

FITPOLE

ORIGINAL

INSTALLATION, OPERATING, AND SAFETY INSTRUCTIONS

FITPOLE SPIN AND FITPOLE ORIGINAL



Thank you for purchasing *Fitpole*! You now own a masterpiece of Finnish design, manufacturing and marketing – one of the best dance poles available! The pole will be developed further based on the feedback and suggestions from the users. In case you have suggestions on how to improve *Fitpole*, do not hesitate to contact us. Contact information is given at the end of these instructions.



SAFETY is our priority! It is very important that you read all these instructions and tips before installing or using the pole. Do NOT install *Fitpole* if it is not clear how it should be installed or used. In this case contact the retailer. Keep these instructions available during the whole lifetime of the pole.

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Introduction

Fitpole

Fitpole is a mobile and portable pole which is installed between the ceiling and the floor. Standard *Fitpole* can be used in rooms with room height between 240 and 265 cm.

The pole can be extended by using extension pieces. With an extension piece of 25 cm, the pole can be used in a room with room height between 265 and 290 cm. With an extension piece of 50 cm, the pole can be installed in a room with room height between 290 and 315 cm. Instructions on extension pieces and their usage are given in section "*How to install an extension piece*".

Physical results

- Improves muscle strength and power
- Improves physical coordination skills
- Improves balance and mobility
- Improves circulatory and respiratory systems' efficiency
- Burns fat and tones muscles

Safety instructions

Notes

Ignoring the following instructions can lead to severe accidents during exercises!

- Have a medical check-up before embarking on exercising. This way you can make sure that you can safely use the pole for exercising.
- If you feel dizzy or you otherwise do not feel well during an exercise, do not continue with the exercise. Have your physical condition checked before using the pole again.
- Make sure that there is enough free space around you. *Fitpole* is not a toy. An adult must always supervise minors' exercise.
- Use *Fitpole* only for its intended purpose.
- Always check *Fitpole* before exercising. If you notice any anomalies, do not use the pole.
- Follow possible exercise instructions.
- Warning! Some moves might require excellent mobility and balance. Take this into account when exercising and start carefully.
- The manufacturer or its partners are not responsible for any injuries or material damages caused by using this product.

Fitpole is not directly controlled by Ahlsport. Ahlsport, Ahlsport e-store, retailers, and salespersons or any other persons or companies cooperating with Ahlsport will not assume responsibility for any accidents to users or for any injuries or property damages to third parties. However, general consumer rights are respected.

Fitpole is a mobile and portable pole which is installed between the ceiling and the floor. Because of this it can cause damage to the floor or the ceiling. In this respect *Fitpole* is no different from any other poles which are installed between the ceiling and the floor. This has to be understood in order to minimise the risks before using the pole.

Ahlsport, retailers or any other persons or companies cooperating with Ahlsport will not assume responsibility for any property damages or accidents caused by *Fitpole*. If the risk for accidents or damages is not accepted, the pole should not be used or even removed from its packaging.

Installation instructions

Contents of the package

Fitpole package contains the following parts (see Picture 1).

- Base
- Ceiling mount with a tightener/adjuster
- Washers (2 pcs)
- Set wrench (2 pcs) for mounting the pole
- Hex wrench for tightening the lock screw



Picture 1. Fitpole package contents (the package might look different)

If all the parts shown in the picture are not present or if you feel that something is missing, please contact the sales point.

Installation location

Fitpole cannot be used with false, suspended or flexible ceilings. If you are not sure whether the ceiling is suitable, please contact a building professional or the sales point. Most ceilings, such as drywall ceilings, might bend because of the pressure caused by the pole. This may result in nails or screws protruding through the drywall panels. The pressure might cause structural changes (smoothing) in dash bond coated ceilings. Also dents are possible, especially with vinyl flooring. If you do not accept the possibility of damages, do not install *Fitpole* at all. Choose a proper place for exercising and dancing. To test that there is enough free space around the pole, walk around the pole with your arms open and check that there is nothing on your way. As a rule the pole should be installed inside in a circle with a diameter of at least 3 to 3.5 m.

How to mount Fitpole

Check that the package contents correspond to Picture 1. If something is missing or damaged, contact the sales point.

Screw threads are pre-lubricated before packing. You can lubricate the threads regularly, for example before every other mounting. Besides oil, you can also use for example Vaseline to lubricate the threads. Tighten the parts together with your hands. You don't need any tools. Then screw the lock screw located on the side of the pole clockwise with the hex wrench included in the package (Picture 3).

When dismantling the pole, first dismantle the pole from between the ceiling and the floor. Then unscrew the lock screw and separate the parts by rolling them. If the parts do not move with reasonable force, for example a wet towel might be of help.

The ceiling mount is rolled inside the base as shown in Picture 2.



Picture 2. How to mount Fitpole



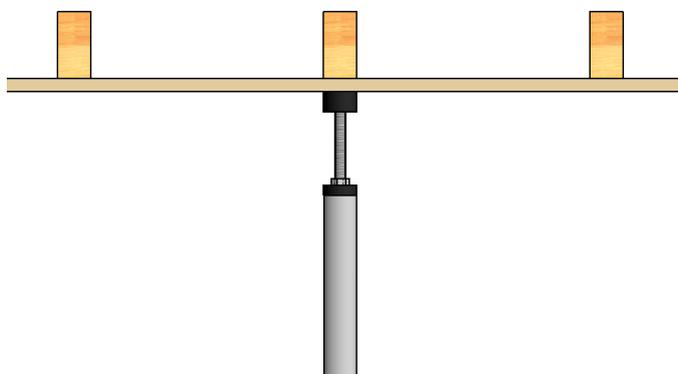
Picture 3. Screwing/unscrewing the lock screw

Fitpole is now ready to be installed. Before fixing the pole to the ceiling and the floor, install the washers to the ceiling mount and the base (Picture 4).



Picture 4. Installing the washers

If the ceiling is not a fixed ceiling (made, for example, of concrete slabs), it is probably made of drywall. Drywall is usually reinforced with supporting beams. To minimise the damages and maximise the safety, it is important to install the *Fitpole* ceiling mount precisely under a supporting beam, not between two beams (picture 5). To find out where the supporting beams are located, use a locator or knock on the ceiling. Flat knocking sound indicates a supporting beam. Between the beams the sound is hollower. Please be careful. If needed, ask for advice and help from building professionals or from your building manager or landlord. Please keep in mind that safety is always the priority! Use steady ladders and ask another person to help you, for example to hold the ladders in place.



Picture 5. The pole should be installed precisely under supporting beams.

First, lift the plastic sleeve against the ceiling (Picture 6). Then, by hand, screw the lower nut (Picture 6) as tight as possible. You can fix the pole tighter between the ceiling and the floor by screwing the lower nut clockwise (Picture 7). By holding on to the upper part with a wrench you can make sure that the locking mechanism does not rotate (Picture 7).



Picture 6. Mechanism for tightening and adjusting the ceiling mount.



Picture 7. How to install Fitpole (<https://www.facebook.com/ahlsport/videos>)

You can dismount the pole by screwing the lower nut counter clockwise (Picture 7).

You can reduce the risk for damages by making sure that the ceiling mount and the base are aligned and the pole is installed straight. For example a spirit level might be of help when installing the pole. Check the tightness of the pole after the hour of practicing.

Fitpole Spin can be used both as a spinning pole and a static pole. If you unscrew the bolts (2 pcs) at the base with the hex wrench, you will get a spinning pole (Picture 8). When you screw the bolts back, Fitpole becomes static. Markings at the base help you with finding the right spot for the bolts.

The bolts should not be screwed too tight. It is enough to tighten the bolts with the hex wrench as shown in the picture (Picture 8).



Picture 8. Adjusting Fitpole mechanism for a static/spinning pole
(<https://www.facebook.com/ahlsport/videos>)



NOTE! TO ENSURE YOUR SAFETY, MAKE SURE THAT THE POLE IS TIGHTENED PROPERLY! PLEASE NOTE THAT IF YOU TIGHTEN THE POLE TOO MUCH, IT MIGHT TWIST. ADJUST THOSE STATIC/SPINNING SCREWS GENTLY. TIGHTENING THEM TOO MUCH MIGHT CAUSE DAMAGE

How to install an extension piece (sold separately)**Picture 9.** Fitpole extension piece (25 cm and 50cm) (WWW.FITPOLESTORE.COM)

Picture 9 shows a 25 cm extension piece. The extension piece is installed between the longer parts (ceiling mount and base) as shown in picture 10. Then screw the lock screw located on the side of the pole clockwise with the hex wrench included in the package (Picture 3). If you use several extension pieces, they are installed consecutively.

**Picture 10.** How to install Fitpole extension pieces

Additional information

Cleaning, maintaining and storing the product

General rules on cleaning painted surfaces should be followed. *Fitpole* should be cleaned with water or neutral detergent. *Fitpole* can also be cleaned with a detergent containing alcohol. If you use a detergent, please test the detergent first in an unseen spot. Never use abrasive or scratching tools. To protect the painted surface, avoid using rings or other abrasive jewellery.

The threads inside the pole should be lubricated for example every other mounting time or at least every second months. Besides oil, you can lubricate the threads also with for example Vaseline.

When *Fitpole* is not in use / not mounted, you should store it for example in the retail packaging.

Decommissioning and disposal of consumer goods

As *Fitpole* consists mainly of metal parts, it can be disposed of in public recycling points.

IMPORTANT LINKS:



<https://www.facebook.com/ahlsport/>



<http://www.fitpolestore.com/>

Contact information

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