

User's manual

Pole Dance Bar

62940

toboli



Illustration similar, may vary depending on model

Please read and follow the operating instructions and safety information prior to initial operation.

Technical changes reserved!

Illustrations, functional steps, and technical data may deviate insignificantly due to continuous further developments.



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Introduction

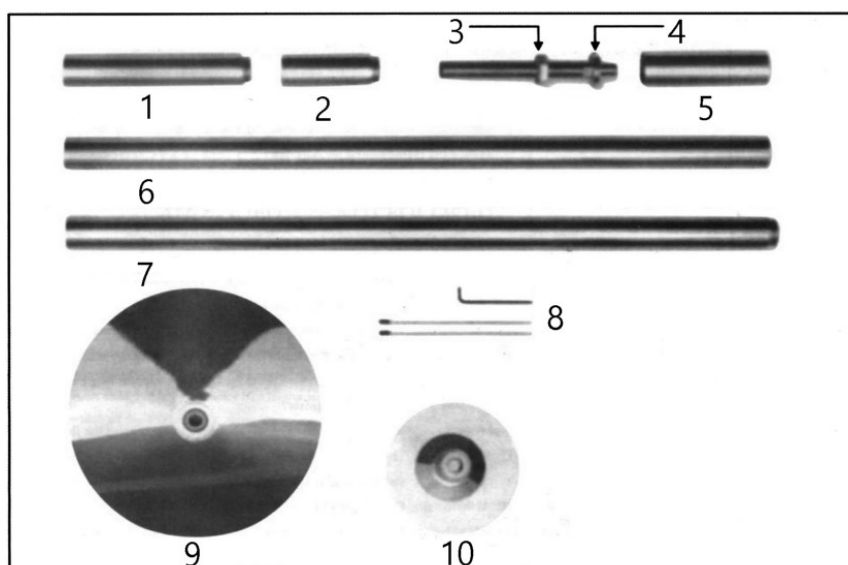
Thank you for choosing to purchase this quality product. To minimise the risk of injury, we ask you to always take some basic safety precautions when using this product. Please read this operating manual carefully and make sure that you understand it.

Keep these operation instructions in a safe place.

Instructions for safety and use

- Begin mounting at the base and with the smallest extension bar, then proceed to the larger bars.
- Assemble each part so that the base lies flat on the ground. Do not lay down the bar on the side to mount it; the threads might not be flush when screwing.
- Make sure that the dome lies 100 % flat all around on the roof before and after tightening the extension bars. This prevents the bar from tilting.
- It is recommended that you familiarise yourself with the basic movements before using the bar. Always seek professional advice if you want to perform exercise that you are not familiar with.
- Before use, warm up for about 5–10 min; otherwise, muscular injuries, sprains, and other injuries could occur. After use, it is advisable to cool down for 5–10 min by performing appropriate exercises.
- Wear appropriate clothing. Training and dancing at the bar require friction of skin and bar, therefore: The more skin exposed, the better. Ideally, do not wear shoes or do only wear dancing shoes to allow best friction.
- Never apply body lotion or body oil when using the bar. This is utterly dangerous; you could slip off the bar and harm yourself.
- In case you feel bad during use, in case your muscles hurt, or in case you are breathless, take a break; also take breaks between the individual exercises.
- Regularly clean the bar after use; contact with skin and sweat make the bar slippery, which increases the danger of accident and injuries.

Parts



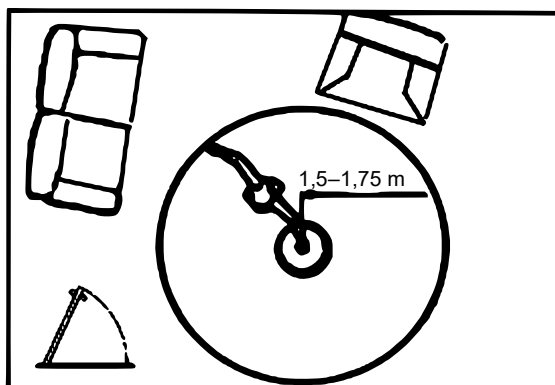
No	Name
1	Extension bar 267 mm
2	Extension bar 140 mm
3	Flange nut

4	Two-socket flange
5	Adjustment device cap
6	Upper main bar A
7	Lower main bar B
8	Assembly tool
9	Dome
10	Joint base

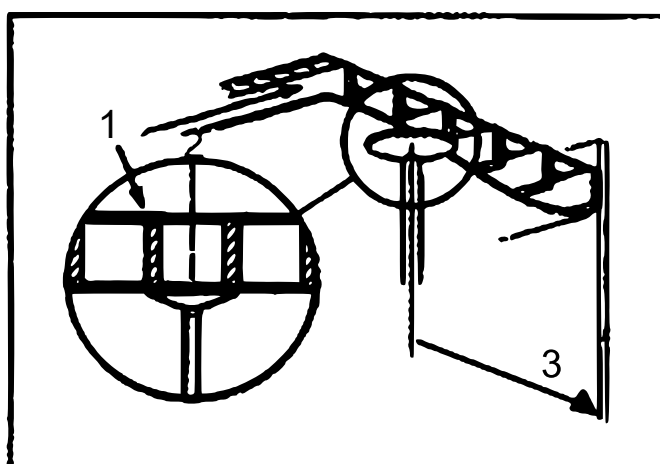
Assembly

Preparation

1. Find an appropriate position for mounting the bar. Imagine that the pole is already set up and walk around once. While doing so, make sure that you can outstretch your arms entirely without touching anything. (For a better imagination, make use of a chair or measure a 3 to 3.5 m diameter circle.)



2. When you have found an appropriate position, find and check the ceiling beams.



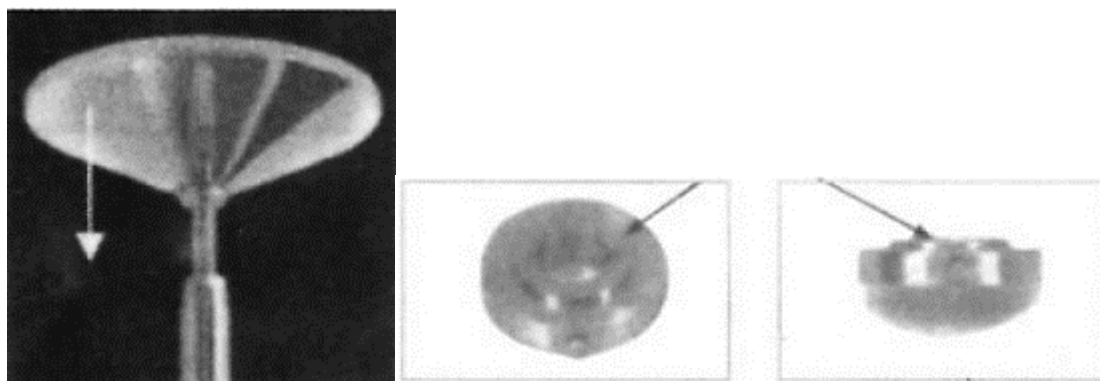
1: beam; 2: centre; 3: Measure the distance between the beam and wall.

The ceiling beam supports the ceiling from one wall to the other and usually spans the entire ceiling. Identify the places where the ceiling beams are; you can do this by tapping or with a stud finder. Find the midpoint between two bars; this is where the base is to be attached. The bars sound differently massive depending on the distance between them. This is the most important feature for using the pressure-held bar. Place the dome between two beams to evenly distribute the pressure.

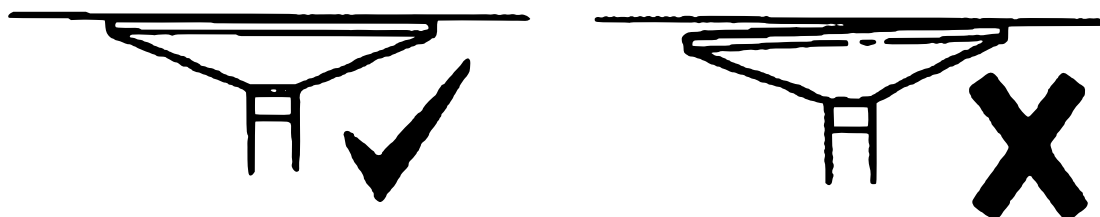
Note! Use a ladder to access the beams. To avoid accidents, another person should hold the ladder when you are on it.

Assembly

- Lay the parts of the pole in front of you and familiarise yourself with their names to make assembly easier.
Note! If the basic height of the bar is not sufficient, use the additional extensions and adjuster.
- If necessary, attach the extension to the base. Attach any extension to the base insert. Extensions are always attached to the bottom of the pole, starting with the smallest extension.
- Attach the lower main bar B. Screw the lower main bar onto the extension or base. Tighten by hand.
- Take the adjustment device cover and place it on the upper main bar A. Then slide the dome onto the adjusting device. Make sure that the flange is upside down as shown.



- Return to the ladder and attach the top bar assembly A to the bottom bar B. Screw tight and hold upright.
When the adjusting device is closed at the bar end, the distance between the dome and ceiling should be less than 140 mm.
- Screw the adjusting device in by hand until it is snug against the ceiling. Make sure that the dome lies flat. Release the bar and check that the bar is vertical and that it is under the beam.



Final check

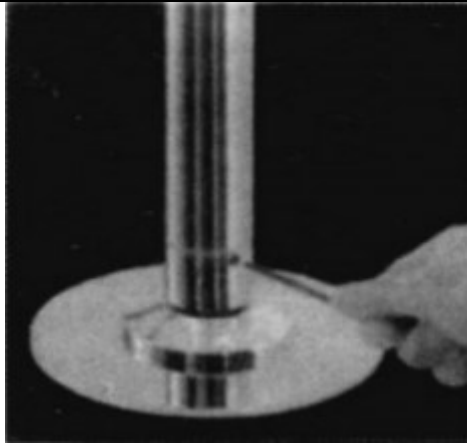
- Tighten the adjusting device with a wrench until really tight. Check if the bar moves and re-tighten it if it moves.
- Install the adjusting device cover. Slide the cover up, insert and secure the two spring pins.

Attention!

The bar stays in place with the pressure from the floor to the ceiling, so it loosens up a bit with use. If this happens, you should check the tightness of the bar every 20 to 30 min during your dance. Re-tighten it in case it moves.

Function setting

Loosen two hidden screws on the bottom tube to make the bar rotate. Re-tighten the two screws to secure the bar.



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