

# Pole Installation Instructions

## 1. Select the Location to Install the Pole

### Ensuring That:

- The ceiling and floor are flat and even surfaces; installation on a vaulted ceiling cannot be accommodated.
- For drywall and stucco ceilings, installation into a ceiling joist is required.
- Minimum ceiling height for Pole installation is 7 feet 11 inches.
- Maximum ceiling height for Pole installation is 10 feet.
- 4 - 5 feet of free space is required around the Pole to allow for unobstructed movement.
- Do not install near a window or open balcony.
- Clean the floor surface where the pole is to be installed.

## 2. Measure Floor to Ceiling Height to Determine if You Require the Extenders.

- Use the Short Top Extender for ceilings greater than 8 feet 6 inches.
- Use the Long Top Extender for ceilings greater than 8 feet 8 inches.
- Use both Short and Long Top Extenders for ceilings greater than 9 feet 3 1/2 inches.

## 3. Assemble the Pole:

Attach the Top Extender(s), if required, to the top of the Pole ensuring that the grooves on the Pole top and Top Extender(s) line up. (Figure 1)



Figure 1

## 3. Continued...

Screw the Bottom Extender into the bottom of the Pole (Figure 2) so that the complete Pole & Bottom Extender [with optional Top Extender(s)] measures 1.5 inches less than your ceiling height.



Figure 2



Figure 3

Ensure that the threaded portion and **at least 1.5 inches** of the smooth portion of the Bottom Extender are fully inserted into the Pole. (Figure 3)

## 4A. Drywall or Stucco Ceiling Installation:



Figure 4

Use a stud/joist finder to locate the center of the ceiling joist and mark the location for the drill hole. (Figure 4) (If you do not have a stud/joist finder, most local hardware stores sell stud finders for less than \$10.) Ceiling joists are typically located approximately 16 inches apart. Put on your safety glasses and pre-drill a hole using a 3/16 inch drill bit through the drywall and into the joist.

## 4B. Cement Ceiling Installation:

If you have a solid cement ceiling, you must purchase a special 1 5/8" cement screw (not included). Use this screw and follow the instructions in 4B. **DO NOT** use the provided wood screw for cement installations.

## 5. Install Ceiling Mount:

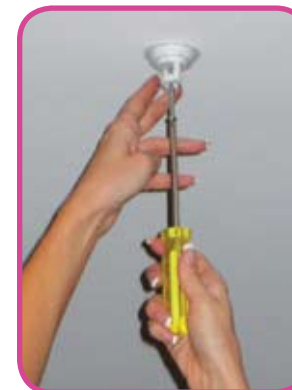


Figure 5

Line up the Ceiling Mount over the hole you drilled. Using the wood screw provided for regular, drywall or stucco ceilings, or the special cement screw for cement ceilings, screw straight through the hole in the Ceiling Mount into the ceiling joist. (Figure 5)

6. Position the Pole around the Ceiling Mount, lining up the grooves on the Ceiling Mount with the indents on the inside of the Pole. (Figure 6) Push the Pole over the Ceiling Mount so that the Ceiling Mount is inserted into the Pole and the top of the Pole is flat against the ceiling.

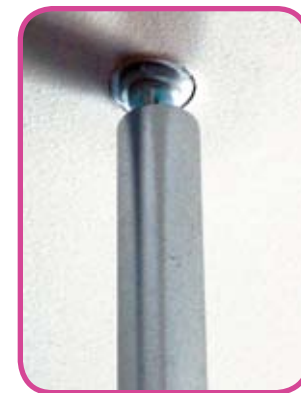


Figure 6

7. If the Non-Slip Foam Floor Pad is not already attached, then peel off the backing of the Non-Slip Foam Floor Pad and adhere it to the bottom of the Floor Base Plate.

8. Line up the Base Plate with the Pole (Figure 7). Use the Tension Key to unscrew the Bottom Extender from the Pole (Figure 8). Make sure that at least 1.5 inches of the smooth portion of the Bottom Extender remains inserted in the Pole so that the Pole is firmly positioned between the ceiling and the floor and you can safely let go of the Pole.



Figure 7

Figure 8

9. Using a level or plumb bob, ensure that the Pole is straight and has not been set up on an angle.

10. Use the Tension Key to tighten the Bottom Extender so the Pole fits very snugly between the Ceiling Mount and the Base Plate. You should not be able to move the Base Plate out from underneath the Pole when it has been properly tightened.

11. **TEST for tightness.** Once you are confident that the Pole is properly installed, we recommend giving it a firm push at the base; the Non-Slip Floor Base Plate should not move if it is properly installed.

12. For additional security, we recommend that you screw the base plate to the floor. (Included screw is for wood based floors only.)

### General Guidelines & Tips

- Use the Tension Key before every use to tighten the Pole as it may gradually give over time. Test the Pole before each use.
- To ensure a good grip on the Pole, make sure your hands are washed and free of lotion.
- Do not wear jewelry while using the Pole as it may scratch or damage it.
- We recommend rubbing alcohol to clean the Pole from natural oils that occur from regular hand use.

## WARNING

The use of this product may cause serious injury or death. Failure to properly secure your ceiling mount and install the Pole as instructed may cause the Pole to become unstable resulting in possible injury or death.

If you are questioning your ability to properly install the Fitness Pole, we recommend that you contact a home repair contractor for professional installation. If the Pole moves at any time during exercise; immediately stop all activity and reinstall.

This product has been safety tested and approved solely for the movements performed in the Flirty Girl Fitness™ videos provided with your purchase. For your safety, only perform the moves and exercises as instructed in these videos.

**TO ENSURE MAXIMUM SAFETY: The threading on the Bottom Extender must be fully inserted into the Pole along with at least 1.5 inches of the smooth portion of the Bottom Extender. (See Figure 3)**

**No person weighing over 180 lbs or 81 kg should perform lifts or spins using the Pole.**

Consult with your doctor before beginning this or any exercise program. Do not use this product if you are consuming any alcohol or intoxicating substances. Not intended for use by children or pregnant women.

## Return Policy

Customers do not need to call before returning a product for a refund. In order to receive a refund, customers should simply return the product to our customer service center (Flirty Girl Fitness™, 7850 Ruffner Avenue, Dept. 4000, Van Nuys, CA 91406) at their expense with appropriate shipment insurance. Customers should also include their name, address and phone number to ensure the refund is applied correctly.

Flirty Girl Fitness™ customers must return all components that were originally shipped, except for any items advertised as free gifts. If a customer desires replacement parts or components after 30 days, these can be purchased individually on our website [www.FlirtyGirlFit.com](http://www.FlirtyGirlFit.com) or by calling our customer service center at 1.800.901.6157.

# Flirty Girl Fitness™ Pole Installation Guide



Required Tools	Included Parts
✓ Screw Driver	✓ Pole
✓ Power Drill	✓ Bottom Extender
✓ 3/16" Drill Bit	✓ Ceiling Mount with Hook
✓ Stud/Joist Finder	✓ Floor Base Plate
✓ Safety Glasses	✓ Non-Slip Foam Floor Pad
✓ Measuring Tape	✓ Two 1 5/8" Wood Screws
✓ Level or Plumb Bob	✓ Tension Key
	✓ 7.5" Short Top Extender (optional)
	✓ 10.5" Long Top Extender (optional)

## Important! Before You Start

It is essential for your personal safety and to prevent damage to your floor or ceiling that you completely read these instructions before installing your Flirty Girl Fitness™ Pole. Failure to properly install could result in serious injury or even death.

A Flirty Girl Fitness™ Pole Installation video is included in your kit and available online at: [www.FlirtyGirlFit.com](http://www.FlirtyGirlFit.com).

**Please keep these instructions for future reference.**