

# ASSEMBLY INSTRUCTIONS

## Step 1:

Use a stud finder to find a beam in your ceiling. Please note that the pole must be installed on a beam otherwise it's not safe and may cause damage to the ceiling.

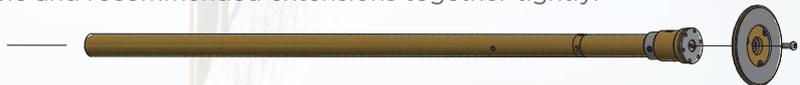
## Step 2:

Measure your ceiling height, check the height chart and select the right extensions.



## Step 3:

Screw together the main pole, 1000mm pole and recommended extensions together tightly.



## Step 4:

Tighten the poles together using the M8 levers provided.



## Step 5:

Fix the oscillation base to the main pole by the M8 screw. This is the bottom of the pole.



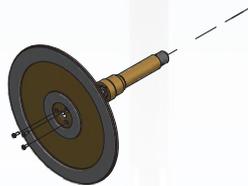
## Step 6:

Screw the top of the pole to the top bearing.



## Step 7:

Fix the top plate to the top bearing by 3\*M6 screws. This is the top of the pole.



## Step 8:

Raise the whole pole unit to the ceiling. Use the level included in the box to check the pole stands vertically.



## Step 9:

Set the pole to static mode. Twist the pole up to the ceiling until the pole is tight.



## Step 10:

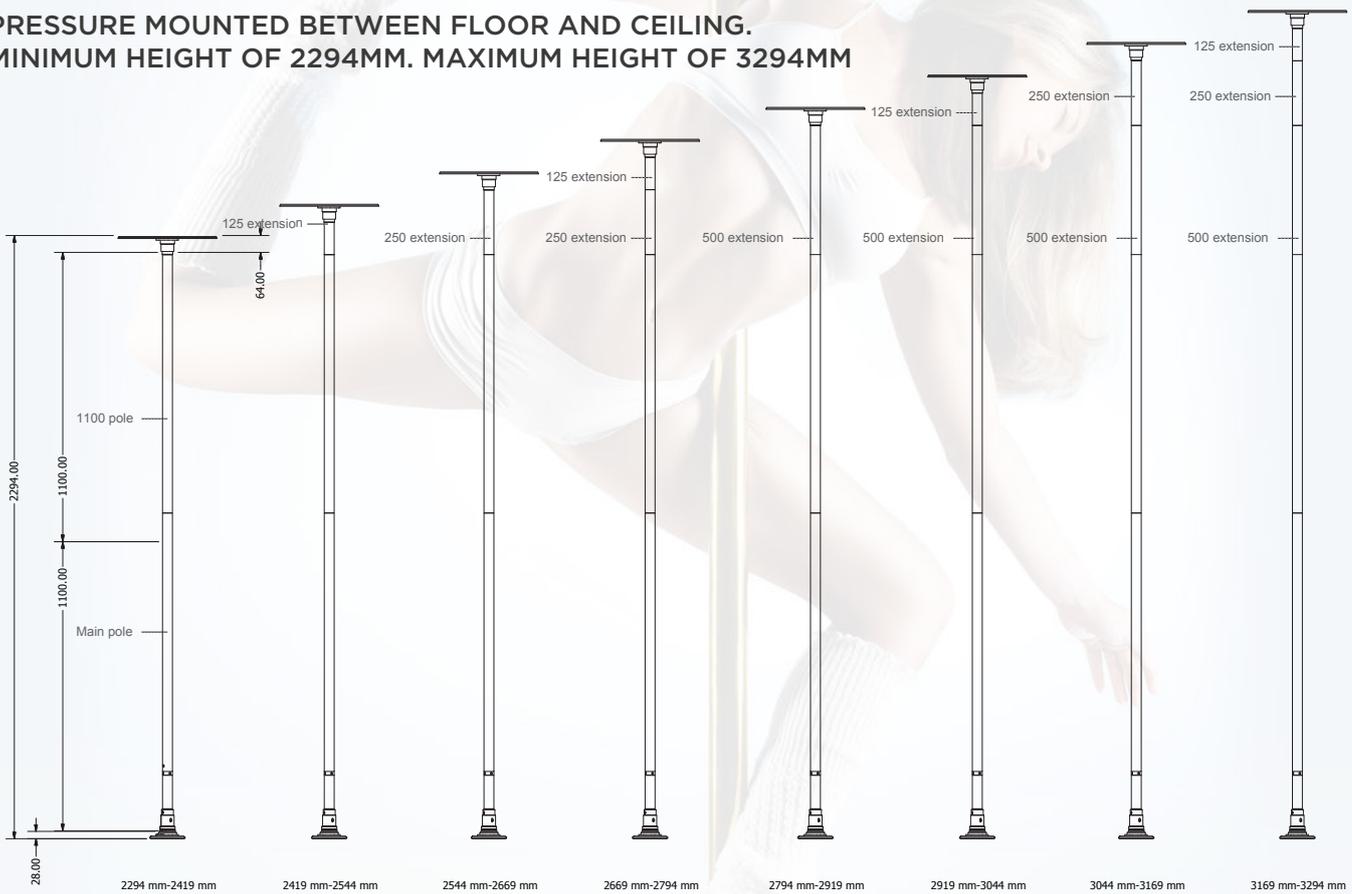
### IMPORTANT. STOPS POLE FALLING DOWN

When the pole is tight enough, look through this hole. Twist the pole a little, when you see the red line align with the hole, use a hex key and screw up the grub screw as tight as possible.



# HEIGHT CHART

PRESSURE MOUNTED BETWEEN FLOOR AND CEILING.  
MINIMUM HEIGHT OF 2294MM. MAXIMUM HEIGHT OF 3294MM



## SAFETY WARNING

Please read the following before setting up your Aurelian Sports Grip-Pole.

**PRESSURE SYSTEM:** The Aurelian Sports Grip-Pole is a portable pole that uses pressure between the floor and the ceiling to keep it stable. It is the responsibility of the customer to check that the ceiling is solid enough to apply pressure to. Please regularly check the stability of your Aurelian sports Grip-Pole and that there is a tight pressure between the ceiling and the floor.

**LEVEL SURFACE:** The floor and ceiling must be flat, although the oscillation base allows for slight variances if the floor and ceiling are not perfectly leveled.

**FLOORS:** Installing on carpet is OK but you will need a tight pressure to make the pole rigid and doesn't slip. The pole also performs on hard rubber floors used in fitness centres. Soft rubber floors may cause the pole to loose pressure during use.

**CEILING:** Most ceilings will flex/compress with pressure. Your Aurelian Sports Grip-Pole must be installed on a ceiling beam/joist otherwise damage may occur. Before installing your Aurelian sports Grip-Pole, please use a stud finder to find a suitable beam/joist.

**BEFORE EACH CLASS:** Check the locking nut is secure (see step 10 in the instructions). If the locking nut is not secure the pole can unwind and fall down. Checking the locking nut is an important practice if you are running pole dance classes that require the pole to be put up and taken down for each class. Before the start of each class ask your students to check their locking nuts are secure and use the hex key to tighten it.

**REGULARLY:** It is possible that nails/pins/screws can be pushed out of the plasterboard over time. Please regularly check the stability of the ceiling. Re-enforcement may be needed in the area where the upper dome is positioned.

## CARE INSTRUCTIONS

**STORAGE:** Most home environments are safe, but generally speaking, basements are damp and therefore should not be used for storage.

**CLEANING:** Wipe down your Aurelian Sports Grip-Pole after each use. If left un-cleaned, salt from your skin may damage the surface of the pole. We recommend mixing white vinegar with water in a spray bottle at a ratio of 1:5. Spray the pole and then wipe dry with a clean cloth.

**REGULAR MAINTANENCE:** Any marks or corrosion can be fixed by scrubbing with sand paper then cleaning with a brass polish.

**POLISHING:** Leading brass polishes will make your pole shine! We use Brasso or CRL Autosol Shine Metal Cleaner. It is available in leading hardware stores.

## GENERAL GUIDELINES FOR USAGE

- This product is suitable for weight up to 440.9 lbs (200kg).
- Remove jewellery before use, otherwise damage may occur to the surface of the pole.
- Always follow assembly instructions carefully.
- Parts contain small items that may be hazardous to small children