

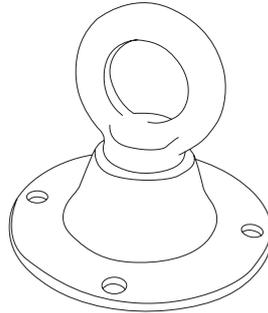
Welcome to **ARIZE** Aerial, developed by X-POLE. **ARIZE** Aerial equipment has been tried and tested in studios & homes across the world. Our aerial spinning mounts allow everyone to maximize their hanging space for the use of aerial silks, hoops and slings. The spinning eye removes the need for a swivel and will enable you to spin freely.

SET CONTENTS

Spinning Mount
Wood Screws 4pcs (4 x 65mm M8)

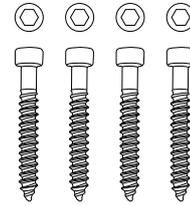
TOOLS REQUIRED

Tape measure
Stud finder (optional)
Electric Drill
Drill Bits 1mm, 4mm & 6mm
Drill Bits 15mm (only for option 3)
Torque wrench with 6mm hex drive



Spinning Mount

Wood Screws 4pcs
(4 x 65mm M8 cap head)



INSTALLATION OPTIONS

A professional trades-person must install the Arize studio mount. Installation methods depend on the use and access. If installing for home use, you will need access to the joist(s) or beam(s) and the width and distance between each. If installing on commercial property, the product is suitable for use with a truss system or I-Beam. The mount is not difficult to install but needs planning and installation skills.

(Option 1) If the joist or beam is wide enough (100mm/4" or more), all four supplied screws must be used for installation. If the joist is less than 100mm/4" (but not less than 50mm), the spinning mount can be installed using 2x of the screws supplied.

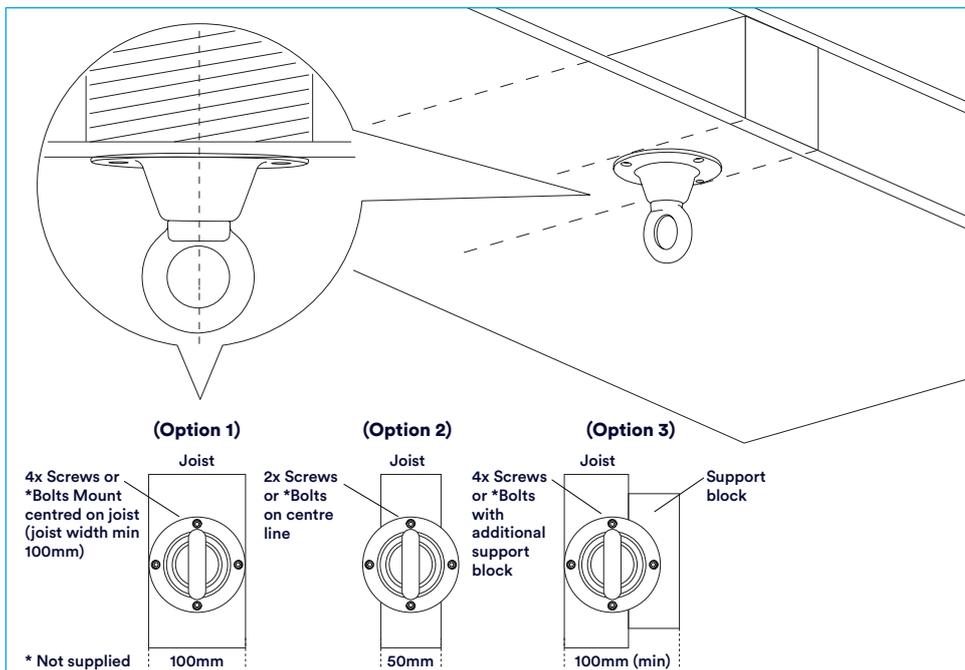
Note: A single aerial spinning mount has been weight load tested to more than 1000Kg installed on a standard 100mm/4" x 50mm/2" home joist with 2 of the screws (supplied). A single mount has been industry weight load tested and certificated to more than 3000kg.

(Option 2) This option is applicable when the installer has access to the joist from above (by lifting floorboards or others). When using only two fixings, it is better to secure the mount to the joist using nyloc nuts, bolts and washers (not supplied) see Fig 4.1. X-Pole technical departments can advise.

(Option 3) This option is for if the installer can access the joist from above and the joist is less than 100mm. In that case, it is standard practice to use a four-screw installation by fitting a support block to the side of the joist (fig 4.2). The block, which must be a minimum of 50% of joist height, can be installed using 'coach screws' or long bolts, nyloc nuts and washers (not supplied).

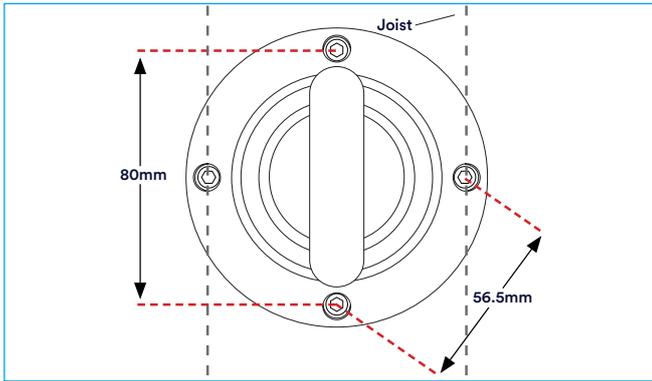
Positioning - It is essential at all times that 2x screws or 2x Bolts (65mm apart) run in the direction of the joist length. This way, the eye position will always be correct for single or double joist/beam use.

Fig. (1.1)



MOUNT DIMENSIONS

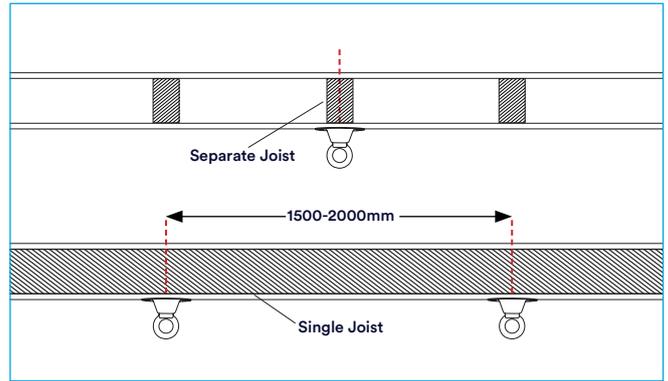
Fig. (2.1)



The mount must always be installed with the 2 screws 80mm apart - in line with the centre of the joist.

SPINNING MOUNT SPACING

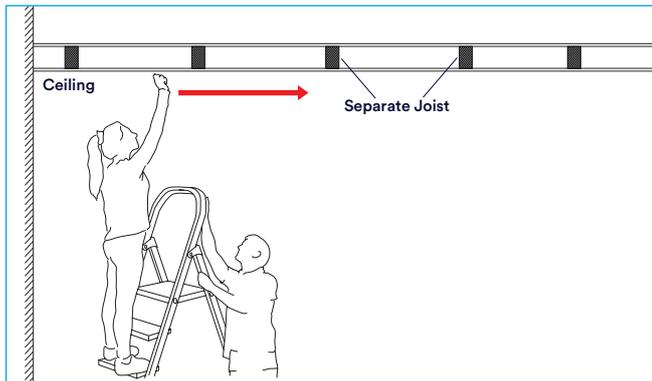
Fig. (2.2)



The recommended distance between spinning mounts is 1500mm - 2000mm. Before installation, please check two mounts can be installed on a single or two joists 1500 - 2000mm apart. Depending on measurement between joists, if fitting to two joists, there is a joist in between the mounting points.

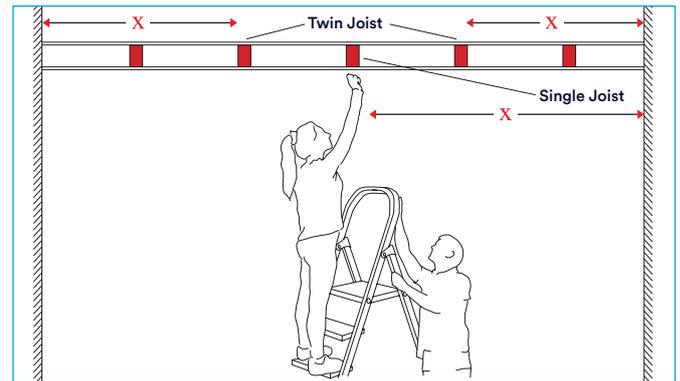
FITTING WITHOUT ACCESS

Fig. (3.1)



To find a joist, tap across the ceiling with your knuckle. The tapping sound will change between 'hollow' (the space between the joists) and 'solid' (this sound is a joist). A stud finder can also be used to locate joists.

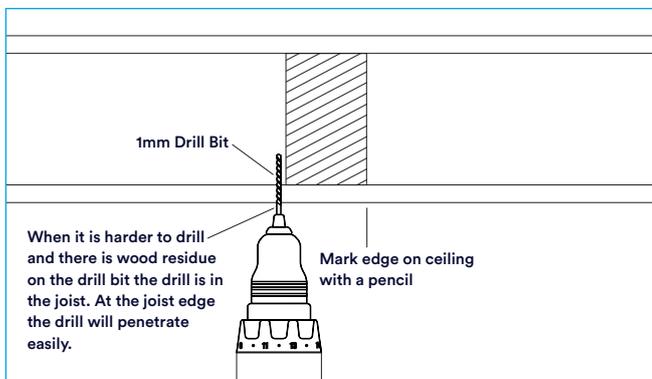
Fig. (3.2)



Decide the ceiling position of your spinning mount(s). Locate your joist or joists as per Fig. 3.1 and take a measurement(s) from the wall for further reference.

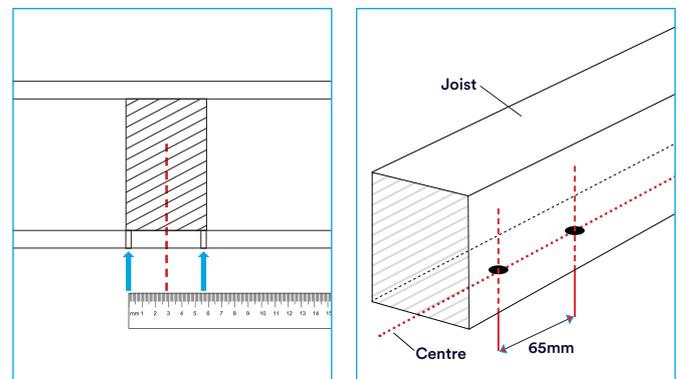
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Fig. (3.3)



At the located joist position, drill fine holes with a 1mm drill bit, to locate the joist edge. At the edge (above) the drill will penetrate quickly. If the drill hits the joist, it is harder to drill and wood residue is visible on the drill bit. Continue to drill very close test holes until the drill bit comes out clean and mark. These small holes can be covered by the mount or with paint.

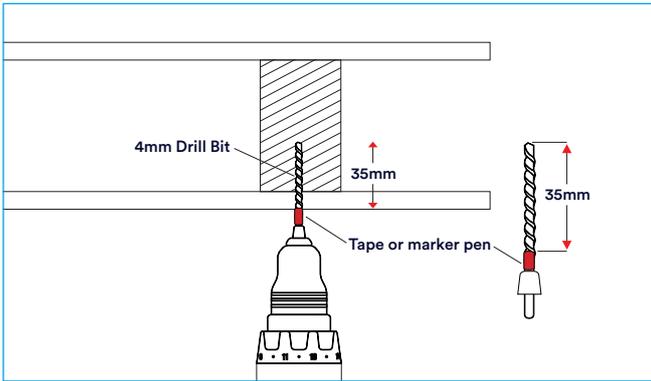
Fig. (3.4)



When the edges of the joist are located, measure between the marked holes to find the centre of the joist. At the centre of the joist make two marks 65mm apart for the fixing holes.

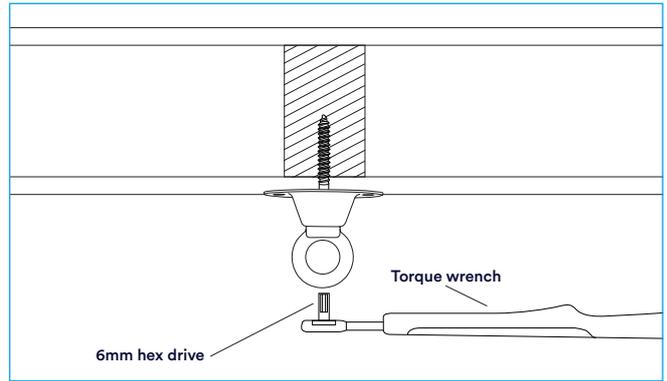
FITTING WITHOUT ACCESS CONTINUED

Fig. (3.5)



Insert the 4mm drill bit into an electric drill and mark a position 35mm from the end of the drill bit, using a marker or tape. Drill 2x holes, 35mm deep, through the plasterboard into the joist. **DO NOT** drill a hole more than 35mm deep.

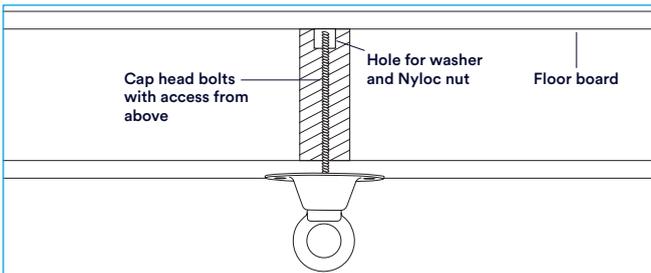
Fig. (3.6)



Taking the mount, insert a M8 cap head screw (supplied) into a fixing hole and screw half way into joist using a 6mm hex key. Insert the second screw the same way. Then, using a torque wrench with a 6mm Hex drive, torque the screws to 12Nm. This torque setting ensures they are securely screwed/mounted into the joist.

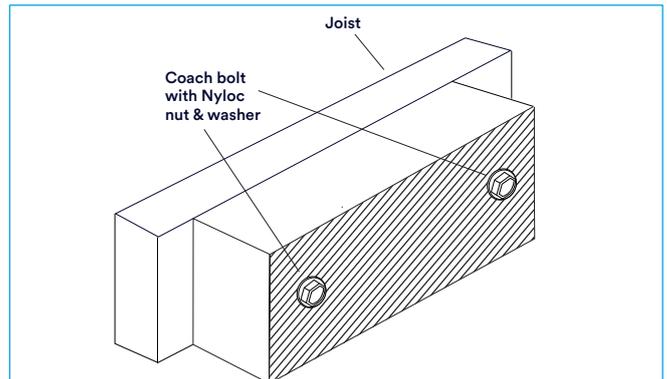
FITTING WITH ACCESS

Fig. (4.1)



If access is available, attach the mount using 2x M8mm, long length, cap head bolts (not supplied) through the joist, top to bottom. Using a long 8mm drill bit, longer than the joist depth, drill 2 holes 'vertically' all the way through the joist making sure the holes are in the centre of the joist and 65mm apart. Next using a minimum 15mm drill bit, drill a hole, downwards into the holes on top of the joist, for only 12~15mm. This is to accept the nut and washer. See Fig 4.4. We recommend using Nyloc locking nuts, with washers as these will not undo.

Fig. (4.2)



If your joist is 50mm or less, to widen the area of the mount attachment with access from above, add another piece of joist or wood to increase the total joist and block width to a minimum width of 2.5x the joist width (example Joist 40mm x2.5 total minimum width 100mm). Fit to the block to the side of the joist and level with the ceiling board. Suggested minimum block length is 150mm (6"). This is to be attached using coach bolts with washers and nuts or coach screws. See figure (4.3).

Fig. (4.3)

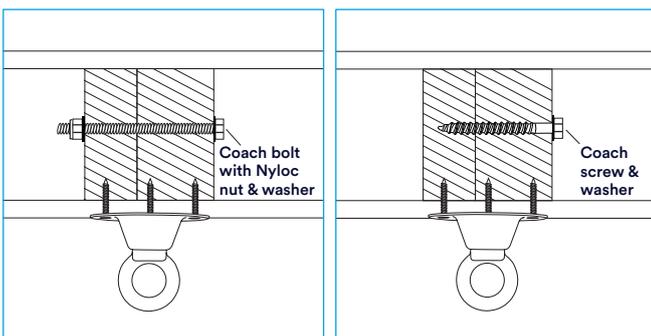
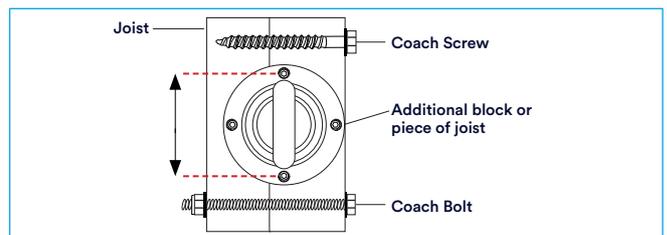


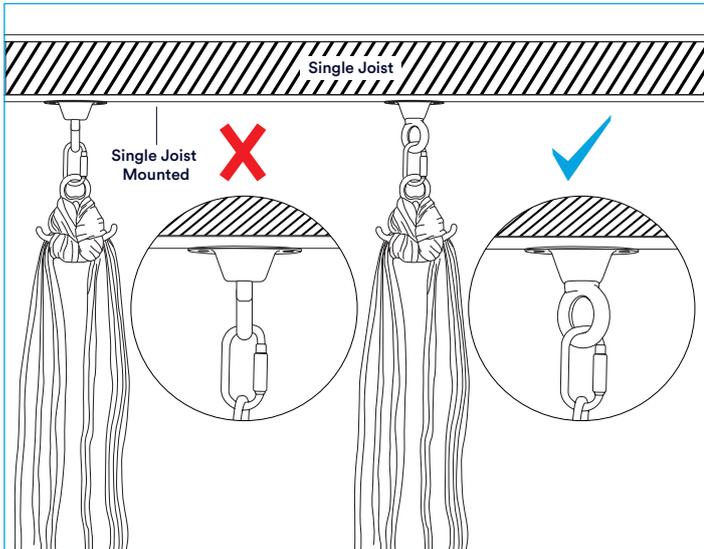
Fig. (4.4)



The 2x 80mm wide mount attachment holes must be in line with the block as shown above. Make sure the joist screw is in the centre of the joist.

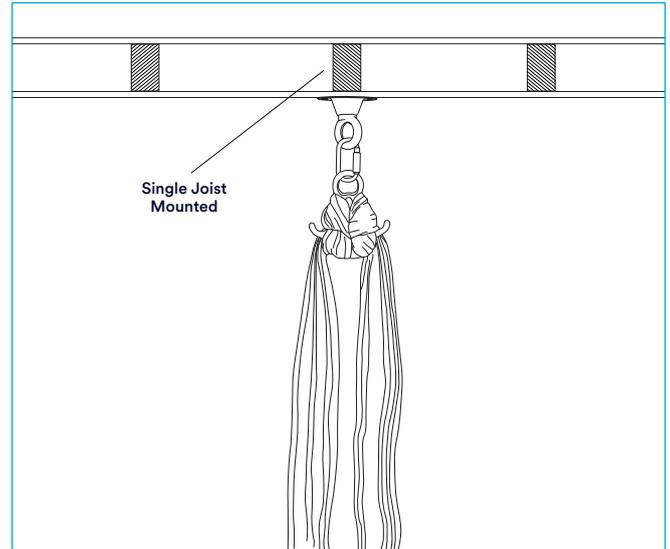
SPINNING MOUNT ATTACHMENT

Fig. (5.3)



In a single joist installation the silk or hoop will be at an angle to the eye of the ring and along the joist, See above.

Fig. (5.4)



Your spinning mount is now installed and ready to use.

To purchase any additional aerial equipment or accessories or if you have any questions

Visit us at: WWW.X-POLE.CO.UK/ARIZEAERIAL

If you have any questions, are in any doubt as to the installation or operation of the Aerial hammock mount you **MUST** call the **ARIZE** technical support team who will be able to assist you. Arize equipment should be fitted by a professional installer. Safety in the installation and use of aerial equipment is critical. Never take risks when using aerial equipment. If in any doubt, check installation and / or call **ARIZE** Technical support. For more information please go to WWW.XPOLE.COM

IMPORTANT NOTICE: Vertical Leisure Ltd, Arize Aerial, 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 due to incorrect installation or during the use of this product.