

X-FLY

Instruction Manual

Please Read Fully
Before Installation

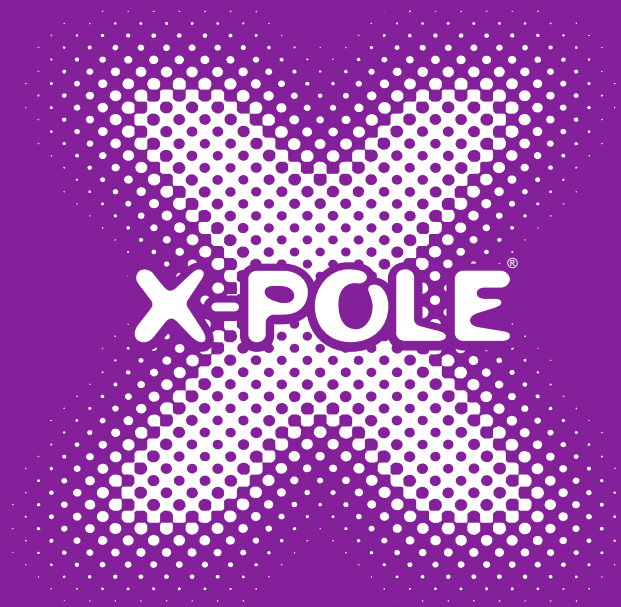
Welcome

“ Thank you for purchasing an X-POLE X-FLY Flying Pole.

We have spent countless hours researching, designing and creating it. Acting as a bridge between the world of pole and aerial, the X-FLY allows you to experience pole in a whole new dimension. The X-FLY can be used with the X-POLE A-FRAME, studio truss or a suitable aerial rigging point.

We are constantly innovating and looking for ways to improve our products; if you have constructive feedback on any X-POLE products, please send it to info@x-pole.co.uk.

We hope you have fun with your X-FLY ”



Warnings



When unpacking your X-FLY, do not use a sharp instrument to do this as you may damage the product.



You should select an appropriate space for your X-FLY, which will be covered on page 6 of this manual.



The X-FLY should only be used by a maximum of two people at one time. If used by two people they must balance one another on the X-FLY.



It is mandatory that you check your X-FLY before use. Regularly check & maintain your equipment.

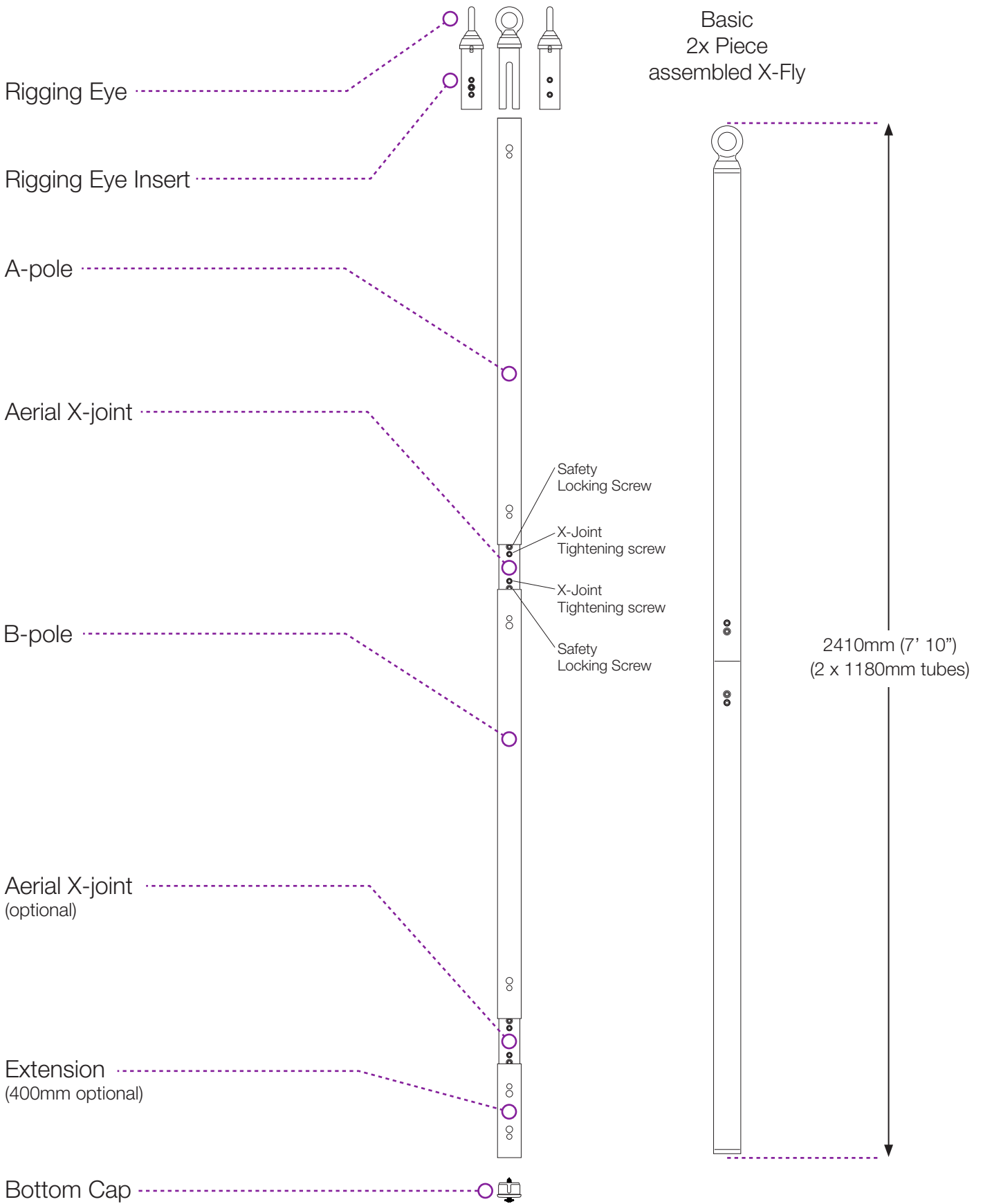


All X-Pole products have been UK tested to meet stringent safety requirements.



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 X-FLY from its packaging and/or any use of the product confirms acceptance of the preceding warning and the users responsibility in using this product. Contact any X-Pole office for further details.

Product

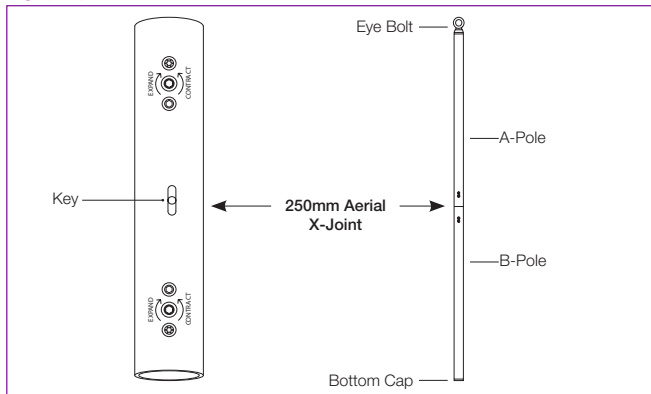


How does the Aerial X-Joint work?

The X-FLY uses a revolutionary new joint called the 'Aerial X-Joint' that expands inside the pole tubes and has 2x additional locking screws to lock them together and stop them from coming apart/separating. To optimise the Aerial X-Joint's key features and ensure correct operation, it is important that you carefully follow these instructions.

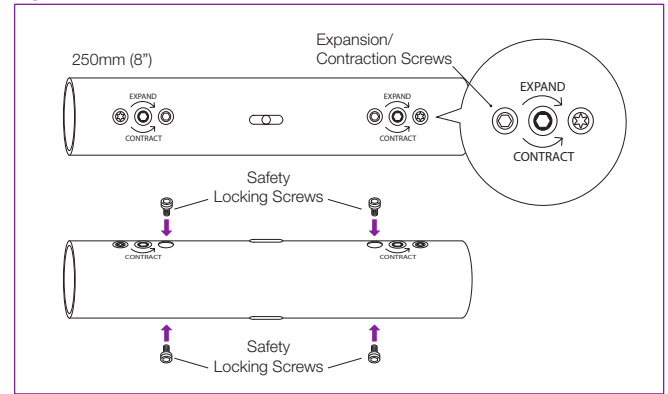
AERIAL X-JOINT OPERATION: PLEASE NOTE: ANTI-CLOCKWISE = COUNTER CLOCKWISE

Fig. (1.1)



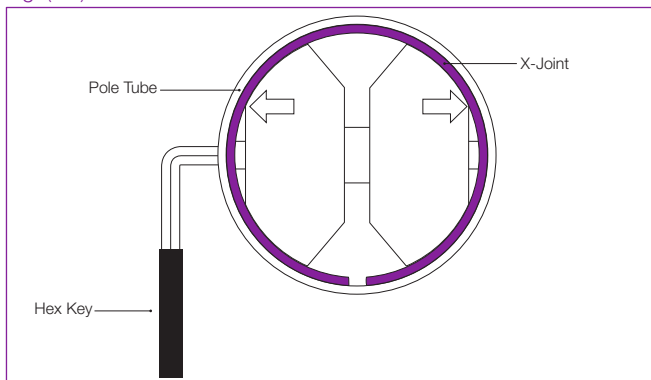
Aerial X-Joints are placed between X-FLY pole tubes to ensure a secure connection. Standard X-FLY sets are supplied with one 250mm Aerial X-Joint and X-FLY Pro sets are supplied with an additional 400mm extension and 250mm Aerial X-Joint.

Fig. (1.2)



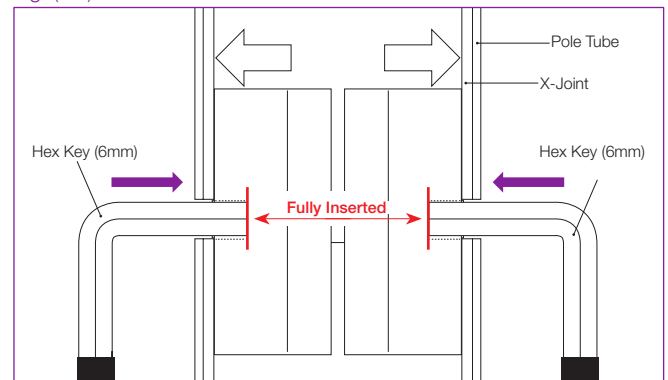
Aerial X-Joints features removable safety locking screws in addition to the expansion/contraction screws found on a regular X-Joint to ensure the X-FLY remains secure during use. **X-FLY CANNOT BE USED WITHOUT LOCKING THE SCREWS.**

Fig. (1.3)



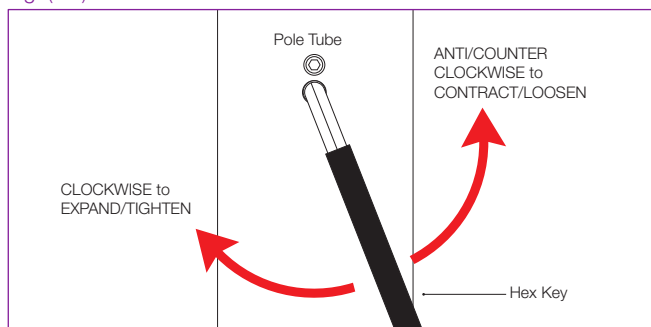
The Aerial X-Joint features a mechanism which expands/contracts to lock/loosen the pole tubes together. Please test this prior to assembly.

Fig. (1.4)



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

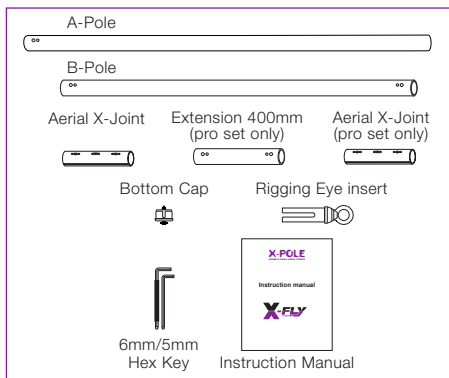
Fig. (1.5)



Always remember:
TO EXPAND/TIGHTEN: Clockwise
TO CONTRACT/LOOSEN: Anti/Counter-Clockwise
PROGRESSIVELY TIGHTEN AERIAL X-JOINT, ALTERNATING BETWEEN EACH END UNTIL NO FURTHER FORCE CAN BE APPLIED

Assembly of X-Fly

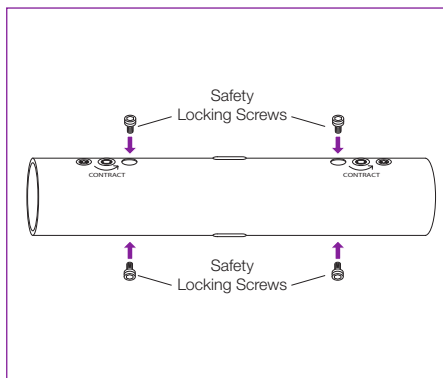
Fig. (2.1)



Step 1

Ensure you have all the parts of the X-POLE X-FLY and tools required to assemble by checking against the box contents image above. (The pro set includes the additional X-JOINT & 400mm extension)

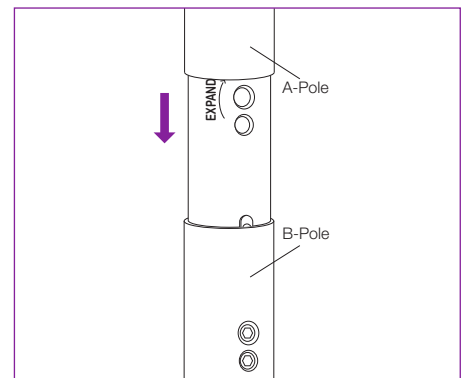
Fig. (2.2)



Step 2

Remove the locking screws indicated on the Aerial X-JOINT(s) (Fig 2.2) using the 4mm Hex Key.

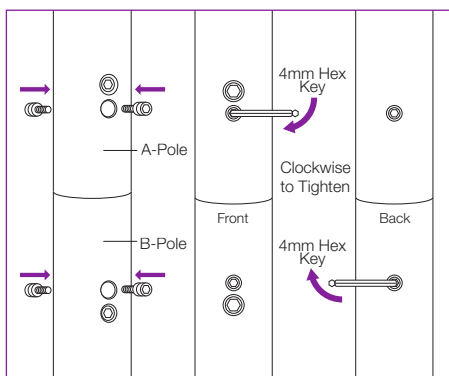
Fig. (2.3)



Step 3

Join the A and B poles together by inserting the Aerial X-JOINT as shown above. If you are using the optional 400mm extension, this can only be placed at the bottom of the X-Fly.

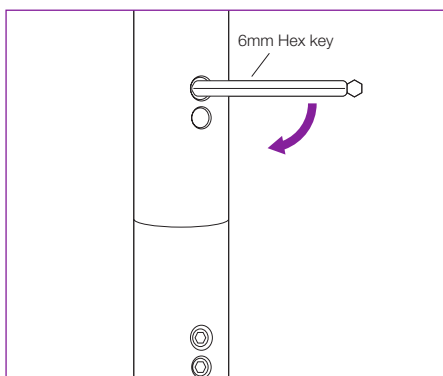
Fig. (2.4)



Step 4

Replace the screws previously removed from the Aerial X-JOINT(s) and ensure they are secure using the 4mm Hex Key.

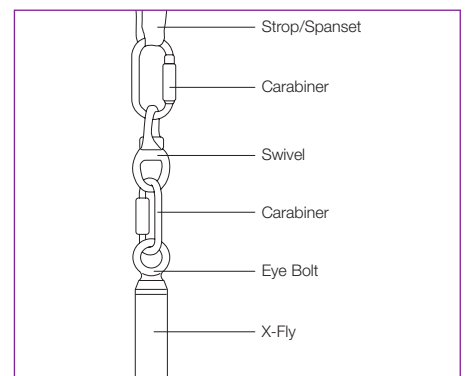
Fig. (2.5)



Step 5

Use the 6mm Hex key to progressively expand the Aerial X-Joint ensuring a secure connection between the A and B poles.

Fig. (2.6)



Step 6

Attach your swivel/carabiners and strop to the X-FLY using the aerial Eye Bolt located at the top of the A-Pole.



CAUTION: X-Fly cannot be used without ALL the X-Joint safety locking screws being installed.



CAUTION: Standard X-Pole dance pole X-Joint's cannot be used with X-Fly. Serious malfunction and/or fatal injury could happen.

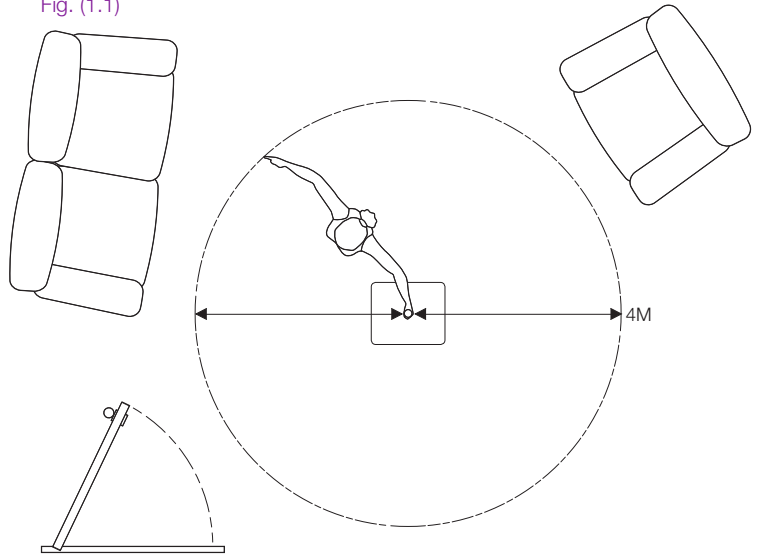


CAUTION: X-FLY should only be used with the appropriate 400mm extension and Aerial X-JOINT. If you would like a longer X-FLY, please contact your local X-POLE office, which you can find at www.xpole.com

Dance Area

Floor space will depend on the connecting method used, however a good rule of thumb is to have a clear floor space of at least 4m in circumference around the pole when stationary.

Fig. (1.1)



X-Fly Heights

We recommend hanging the X-FLY from either an X-POLE A-FRAME at the maximum height (3.48m), which requires a floor space of 8.9sqm. Alternatively, the X-FLY can be hung from a suitable aerial rigging point. The height needed will depend on the connection method used.

Fig. (3.1)

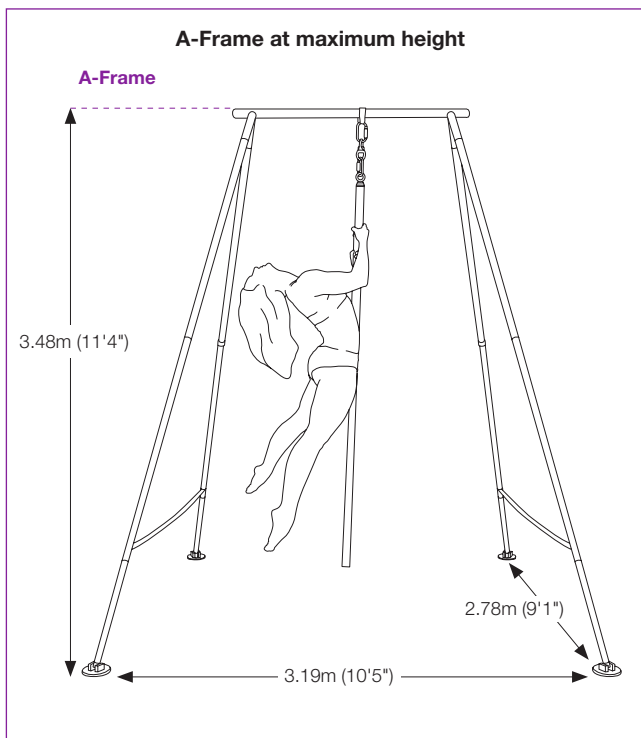


Fig. (3.2)

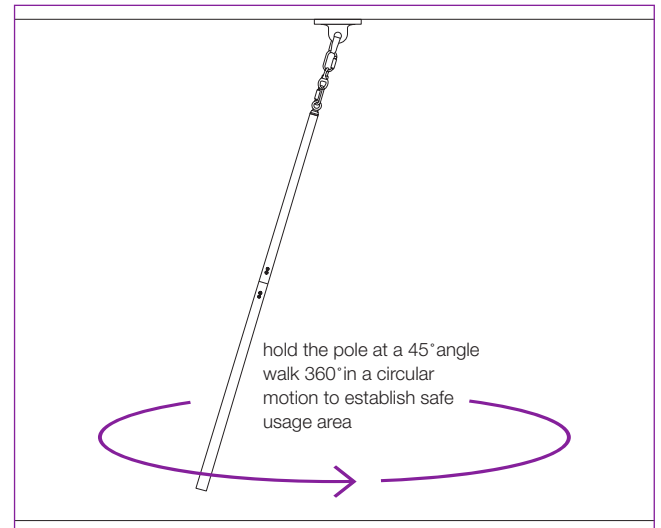
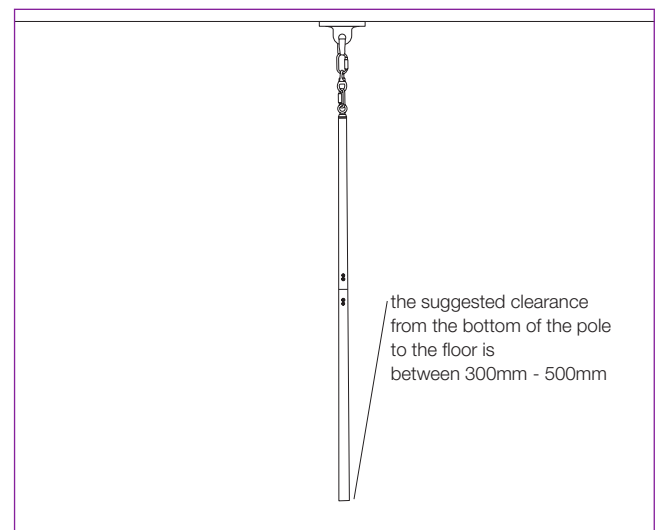


Fig. (3.3)



X-Fly Rigging

Fig. (4.1) Truss & Long Strop/Spanset

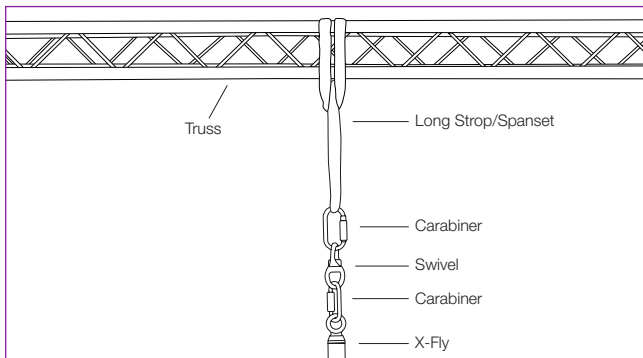
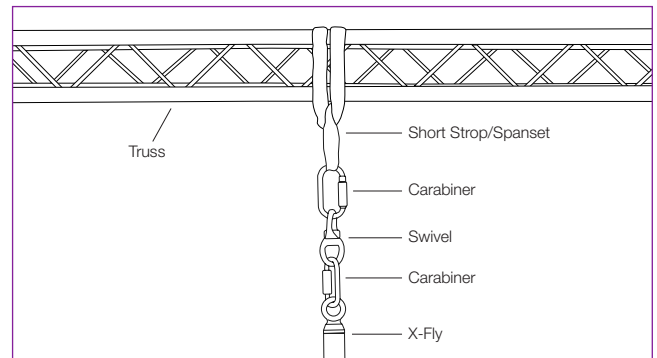


Fig. (4.2) Truss & Short Strop/Spanset



Truss & Strop/Spanset

To secure your X-FLY from Truss using a long strop/spanset we recommend that you choke the strop/spanset, as displayed above. You will need a carabiner, a swivel and an additional carabiner to then connect to the eye bolt of the X-FLY. The longer the strop/spanset, the lower your X-FLY will hang and the more movement you will have. Always aim for 300mm-500mm clearance from the floor to the bottom of the X-FLY.

Fig. (4.3)

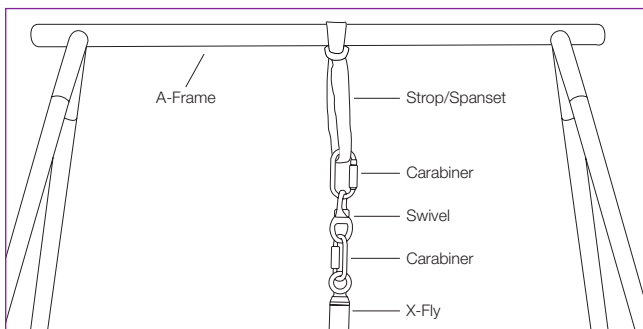
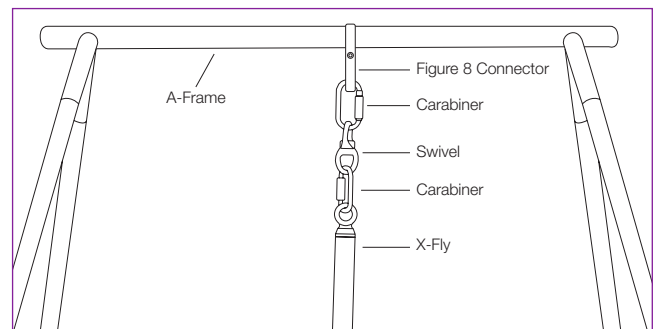


Fig. (4.4)



A-Frame & Strop

Using a short strop/spanset (maximum length of 0.5m) choke over the X-POLE A-FRAME top bar, you will need a carabiner, a swivel and an additional carabiner to then connect to the eye bolt of the X-FLY.

A-Frame & Figure 8

Using the X-POLE Figure 8 connector on X-POLE A-FRAME top bar, you will need a carabiner, a swivel and an additional carabiner to then connect to the eye bolt of the X-FLY.

Fig. (4.5)

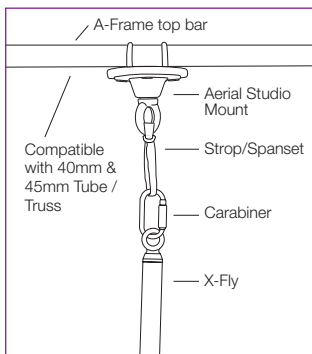
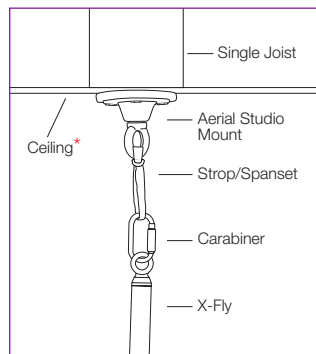


Fig. (4.6)



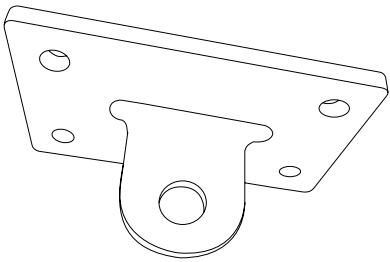
A-Frame/Ceiling & Aerial Studio Mount

Using the X-POLE Studio Aerial Mount on either an A-FRAME or from a suitable mounting point on your ceiling*, choke the short strop/spanset through the rigging eye of the mount, then connect a carabiner to the strop/spanset and finally connect the rigging eye of the X-FLY to the carabiner.

*Installation on to a ceiling should be carried out by a professional installer

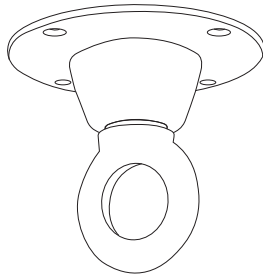
Accessories

Aerial Plate



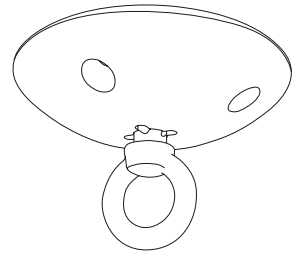
Permanent aerial rigging plate for all aerial products (Hoops, Hammocks, Silks and X-FLY).

Studio Aerial Mount



Permanent aerial mount with heavy duty spinning/rotating eye bolt for commercial (studio and gym) use.

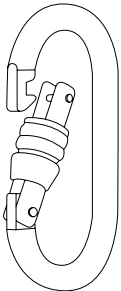
Home Aerial Mount



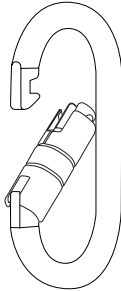
Permanent aerial mount with quick release Eye Bolt (for home use).

Carabiners

Screw Gate



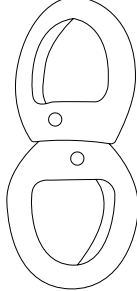
Auto Lock



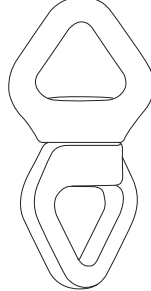
Used to securely rig X-FLY from a suitable aerial rigging point.

Swivels

Delta

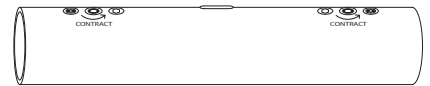


Oval



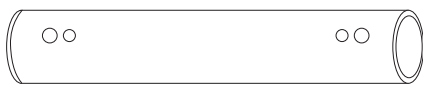
Used to enable smooth spinning/rotation on an X-FLY.

Aerial X-Joint



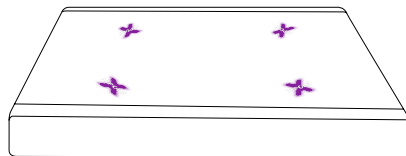
Required to use the additional X-FLY extension (included in pro set).

X-Fly Extensions



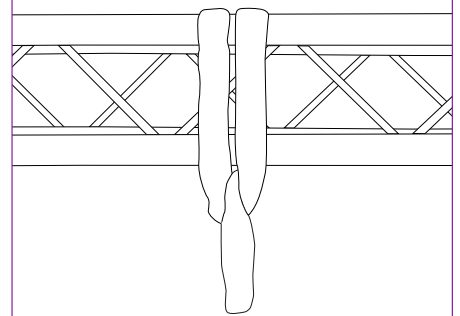
400mm extensions in Chrome, Stainless Steel and Silicone available (included in pro set).

Safety Mat

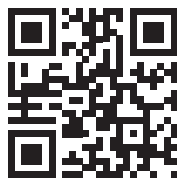


Safety mat for all aerial disciplines.

Strops/Spansets



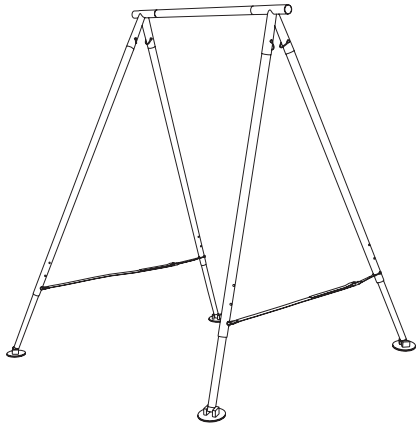
Strops/Spanset used to rig aerial equipment. Available in various lengths.



Scan QR
to visit [X-POLE.com](https://www.x-pole.com)
for full range
of products

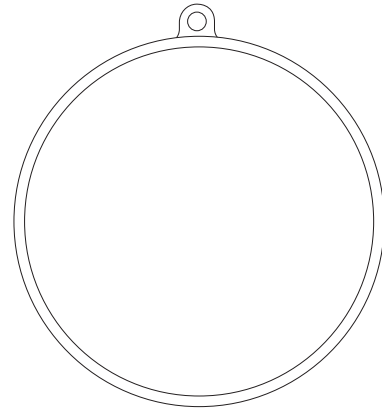
Aerial Products

A-Frame



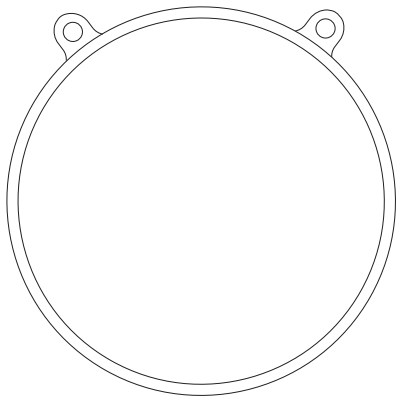
The A-FRAME is designed to be a portable aerial rig for Hammocks, Silks, Hoops and the X-FLY Flying Pole (Adjustable height from 2.45m to 3.48m).

Single Point Hoop



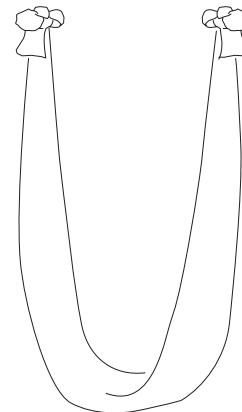
Available in 2 tube diameters SPORT (34mm/1.33in) and PRO (24mm/0.94in) and 800mm, 850mm, 900mm, 950mm, 1000mm and 1050mm hoop diameters.

Dual Hoop



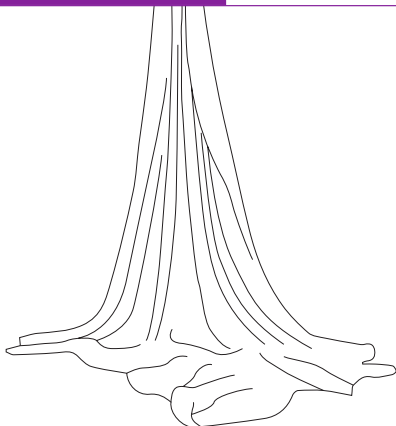
Available in 2 tube diameters SPORT (34mm/1.33in) and PRO (24mm/0.94in) and 800mm, 850mm, 900mm, 950mm, 1000mm and 1050mm hoop diameters.

Hammocks



Available in pink or purple as hammock material only or supplied in sets with daisy chains and carabiners.

Silks



Available in a range of lengths; 4m, 5m and 6m in purple or blue.



Visit us at: www.XPOLE.com

X-POLE®

LEADERS IN POLE & AERIAL FITNESS

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Tel: +64 (0) 9 528 0998

www.x-pole.co.nz

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.