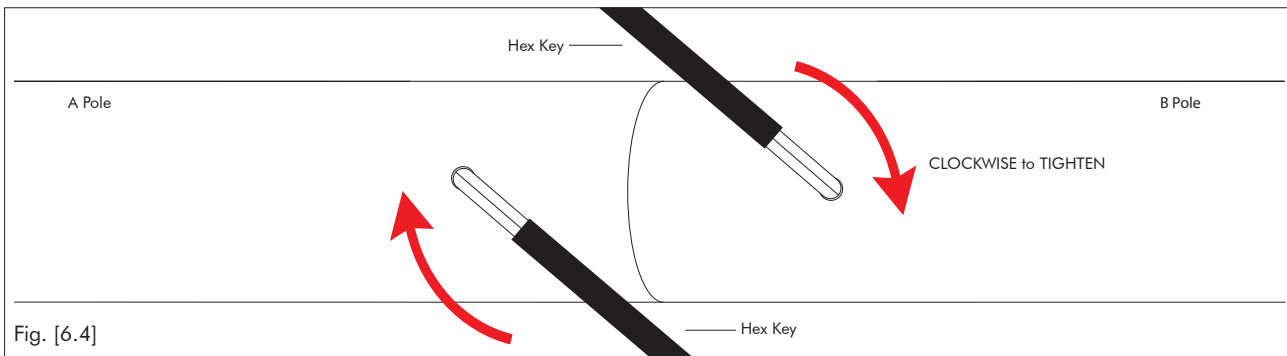


1. At the centre of the X-Joint are 2 x Keys. These Keys slide into the corresponding U Keyway slots in the pole tube.



2. Insert a 200mm X-Joint into the A-Pole (the pole tube with the screw adjuster) 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.



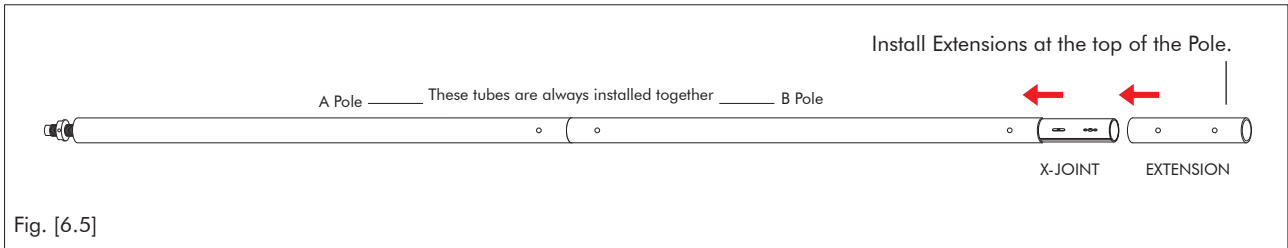


Fig. [6.5]

5. 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](http://www.xpole.com) - first select your region, then search for 'Extensions') where possible. Extensions should always be installed at the opposite end to the height adjuster. The smallest extension always goes closest to the Upper Plate.

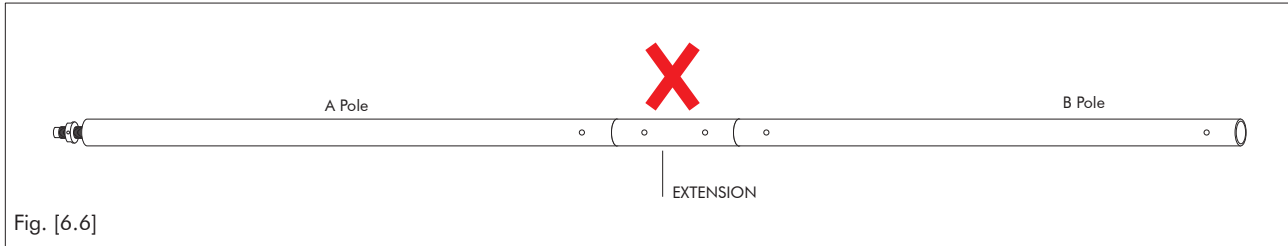


Fig. [6.6]



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



**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].**

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

**HOW TO ATTACH THE BASE TO THE A-POLE** >>>

The X-POLE SPORT is always assembled on the floor first and then lifted/installed in position after assembly.

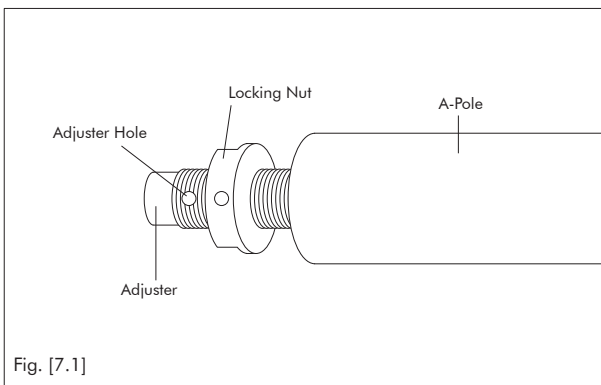


Fig. [7.1]

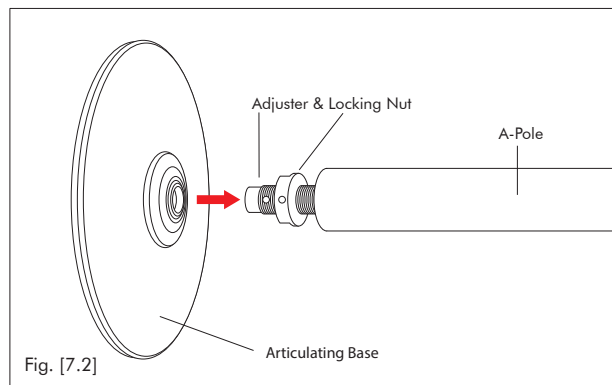
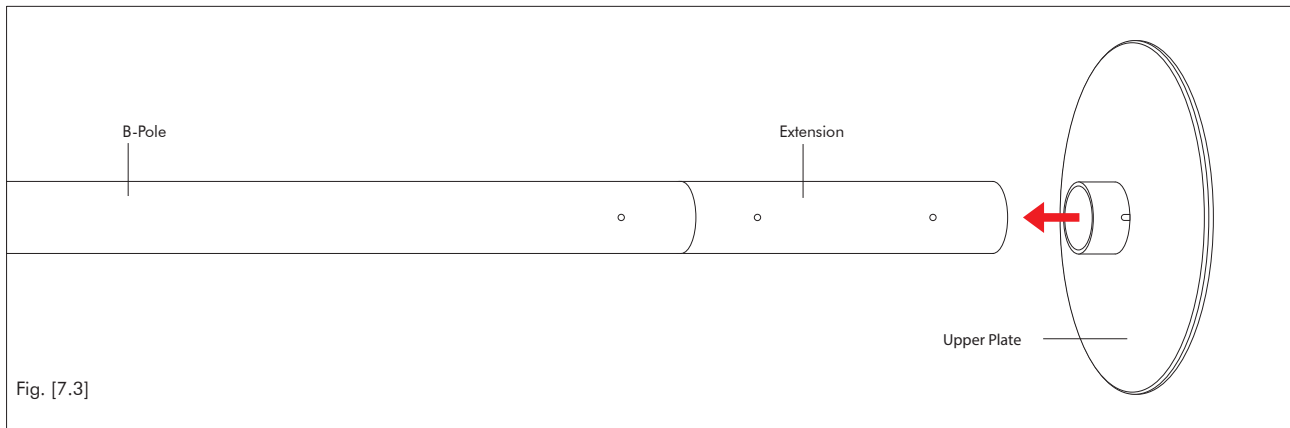


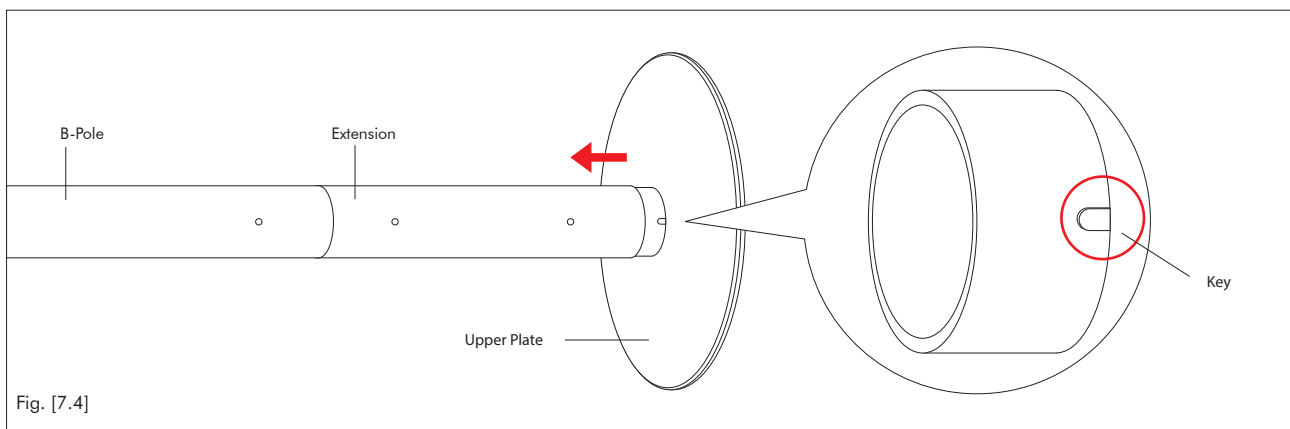
Fig. [7.2]

1. Whilst the SPORT pole is on the floor, make sure the locking nut on the A-Pole is loose and you can see the hole in the screw adjuster rod.
2. Once the main pole is in place & the Joints tight, the base plate can be attached onto the Adjuster Shaft.

## TOP ADAPTER UNIT ATTACHMENT



1. Once the A-Pole and B-Pole (and any additional extensions) are connected, insert the Upper Plate into the B-Pole or last extension used.



2. As you attach the Upper Plate onto the (B-Pole or last extension used), make sure the 2 x Keys on the Upper Plate locate into the corresponding U Keyway slots [Fig.6.1] on the pole tubes. These Keys stop the pole from rotating.

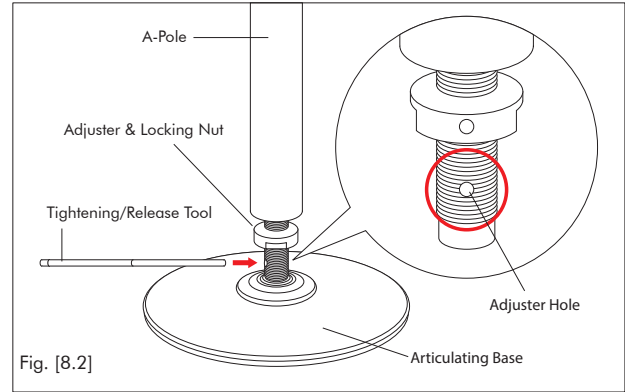
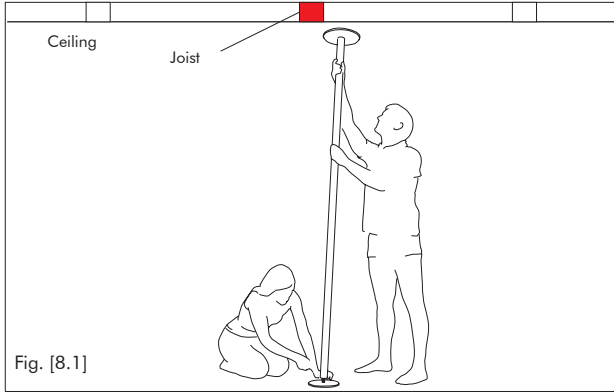
**!** **BE CAREFUL WHEN YOU LIFT THE ASSEMBLED SPORT POLE, TO INSTALL, THAT THE BASE DOES NOT FALL OFF, AS IT IS LIFTED INTO POSITION.**

**!** **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 SPORT

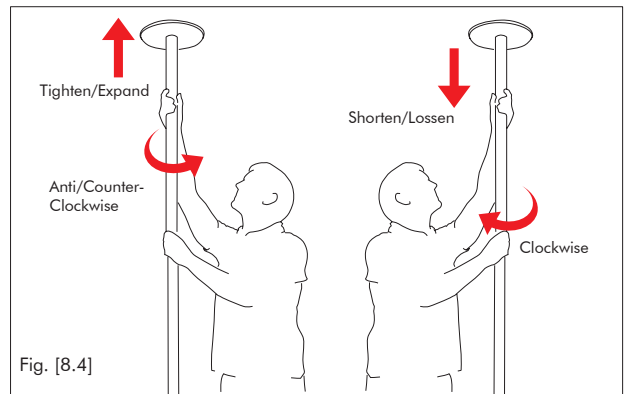
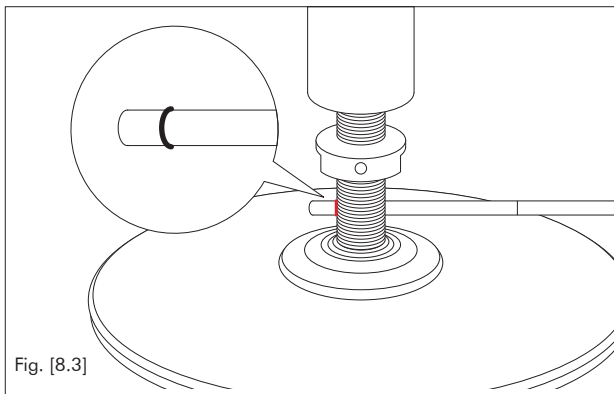
**CAUTION:** When assembled, the SPORT Pole is heavy and at full height, NOT easy to handle. It is therefore **MANDATORY/COMPULSORY** that 2 people install the SPORT Pole – i.e. 2 people should lift it into position and 1 person hold the pole while the other rotates/expands the height adjuster.

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].



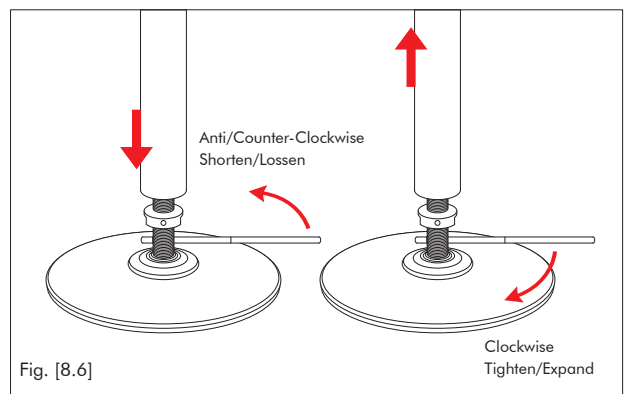
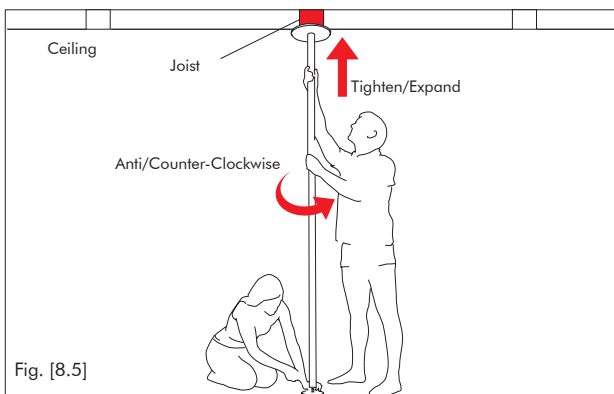
2. With one person holding the base, the other person should slowly and carefully lift the pole, raising it until it is vertical and under the Joist.

3. Once vertical, the person at the base should insert the tightening/release tool into the hole in the adjuster.



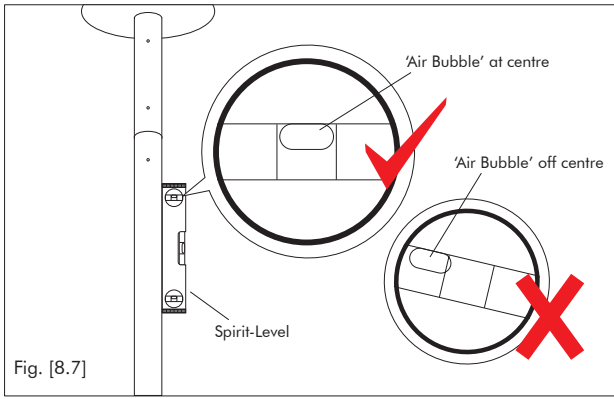
4. This goes all the way through the adjuster until the black ring at the end seats against the adjuster.

5. **POLE ROTATION:** Rotating the 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.

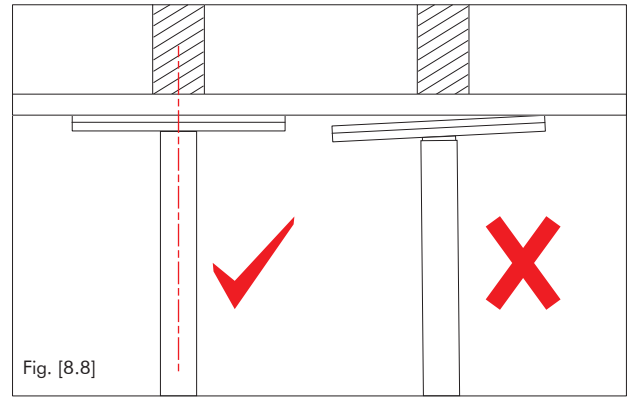


6. Next, with one person holding the base and adjuster tool in position, the other person rotates the whole pole anti/counter-clockwise – which will unwind the adjuster, expanding the pole – until it reaches the ceiling.

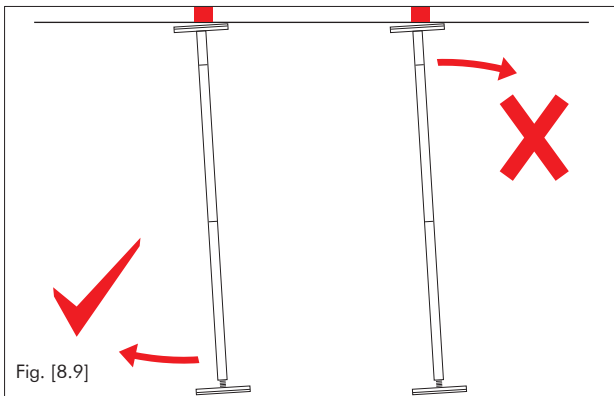
7. **PLEASE NOTE:** Adjuster Rotation, When rotating the adjuster, it works in the opposite direction to the pole. Rotating the adjuster from left to the right (Anti/Counter - Clockwise) will Shorten/Loosen the Pole. Rotating the pole tube from right to the left (Clockwise) will Expand/Tighten the Pole.



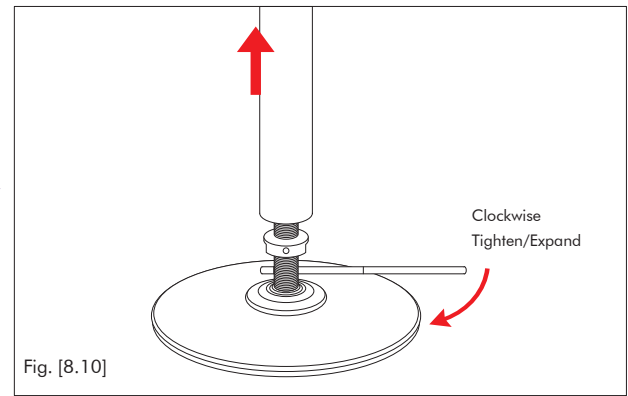
8. Once the Upper Plate is against the ceiling and before it is tightened further, make sure that the pole is vertical. Best way to do this is using a 'spirit-level' (which can be purchased from a local hardware store) or visually align the pole with a door or window frame.



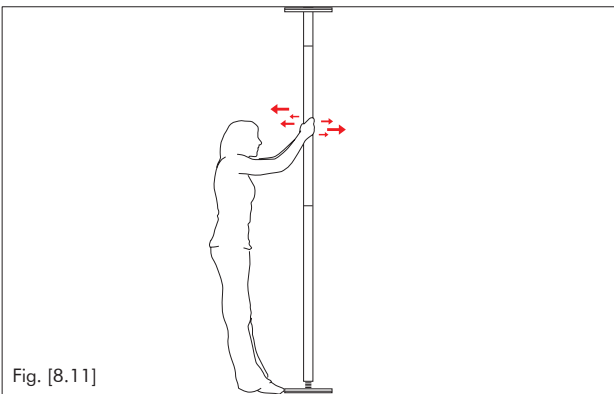
9. It is critical that the Upper Plate is flat against the ceiling/Joist. **DO NOT** expand the adjuster further until the Upper Plate is flat against the ceiling/Joist. If the Upper Plate is not flat, the plate could rotate, and slip or damage the ceiling.



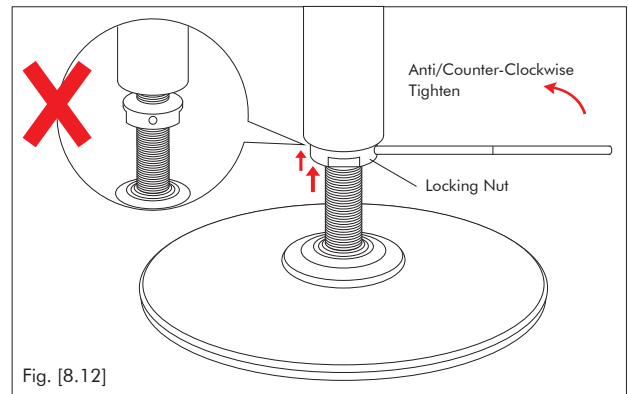
10. If the pole is not vertical, move the base in the required direction. **DO NOT** move the Upper Plate which must be kept over the centre of the Joist at all times.



11. Whilst holding the pole (not allowing the pole tube to rotate) rotate the Tightening/Release Tool Clockwise to tighten the Adjuster.



12. Tighten the SPORT 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.



13. Now tighten the Locking Nut until it rises up the Adjuster Rod towards the A-Pole. Insert the adjuster tool into the hole in the locking nut & tighten firmly anti/counter-clockwise. **THIS IS THE MOST IMPORTANT PART** and ensures that your Adjuster Screw does not become unfastened during 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.

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

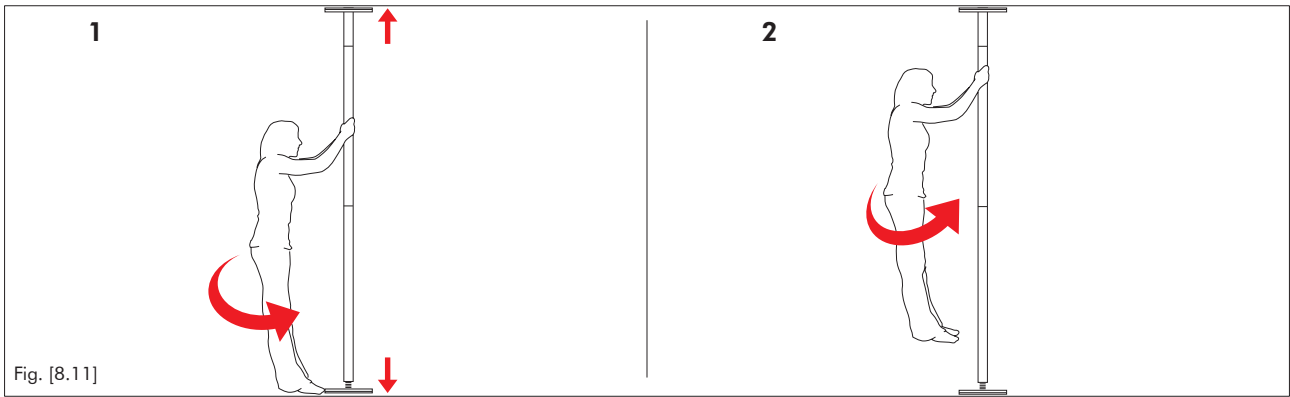


Fig. [8.11]

14. 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 SPORT pole is now ready for use.**

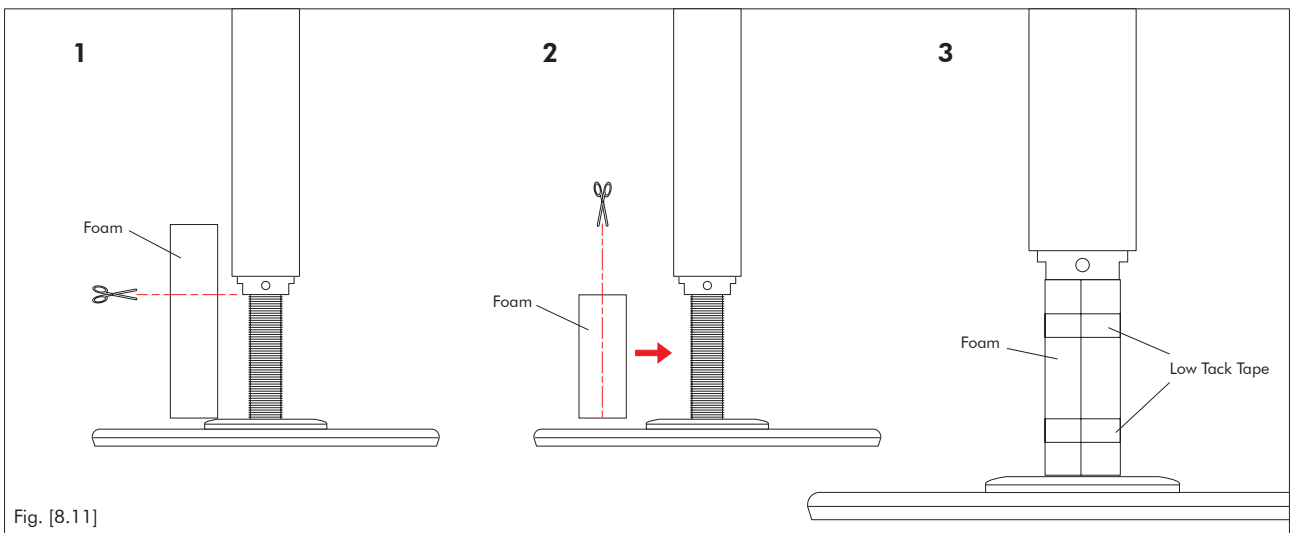


Fig. [8.11]

15. If the adjuster is extended, the threads on the adjuster are exposed and could roughen/scratch the dancer's skin. In order to avoid this, a 125mm piece of foam, is included. Fit the foam around the adjuster, by making a vertical slit on the foam, then wrapping this foam around the exposed thread area before use. If the adjuster is less than 125mm cut the foam to the correct size. You may also wish to secure the foam in position by using low-tac tape.

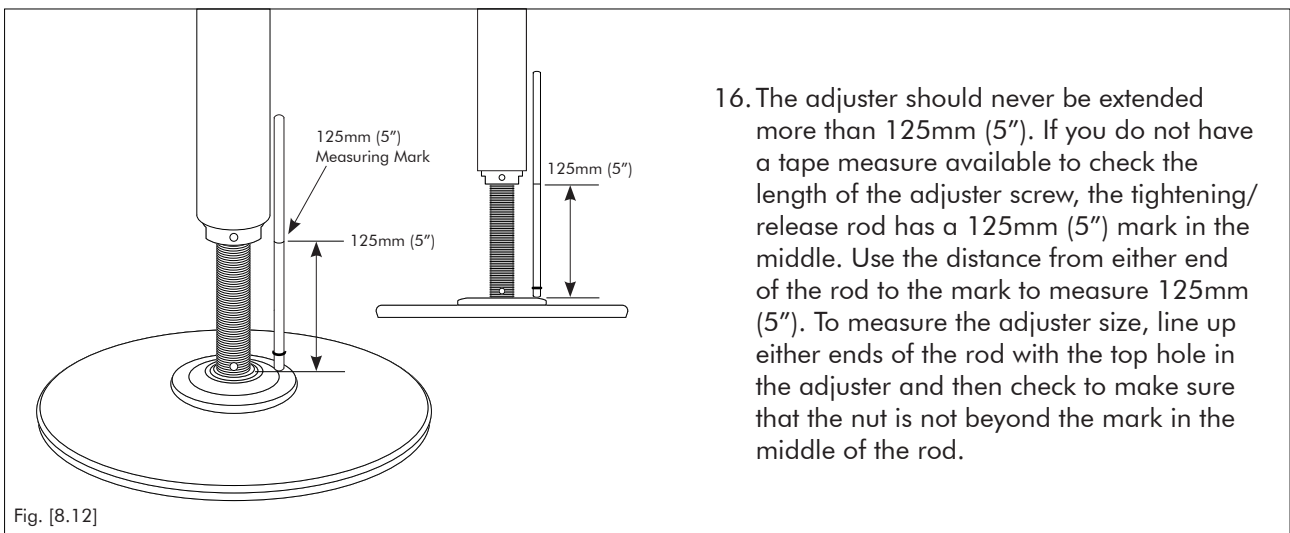
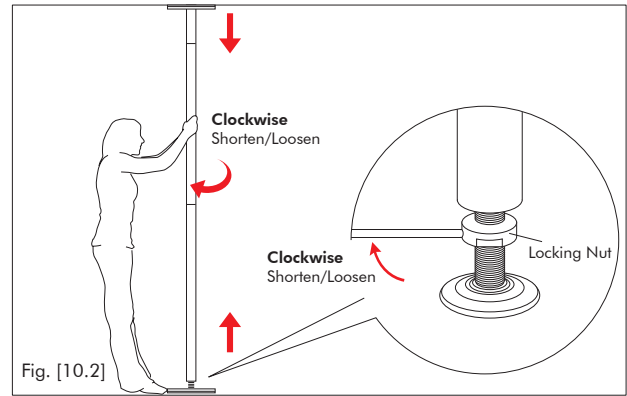
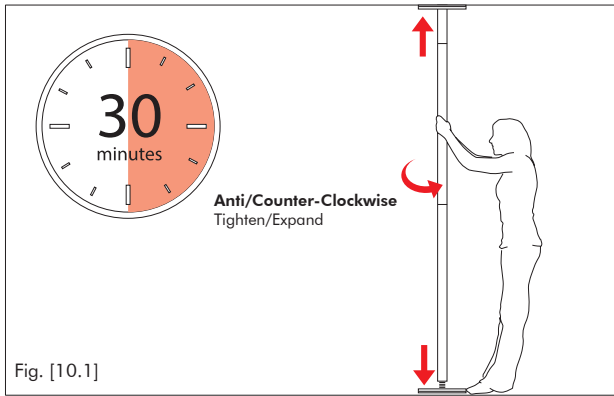


Fig. [8.12]

16. The adjuster should never be extended more than 125mm (5"). If you do not have a tape measure available to check the length of the adjuster screw, the tightening/release rod has a 125mm (5") mark in the middle. Use the distance from either end of the rod to the mark to measure 125mm (5"). To measure the adjuster size, line up either ends of the rod with the top hole in the adjuster and then check to make sure that the nut is not beyond the mark in the middle of the rod.

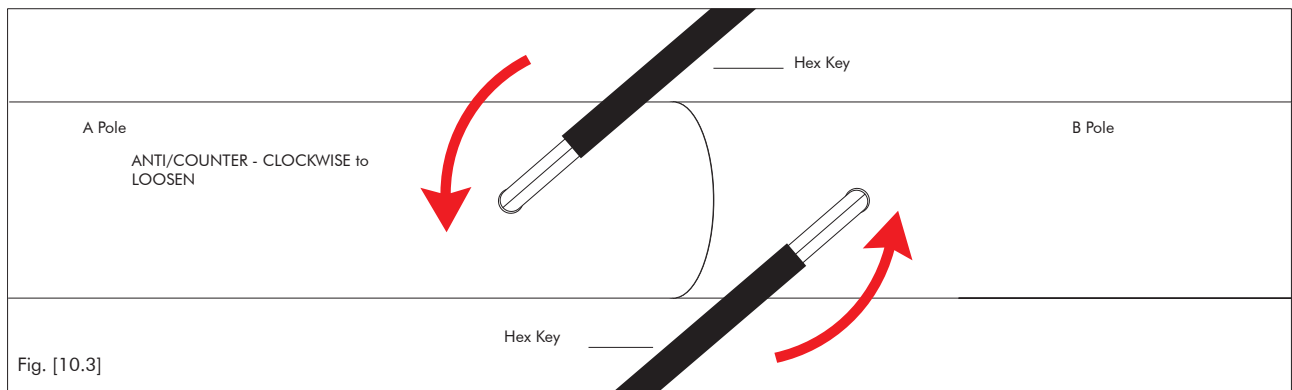
## POLE MAINTENANCE & REMOVAL



1. Because the SPORT pole uses pressure to remain in position, over time it could release or become loose. The pole tightness should be checked regularly during use, ideally every 30 mins.

**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 Locking Nut and then unwind the Adjuster Anti/Counter Clockwise until the pole is free from the ceiling. Take care the pole does not fall over. Once the pole has been removed from its position, the Upper Plate & Base Plate can be removed. Lay the pole tubes on the floor and undo the X-JOINTS to disassemble the SPORT.



3. To dis-assemble/take apart your pole, lay the pole tubes on the floor and undo the X-Joints to disassemble the SPORT. To undo the X-Joint – turn both Hex Screws **Anti/Counter Clockwise** – undo screws until there is pressure against the key.



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

## CLEANING YOUR SPORT POLE



### X-CLEAN & Micro-Fibre Cloths

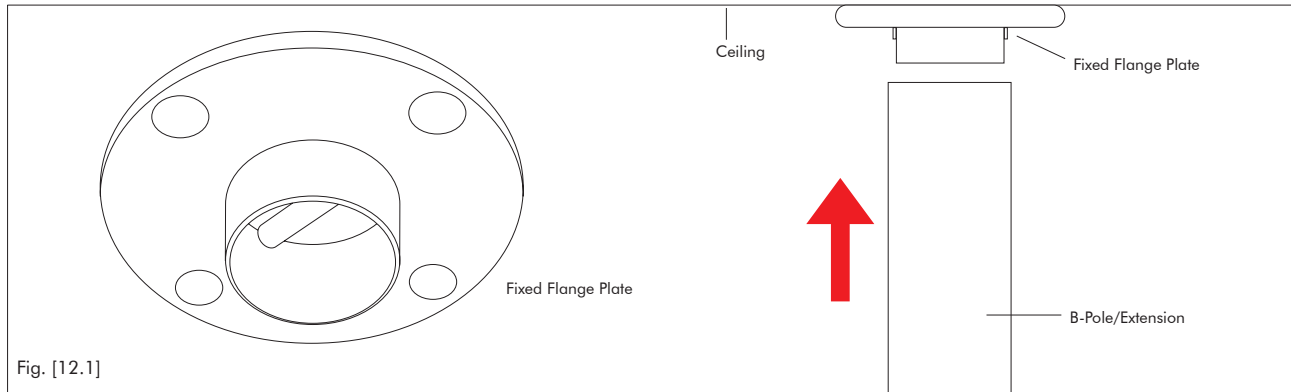
X-POLE strongly recommends the use of X-CLEAN with our specially designed Micro-Fibre Cloths to clean and maintain the surface of your SPORT Pole. You can purchase these items from our website [www.xpole.com](http://www.xpole.com) (first select region, then search for X-CLEAN) or your Point of Purchase.

**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 Fixed Flange Plate or Mount.



**TIP:** When installing multi-piece poles over 3.35m/11ft, it is mandatory to install a Fixed Flange Plate or Mount. Please contact your local X-POLE office, or your Point of Purchase for further details.



### Fixed Flange Plate

Permanently screwed or bolted to the ceiling (which must be parallel to the floor), the fixed mount eliminates the need to use an upper ceiling plate and allows for quick and easy pole installation or disassembly. For Flat Ceilings Only! Screws included.

For further details please visit our website at [www.xpole.com](http://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 SPORT 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.

## WARRANTY

This product has been manufactured and tested to the highest quality standards by X-POLE. This Limited Warranty offered by X-POLE covers defects in material or workmanship in new X-POLE products for a period of 6 months.

This warranty extends to the original purchaser only and is non-transferable. Only consumers purchasing X-POLE products from authorised X-POLE retailers or resellers or through the X-POLE website may obtain coverage under our limited warranties.

### What is covered?

X-POLE warrants this product against defects in material or workmanship as follows:

X-POLE, at its own discretion, will replace at no charge for parts only or, at its option, replace any product or part of the product that proves defective because of improper workmanship and/or material, under normal installation, use, service and maintenance. If X-POLE is unable to provide a replacement and repair is not practical or cannot be made in a timely fashion, X-POLE may elect to refund the purchase price in exchange for the return of the product.

### How Long Does The Coverage Last?

Our warranty periods are 6 MONTHS from the documented date of purchase, depending on the type of product and where it was purchased. This does not affect your statutory rights.

### What Our Warranty Does Not Cover?

Our warranties do not cover any problem that is caused by:

- A. Conditions, malfunctions or damage not resulting from defects in material or workmanship.
- B. Conditions, malfunctions or damage resulting from (1) normal wear and tear, improper installation, improper maintenance, misuse, abuse, negligence, accident or alteration.
- C. Accessories, connected materials and products, or related products not manufactured by X-POLE.
- D. 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.

**Due to the high specification mirror finish, small tube surface blemishes or stress lines may be visible. These do not detract away from the quality of use of the pole and are only cosmetic issues.**

**POWDER COATED POLES ONLY: The Powder Coating is susceptible to damage if the pole is dropped or scratched in any way. When installing X-Joints/adding extensions, be careful not to damage the powder coating. DO NOT USE CHEMICAL BASED CLEANERS ON POWDER COATED POLES.**

**X-POLE<sup>®</sup>**  
**INTERNATIONAL**

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