

**A professional trades-person MUST install the Arize spinning ball mount.**

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 ball mount allows everyone to maximize their hanging space for the use of aerial silks, hoops and hammocks. The spinning eye removes the need for a swivel and will enable you to spin freely.

## SET CONTENTS

Spinning Ball Mount

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

**Wood screws are only to be used if installing into a solid wooden beam and by a professional, please seek advice from a professional before installation.**

## TOOLS REQUIRED

Tape measure

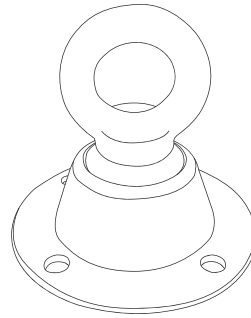
Stud finder

Electric Drill

Drill Bits 1mm, 4mm & 6mm

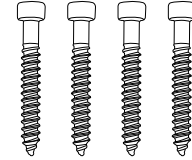
Drill Bits 15mm (only for option 2)

Torque wrench with 6mm hex drive



Spinning Ball Mount

**Wood Screws 4pcs  
(4 × 65mm M8 cap head)**



**A professional trades-person MUST install the Arize spinning ball 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). If installing on commercial property, the product is suitable for use with a truss system or I-Beam. For commercial use please contact our office for further installation details.

**Note:** The Arize Spinning Ball Mount has been weight load tested and certified.

**BL: 2900kg / 6393lb**

**WLL: 10:1 290kg / 639lb WLL 5:1 580kg / 1278lb** (Test certificate available at [www.x-pole.co.uk](http://www.x-pole.co.uk))

Please remember that your rigging is only as strong as the weakest point and so any installation points should be checked and tested by a professional.

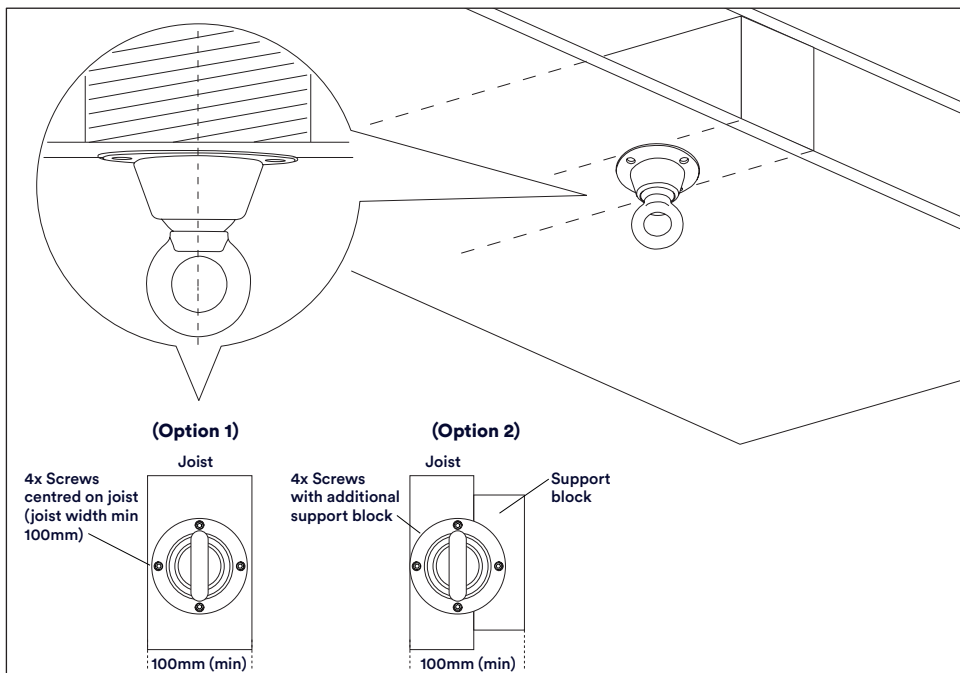
## HOME INSTALLATION OPTIONS

**(Option 1)** The joist or beam must be 100mm/4" or more wide. When installing all four screws must be used for installation.

Please check that the screw used are suitable for the installation point.

**(Option 2)** If the professional installer can access the joist from above and the joist is less than 100mm wide. In this instance, 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).

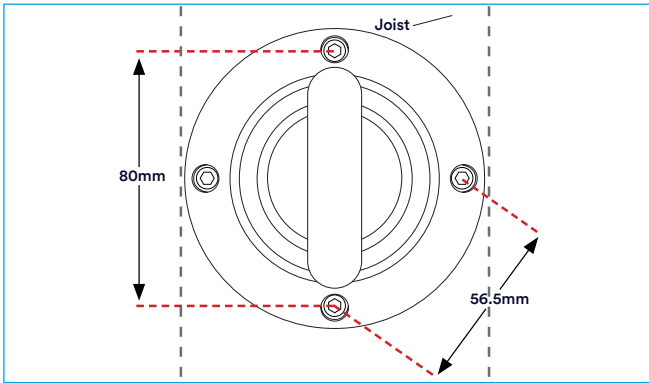
Fig. (1.1)



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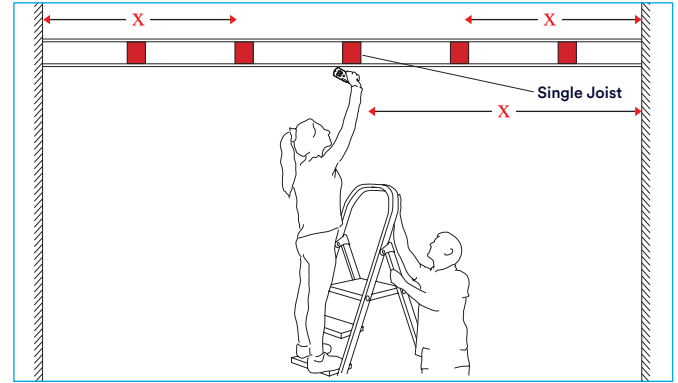
## MOUNT DIMENSIONS

Fig. (2.1)



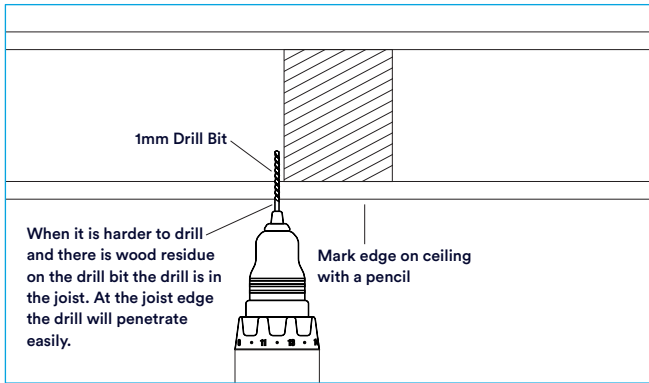
## FITTING WITHOUT ACCESS

Fig. (3.1)



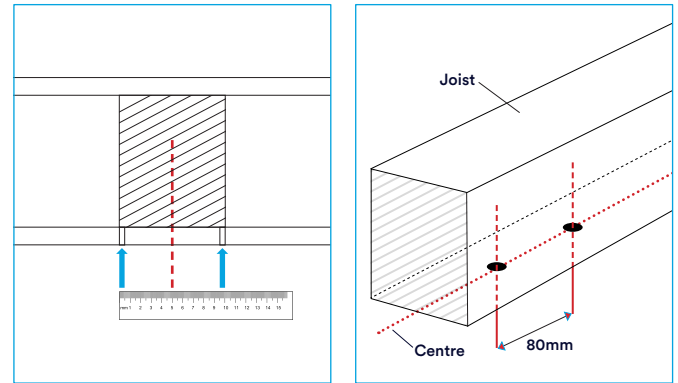
Decide the ceiling position of your spinning mount(s). Use a stud finder to locate joist and take a measurement(s) from the wall for further reference. Write this here: **X =**

Fig. (3.2)



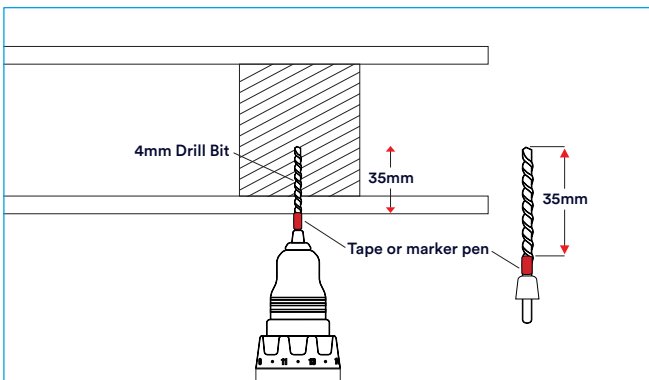
At the located joist position, drill fine holes with a 1mm drill bit, to locate the joist edge. At the edge (above) the drill will penetrate quickly. If the drill hits the joist, it is harder to drill and wood residue is visible on the drill bit. Continue to drill very close test holes until the drill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

Fig. (3.3)



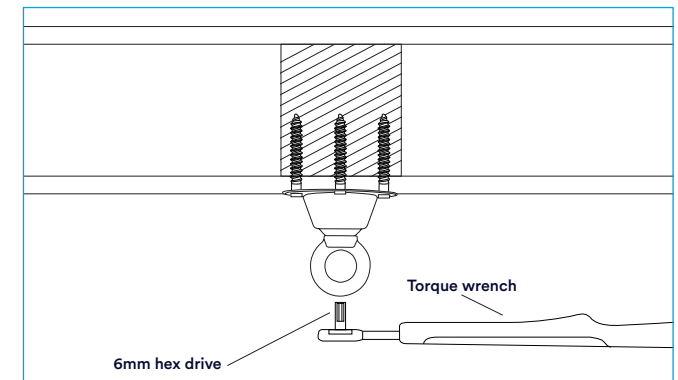
When the edges of the joist are located, measure between the marked holes to find the centre of the joist. At the centre of the joist make two marks 80mm apart for the fixing holes.

Fig. (3.4)



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 4x holes, 35mm deep, through the plasterboard into the joist. **DO NOT** drill a hole more than 35mm deep.

Fig. (3.5)

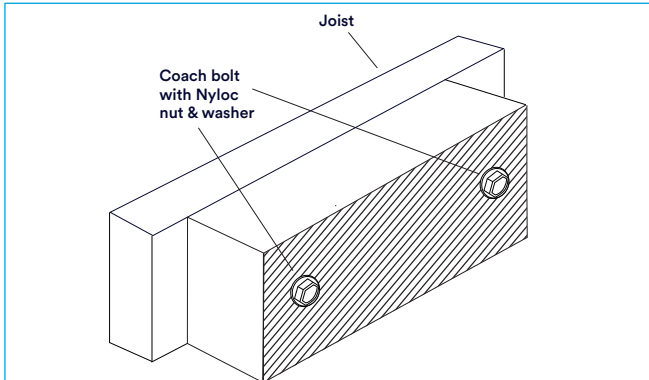


Taking the mount, insert a M8 cap head screw (supplied) into a fixing hole and screw half way into joist using a 6mm hex key. Insert the remaining screws the same way. Then, using a torque wrench with a 6mm Hex drive, torque the screws to 12Nm. This torque setting ensures they are securely screwed/mounted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

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## FITTING WITH ACCESS

Fig. (4.1)



If your joist is less than 100mm, with access you can widen the joist by attaching a block of wood to extend to a minimum of 100mm. Fit 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. (4.2)

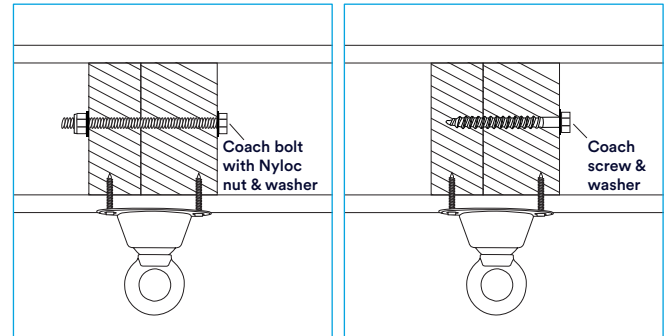
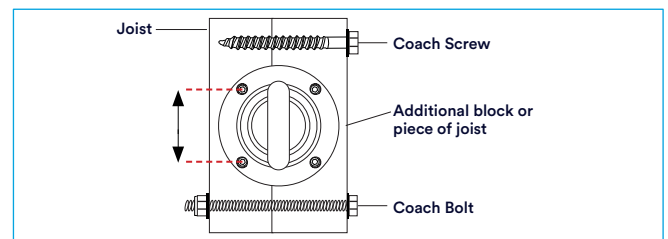


Fig. (4.3)



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.

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

Visit us at: [WWW.XPOLE.COM](http://WWW.XPOLE.COM)

If you have any questions, are in any doubt as to the installation or operation of the Arize Spinning Ball mount you **MUST** call the **X-POLE** technical support team who will be able to assist you. **Arize** equipment should be fitted by a professional installer. Please note that these instructions are not one-size-fits all; additional safeguards/modification(s) may be deemed appropriate after assessing the space, at the discretion and advise of the professional trades person. 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 **X-POLE Technical support**.  
For more information please go to [WWW.XPOLE.COM](http://WWW.XPOLE.COM)

\*If new to Pole or Aerial, X-POLE always recommend attending a studio or seeking a certified instructor prior to attempting any activity.

**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.