













# Instruction Manual

**Please Read Fully Before Installation** 



# CRITICAL INFORMATION - PLEASE READ THIS BEFORE OPENING YOUR PACKAGE

To get the best from your 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 to the pole surface.

Follow the simple but explicit instructions in this manual to get the best results from your pole.

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 support/FAQ's section on the X-POLE website for your region. www.xpole.com

ALL REMOVABLE 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 X-POLE XPERT 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

## Welcome

Thank you for purchasing an XPERT Pole. The team at X-POLE have spent a significant amount of time researching, designing and developing it.

We want this product 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 constructive 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 pole it is mandatory to warm up and, after use, cool down.

It is highly recommended that before you use your XPERT Pole you review some online videos 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 either a Powder Coat or 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.

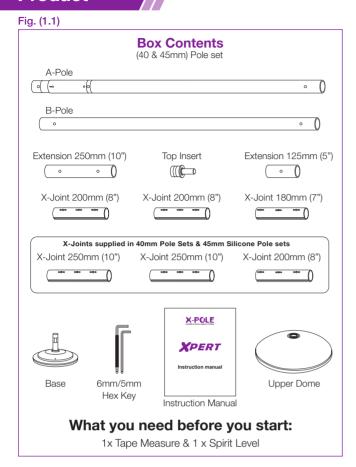


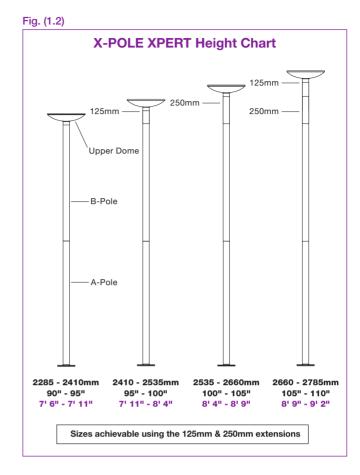
## **Oils and Lotions**

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.



### **Product**







TIP: Measurement Calculation: 100mm = 10cm = 3.94 inches (or divide the amount of millimetres by 25.4 to get inches): <u>ALWAYS</u> use millimetres or inches for measurements (NOT cm & ft)

## 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.

## 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 2309mm (91") to 2809mm (111"). If you have a ceiling which is higher than 2809mm (111"), 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 2309mm (7'6") & with it open (extended) using both the supplied extensions, you will achieve a height of 2809mm (9' 2").



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



TIP: For poles above 3.43m (11"3") or for poles that will be used in a studio or commercial environment, we strongly recommend using a dual-lined (one-piece or multi-piece) pole with appropriate mount. If in doubt, or for further advice, please contact our local X-POLE office.

## Choosing the best place for your X-Pole

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.

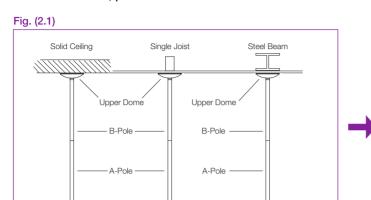


Fig. (2.2)

Joist
Upper Dome
Pole

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 'beam' to install the upper dome against.

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



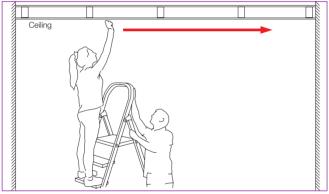
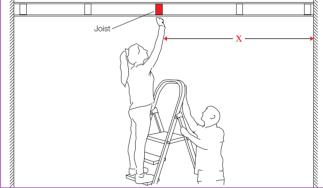


Fig. (2.4)



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 Joints.

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

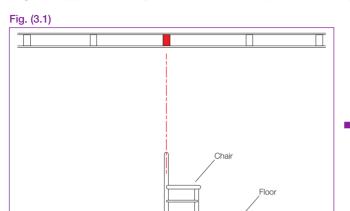


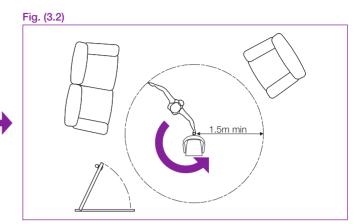
TIP: Joists can be located using an optional Joist/stud finder; this can be purchased from most hardware stores.

## 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.





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

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

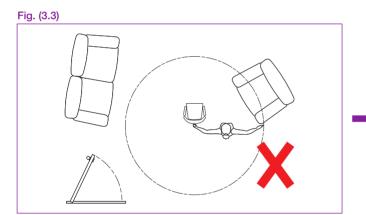
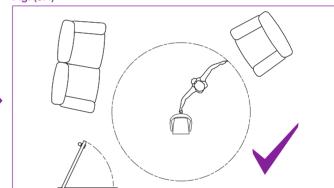


Fig. (3.4)



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

This area will enable you to fully extend your arms & legs when using the pole.

Fig. (3.5)

# **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]



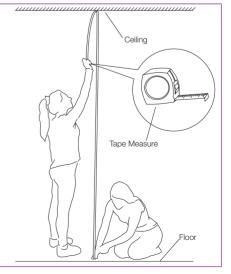
TIP: If longer extensions are required (than those supplied in the standard set), then a key point is to minimise the number of extensions & joints used for a given height requirement; i.e. if the required extension length is 500mm – it is better to use:

- 1 x 500mm extension & 1 x X-Joint rather than
- 2 x 250mm extensions & 2 x X-Joints.

For ceiling heights over 3.43M/11FT 3 Inches, please refer to pg.15



**CAUTION:** Home poles are not suitable for studio use.



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

## How does X-Poles 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

Fig. (4.1)

180mm (7")

180mm (7")

180mm (7")

Expansion/
Contraction Screws

200mm (8")

250mm (10")

DIPMAD
CONTRACT

DIPMAD
CONTRACT

CONTRACT

CONTRACT

CONTRACT

CONTRACT

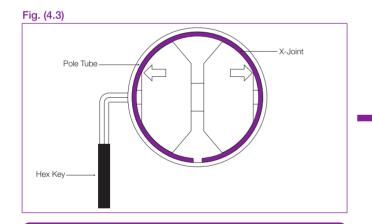
There are 3 sizes of X-Joints; 180mm (7"), 200mm (8") & 250mm (10"). The XPERT Pro is supplied with:

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

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 of the pole with the arrow pointing upwards.



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



Fully Inserted

Hex Key (6mm)

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

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

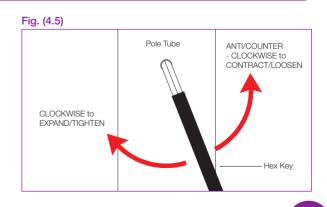
Always remember:

TO EXPAND/TIGHTEN: Clockwise

TO CONTRACT/LOOSEN: Anti/Counter-Clockwise



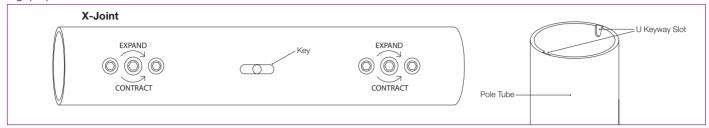
TIP: Before pole installation test the operation of the X-Joint on its own and then with 2 x Extension Tubes. It is better to gently/ loosely tighten the X-Joints and then undo and firmly re-tighten them when the pole is in place, as when the pole is vertical, the weight/pressure of the pole tubes will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



## **Assembling your X-Pole**

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

Fig. (5.1)



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

Fig. (5.2)

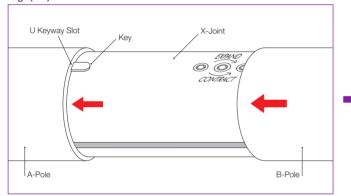
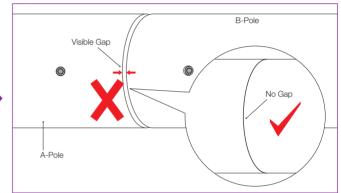


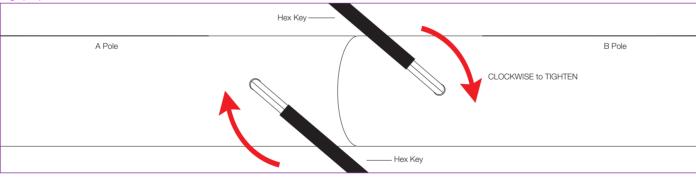
Fig. (5.3)



Insert a 200mm X-Joint (250mm X-Joint for 40mm and Silicone poles) 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.

Check the tube edges are tight together – then gently tighten the screw in the A-Pole – now gently tighten the other tube (B-Pole) – continue to progressively tighten each, alternating between the two until no further force can be applied to the screws.

Fig. (5.4)





CAUTION: It is important to tighten the screws progressively – alternating between the screws, tightening Clockwise. This will ensure the X-Joint pressure is equalised within the pole tubes. Failure to do so can permanently damage your pole. Joints need tightening regularly and should be checked each time before using the pole.



for full You Tube
demonstration video
on the X-Joint

## **LEADERS IN POLE & AERIAL FITNESS**

Install Extensions at the top of the Pole.

A Pole \_\_\_\_ These tubes are always installed together \_\_\_\_ B Pole

Output

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') or local supplier.

A Pole B Pole

SEXTENSION

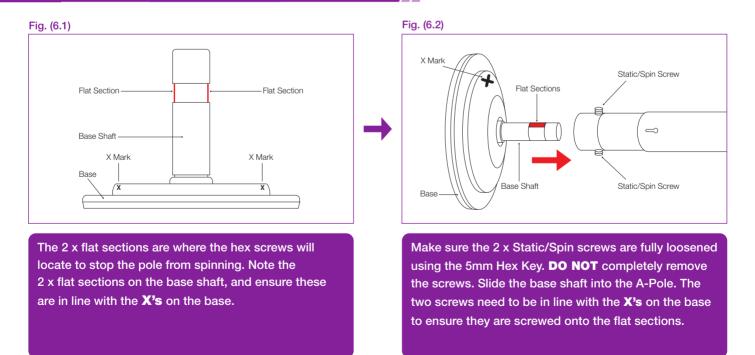


NEVER INSTALL EXTENSIONS IN THE MIDDLE OF THE POLE – THIS IS DANGEROUS. ALWAYS INSTALL EXTENSIONS AT THE TOP OF THE B POLE.



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].

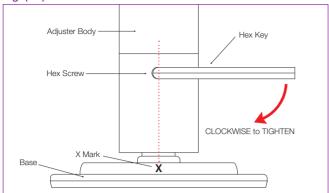
## How to attach the base to the A-Pole



How to attach the base to the A-Pole continued, turn page -



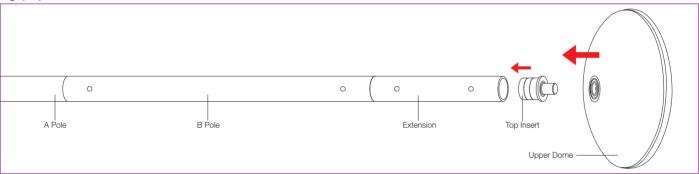
Fig. (6.3)



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 by turning the hex key clockwise.

## Inserting the top insert and upper dome

Fig. (7.1)



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 POLE, TO INSTALL, THAT THE UPPER DOME DOES NOT FALL OFF, AS IT IS LIFTED INTO POSITION. TWO PEOPLE ARE RECOMMENDED FOR 1<sup>ST</sup> INSTALLATION.



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

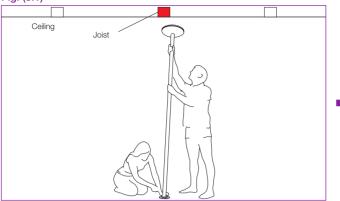
## **Installing Xpert**



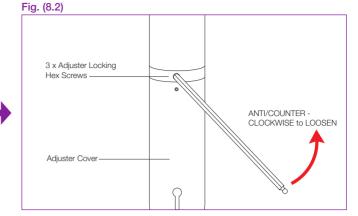
CAUTION: When assembled, the pole is heavy and at full height, NOT easy to handle. It is therefore MANDATORY/COMPULSORY that 2 people install the pole – i.e. 2 people should lift it into position and 1 person hold the pole while the other rotates/expands the height adjuster.

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].

## **LEADERS IN POLE & AERIAL FITNESS**

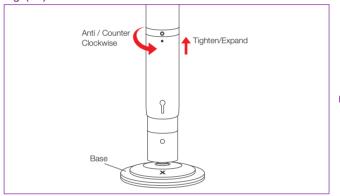


With one person holding the base, the other person should slowly and carefully lift the pole, raising it until it is vertical and under the Joist. DO NOT kick into position.



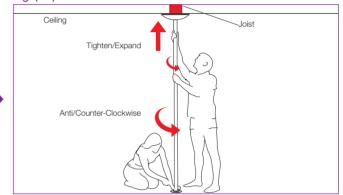
Now undo the 3 Adjuster Locking Hex Screws at the top of the Adjuster Cover with the 5mm Hex Key - a minimum of 2 whole turns. **DO NOT** completely remove the screws.

Fig. (8.3)



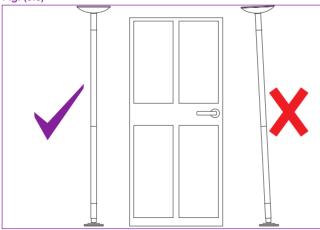
Pole Expansion: Rotating the main pole tube from left to the right (Anti/Counter-Clockwise) will Expand/ Tighten the Pole. Rotating the pole tube from right to the left (Clockwise) will Shorten/Loosen the Pole.

Fig. (8.4)



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.

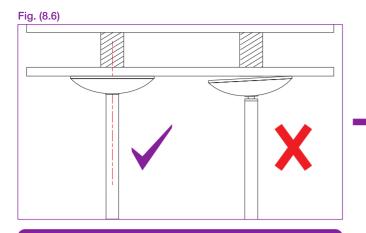
Fig. (8.5)



# Checking the pole is level

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.

# X-POLE



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.

Fig. (8.7)

If the pole is not vertical, move the base into the required position. **DO NOT** move the Upper Dome which must be kept over the centre of the joist at all times. To move, undo the pole and reposition, **DO NOT KICK THE BASE INTO POSITION.** 

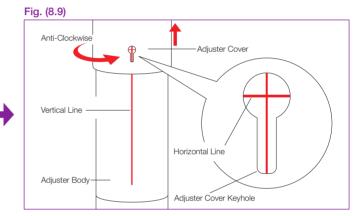
Fig. (8.8)

Damaged

Firm Pressure

Too Much Pressure

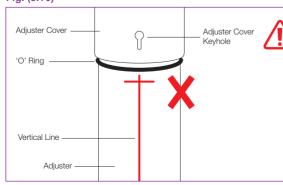
Tighten the XPERT pole until good positive pressure is felt and the pole is firmly in place. **DO NOT** exert too much pressure. Rock/Shake the pole to ensure it does not move from its position. Now change pole mode to 'Spin' (see Static & Spinning section on pg.12), spin the pole gently with your hands, 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.



When expanding/unwinding the pole Anti/Counterclockwise, 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 125mm. It is at 125mm when the line is below the adjuster cover. Consider buying an extension from our website www.xpole.com

DO NOT USE AN OVEREXTENDED POLE

Fig. (8.10)

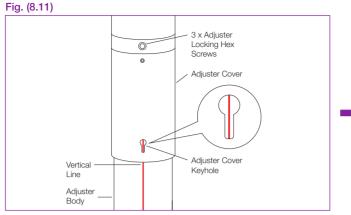


CAUTION: Vertical line must be aligned with the adjuster cover keyhole to prevent permanent damage to your pole.

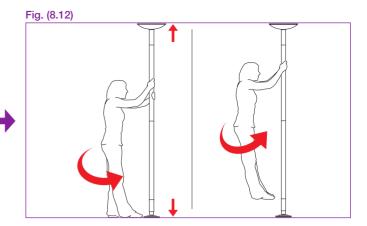
If ANY of the 'O' ring is exposed, the adjuster is at its maximum allowed length (125mm/5"). It is now mandatory/compulsory to purchase an additional extension, available from our website **www.xpole.com** or your Point of Purchase.

DO NOT extend the pole beyond the 'O' ring.

### **LEADERS IN POLE & AERIAL FITNESS**



Once the pole is tight, rotate the pole until one of the three Adjuster Cover Keyhole's is in alignment with the red vertical line on the Adjuster. This will ensure that the pole is properly aligned. Failure to do so will permanently damage your pole. Now tighten the 3 Adjuster Locking Hex Screws tightly with a 5mm Hex Key to lock the A-Pole.



Once the pole feels tight and does not move, try practicing a turn with at least one **foot 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 is now ready for use.



**CAUTION:** Vertical RED line must be aligned with the adjuster cover keyhole to prevent damage.



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 until good positive pressure is felt and the pole is firmly in place.

## Static to Spin

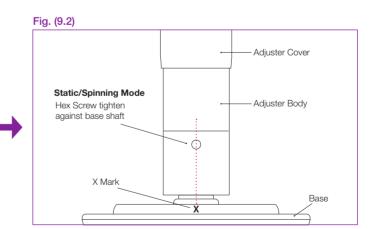
Static/Spinning Mode
Hex Screw flush with outer suface

X Mark

X Mark

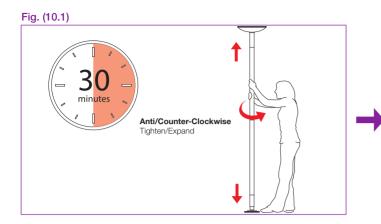
Base

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.



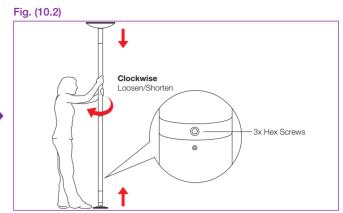
To return to static, rotate the pole till one of the hex screws is in alignment with the 'X' on the base plate and **FULLY** tighten. Whilst tightening, gently rotate the pole back and forth to help seat the screw. Now fully tighten the other screw.

## Pole maintenance & removal



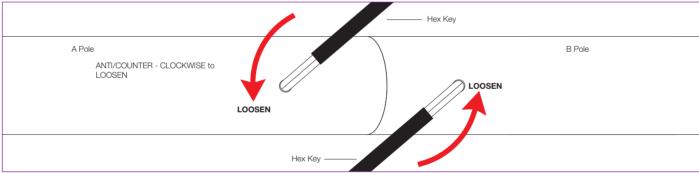
Because the XPERT pole uses pressure to remain in position. The pole tightness and X-Joints should be checked regularly during use, ideally every 30 minutes.

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



To take down the pole, ensure the X-Lock is in static/ non-spinning mode and 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 can be removed.





Lay the pole tubes on the floor and undo the X-Joints to disassemble the XPERT Pro. 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 your pole

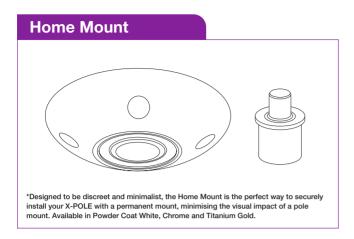


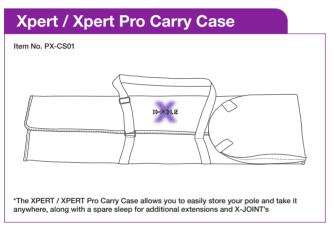
### X-Clean & Micro-Fibre Cloths

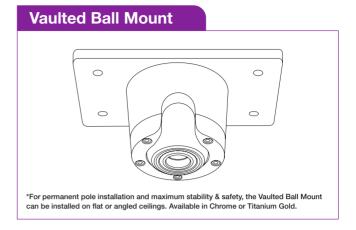
X-POLE strongly recommends the use of X-CLEAN with our specially designed Micro-Fibre Cloths to clean and maintain the surface of your XPERT Pole. You can purchase these items from our website www. xpole.com (first select region, then search for X-CLEAN) or your point of purchase.

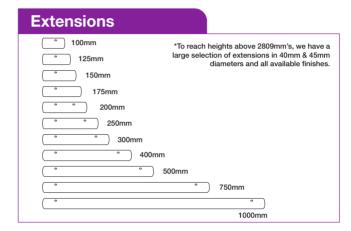
DO NOT USE X-Clean on Brass, Powder Coated or Silicone Poles.

## **Additional Accessories**









## Additional Assistance Section

#### PLEASE NOTE: ANTI-CLOCKWISE = COUNTER CLOCKWISE

- (A) As damage can occur from the pressure used to keep the XPERT Pro 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.

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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, 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.