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# INSTRUCTION MANUAL

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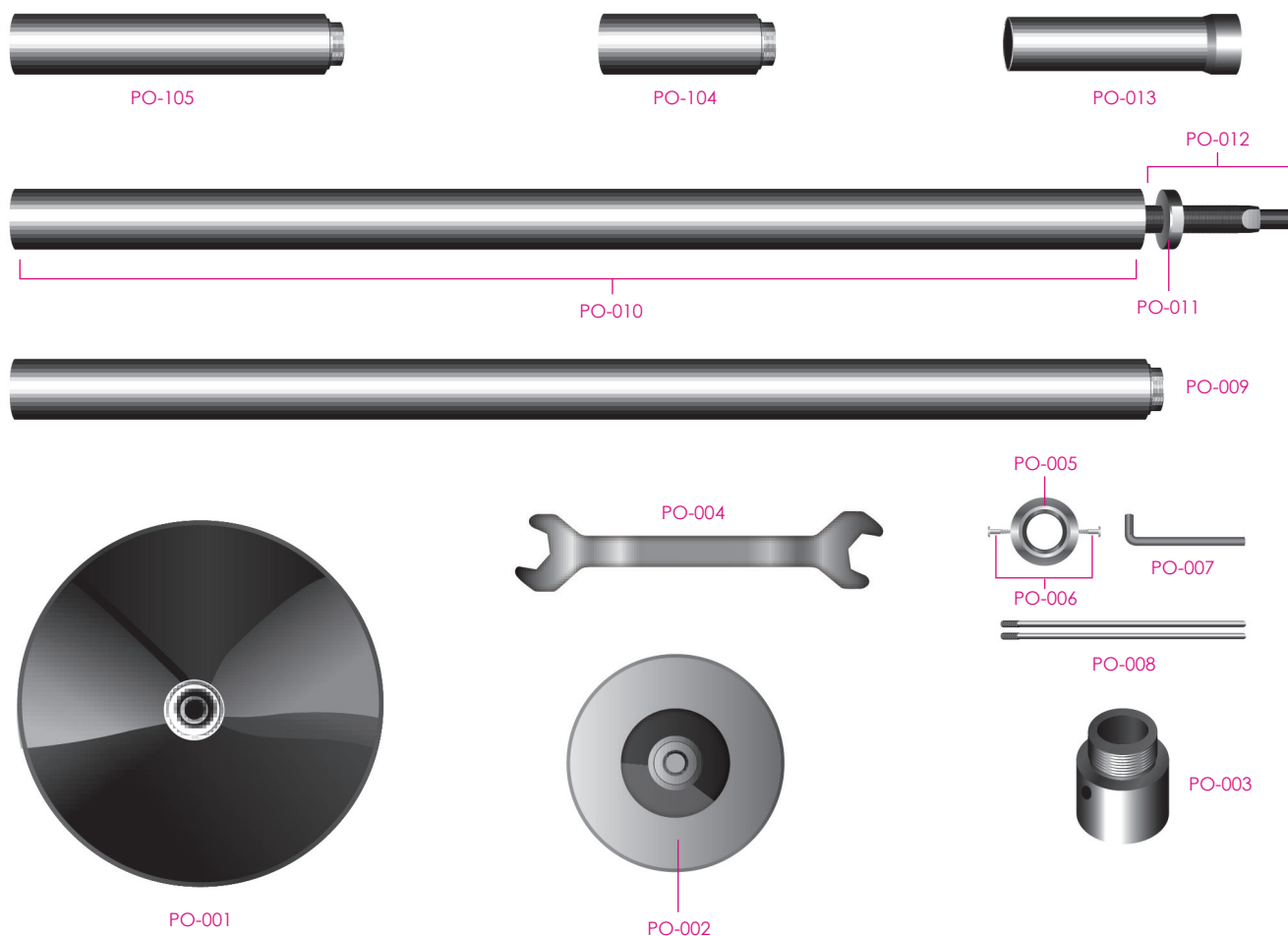
## IMPORTANT INFORMATION

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**DO NOT** break the sealing tapes on the Power Pole Pro foam box or remove any of the parts from the PACKAGING until you have read this instruction manual and watched the video.



## CONTENTS



## PARTS LIST

ITEM NO. DESCRIPTION		
1.	<b>PO-001</b>	Upper Support Dome
2.	<b>PO-002</b>	Base Plate Assembly (without insert part PO-003)
3.	<b>PO-003</b>	Rotating Insert Complete
4.	<b>PO-004</b>	Adjuster Unit - Spanner
5.	<b>PO-005</b>	Adjuster Unit - Adjuster Locking Nut
6.	<b>PO-006</b>	Rotating Insert - Hex Screws (M8 x 14) (2pcs)
7.	<b>PO-007</b>	Hex/Cross Screwdriver
8.	<b>PO-008</b>	Tube Tightening & Release Rod (x 2)
9.	<b>PO-009</b>	Main Lower Pole
10.	<b>PO-010</b>	Main Upper Pole
11.	<b>PO-104</b>	Extension Tubes - 125mm
12.	<b>PO-105</b>	Extension Tubes - 250mm
13.	<b>PO-011</b>	Adjuster Cover Flange
14.	<b>PO-012</b>	Adjuster Unit Complete (Adjuster Rod with Flange)
15.	<b>PO-013</b>	Adjuster Cover Tube (in Power Pole Pro box)

*\*A full listing of the Power Pole Pro spare parts is available on our website.*



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## IMPORTANT INFORMATION

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### *Re Removable Exercise Poles*

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As with any removable, portable pole that relies on pressure between the floor and ceiling to keep it stable, damage can occur to the floor or ceiling. Power Pole Pro is no different from any other pressure supported pole in this regard.

The fact that damage can occur must be fully understood and accepted before use. Xgen Products can not be responsible for any damage to property or injury to persons or third parties during the use of this product.

**If you do not accept that damage can occur :**

- DO NOT Remove Power Pole Pro from its packaging
- DO NOT Assemble the Power Pole Pro
- DO NOT Use the Power Pole Pro.

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**IMPORTANT:** Power Pole Pro CAN NOT be used with false, suspended or non rigid ceilings.

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*\*If in doubt contact the Power Pole Pro technical support team*

# POWER POLE PRO INSTRUCTIONS

Our team wants Power Pole Pro to be the best Exercise and Dance pole on the market. Please contact us if you have any comments or suggestions of how to improve our product. We welcome both positive criticism and suggestions!

SAFETY is of utmost priority – it is extremely important that you CAREFULLY READ this instruction manual from start to finish before setting up the pole. If you have ANY questions before you assemble, install or use your Power Pole Pro, look online for our instruction videos, email us at [powerpoleusa.com](mailto:powerpoleusa.com), or call us and ask for Technical Support.

DO NOT ERECT and DO NOT USE your Power Pole Pro, if you have any doubt about how to assemble or how to properly use it.

Due to Power Pole Pro being used in circumstances outside the direct control of Xgen Products (Power Pole Pro), it's distributors, sales persons or any other persons or associated companies can not be held responsible for any accident, injury to the user or third party, or damage to property. This does not negate your normal consumer rights.

Follow the simple instructions in this manual to get the best results from your Power Pole Pro.

## NOTE

Most ceilings, whether plasterboard or lathe and plaster, will flex with pressure. This means that the retaining nails/pins/screws can be pushed out of the plasterboard when pressure is applied by the pole adjuster.

If this happens, re-nail or re-tighten the fixing screws, fill and re-paint. If the problem persists, reinforcement may be needed in the area where the upper support is positioned. Information on this can be obtained on the Power Pole Pro web site [www.powerpoleusa.com](http://www.powerpoleusa.com) or by contacting the Power Pole Pro technical support team.

DO NOT assemble or use the Power Pole Pro If you do not accept that damage can occur during use.

Please return the unused, unopened product in its fully packaged state. DO NOT return any Power Pole Pro to Xgen Products unless it has been purchased via the Power Pole Pro or Xgen Products web sites. If you have purchased from our website, return it to the distribution address on the back page of these instructions. If you have purchased your pole from a local store, or other sales channel, please contact the original reseller to assist in product return.

**IMPORTANT:** Power Pole Pro CAN NOT be used with false, suspended or non rigid ceilings.

## Finding a suitable exercise and dance area

To properly use your Power Pole Pro you need to be able to rotate around the pole with your arms outstretched - you should not be able to hit or touch anything whilst rotating. Locate a suitable area by rotating around an imaginary pole with your arms outstretched (Fig. 1), you can use a chair as an imaginary pole or, measure a circle with a diameter of approximately 10.0-11.0 feet using a ruler or tape measure. This area will enable you to fully extend your arms.

Once you have located the correct sized area you can move onto the next step - looking for the ceiling joists above the area you have selected.

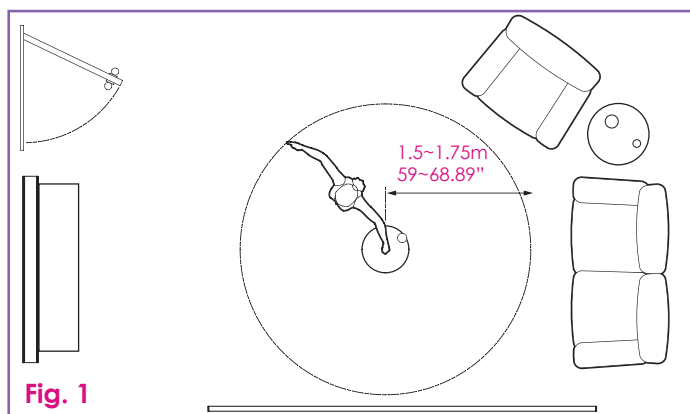


Fig. 1

## Locating ceiling joists

Some ceilings are made of solid material, however most will be made of plasterboard or lathe and plaster. Plasterboard or lathe and plaster are both supported on "joists." Joists are pieces of wood that run from wall to wall and support your floors (Fig. 2).

Because Power Pole Pro uses pressure to stabilize, it is important that you centralize the pole upper support unit between two joists. Power Pole Pro has been designed with a 380mm (15") upper support which should span 2 normally spaced joists, spreading the load evenly for maximum support.

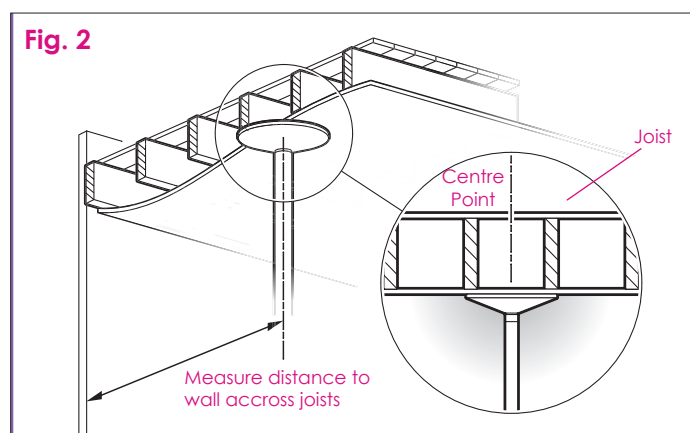
Normally joists run at 90 degrees to the floorboards and will normally span between the two walls in a room closest to each other. Joists can be located by tapping with a knuckle or using a joist/stud finder. Joist finders are available from most hardware/DIY stores, price approximately \$20.00.



To locate a joist tap across the ceiling with your knuckle until a solid sound is heard - the solid sound designates a joist. Keep tapping across the ceiling and the sound will become more hollow - the hollow space is the space between two joists. Once you have located two joists next to one another take a position measurement from the mid point between the joists to the wall for future reference (Fig. 2).

Note this measurement in your instruction manual. When you take the measurement make sure it is at 90 degrees to the joists not along them! If there are not two joists directly above the selected clear area you may have to check again and select another area.

Fig. 2

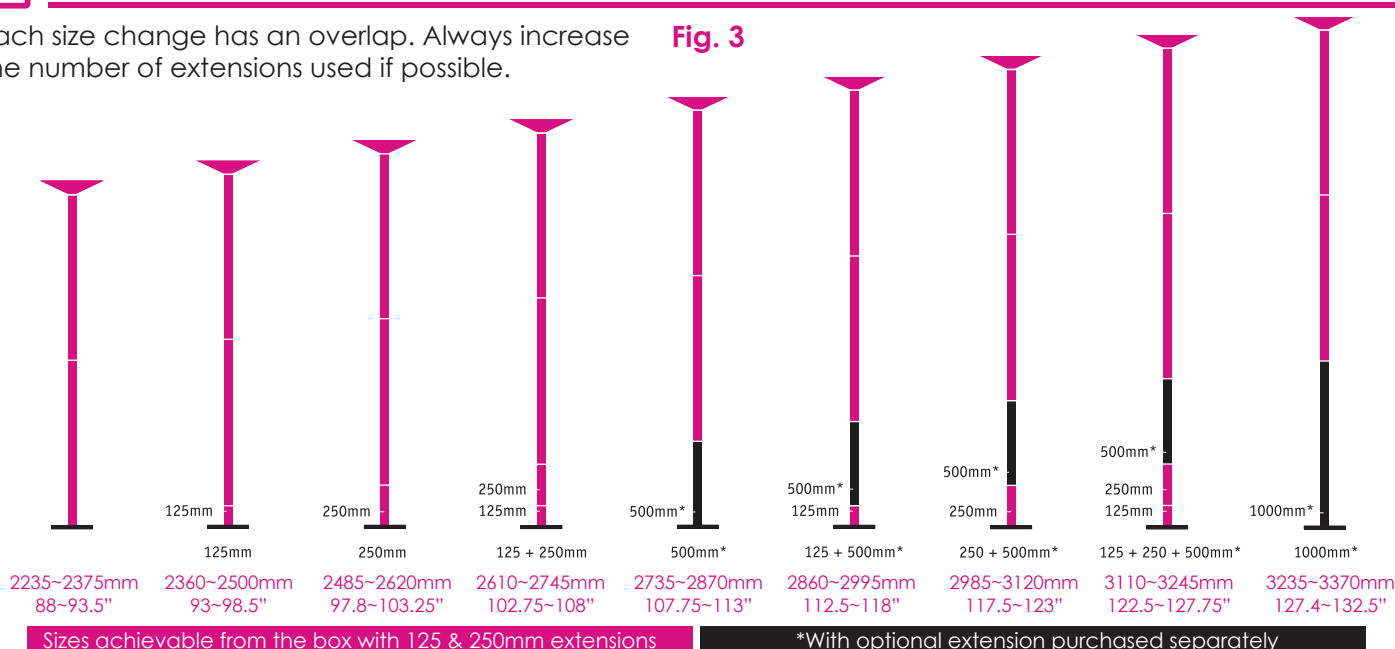


Should you have any questions, look online for our instruction videos, email us at [info@powerpoleusa.com](mailto:info@powerpoleusa.com), or call us and ask for Technical Support.

## Power Pole Height Calculator

Each size change has an overlap. Always increase the number of extensions used if possible.

Fig. 3



## Assembly - Part 1

Take your Power Pole Pro parts out of the box and lay them out on the floor. Please check the contents of your Power Pole Pro with the contents photo on the inside front cover of this manual. If anything is missing or damaged please call Power Pole Pro technical support. The contact details are at the bottom of this page or on the back cover of this manual.

### 1.1 Height Calculation

Power Pole Pro will extend from 7'4" to 9' using the extensions in the screw adjuster. For any additional increase in height you will require additional 'optional' extensions available from your local reseller or the Power Pole Pro web site.

A key point with any pole is to maximize the useable length of the pole. With Power Pole Pro the workable pole is maximized by using the extensions.

The screw adjuster has the capability of extending the Power Pole Pro 125mm (5"). A minimum and maximum height (i.e. 2235 ~ 2375mm) are shown on the chart opposite (Fig. 3). Minimum is with the adjuster closed – maximum is with it extended 125mm. You should NEVER use more than 125mm (5") of the adjuster. To find out if you require extensions for proper installation, measure the height of your ceiling at the center point of use and then refer to the height chart.

The chart will show you the pole extensions to be used. Always match your ceiling height to the pole on the chart to give you the maximum actual pole length (i.e. minimum adjuster).

Example: If your ceiling is 2370mm (93.3") you will see the first pole in the chart 2235~2375mm. This pole which has no extensions, is within your height requirement. If your height is at the upper end of maximum height 2375mm (93.5") you would be using nearly all the threaded adjuster allowed for safe use.

The chart show that the minimum height is 2360mm with 1 x 125mm (4.9") extension. So with a 125mm extension your requirement of 2370mm would use only a small amount of the adjuster and give you more actual pole length.

By selecting carefully and correctly it will maximize the usable pole and minimize the amount of height adjuster needed.

Power Pole Pro can be used with the standard upper support for ceilings up to 11'. Ceiling higher than 11' must use a ceiling fixing to retain the top of the pole. With ceilings above 11' please see the optional parts on our web site or contact technical support for help.

### 1.2 Using Extensions

Power Pole Pro 'optional' extensions are available in 100, 125, 250, 500 and 1000mm sizes. 1x125mm and 1x250mm extension are included in the box.



Power Pole Pro extensions should always be installed onto the base insert (Fig. 4) at the bottom of the lower main pole NOT between the two main poles. The smallest extension should always be placed at the bottom and so on up in size.

Always tighten the extensions firmly with the rod supplied before use using the Power Pole Pro. Tightening or releasing extensions should always be done with the pole in 'Static' mode. Please see section on 'Static' and 'Spinning' modes on page 7.

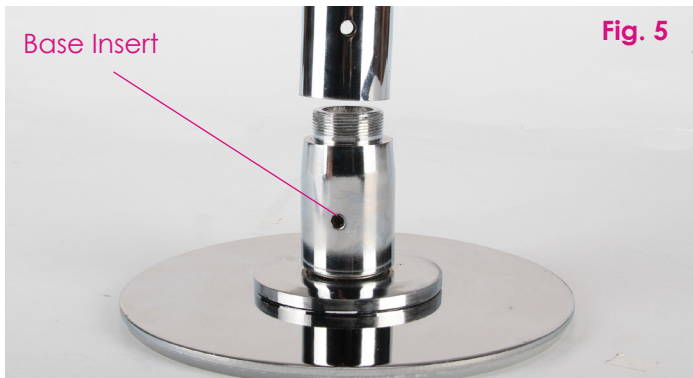
Fig. 4





## **i** Assembly - Part 2

Select any extensions, if needed and screw them onto the base insert (Fig.5), making sure to screw the smallest extension at the bottom.

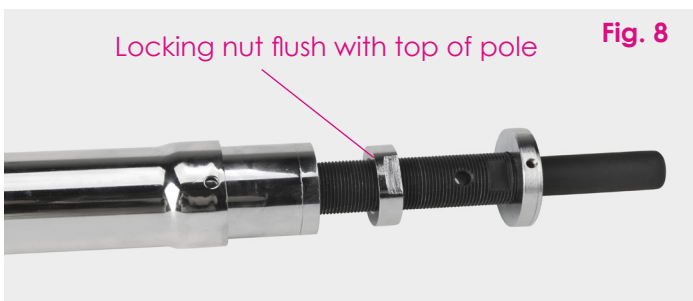


Now attach the lower main 'pole B' (Fig. 6). This part can be identified – it is the long tube with the external thread. Standing on the base tighten the extensions and the main tube using one of the rods supplied through the holes in the tubes. Tighten firmly.

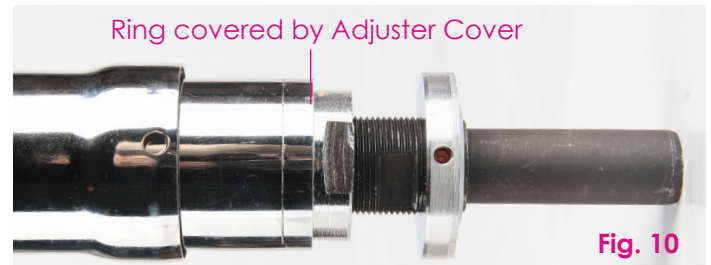
Measuring from the wall using the joist center measurement, place the articulating base with any extensions and the main pole attached on the floor under the center of the selected joists.



Now take the threaded adjuster rod and making sure the locking nut is at the top (Fig. 7), screw the threaded adjuster rod fully into the threaded insert in 'pole A' until the nut is flush with the top (Fig. 8).



Find the adjuster cover Part PO-013 (Fig. 9) and slide it from the bottom of the main pole 'A' all the way up until it covers the 'O' ring at the top by 10 ~ 15mm (Fig. 10).



Take the Upper Support Dome (Part PO-001) and, making sure that the cover flange (Part PO-011) is fitted with the raised part upwards (Figs. 11~12), place it on to the adjuster (Fig. 13).

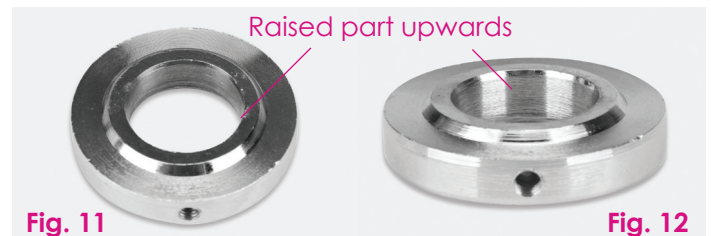


Fig. 11



Fig. 12



Fig. 13

While carefully standing on the ladder with a spotter lift the completed upper assembly and position it over the lower pole. Carefully screw the two pole sections together.

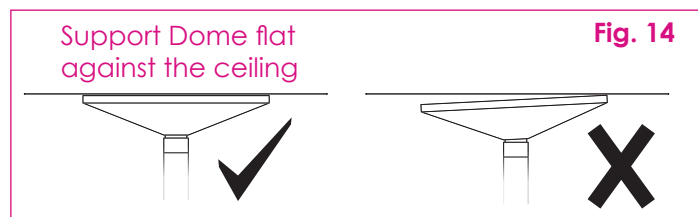
If your height calculations have been done correctly and you have selected the correct extensions there should be very little space between the Upper Support Dome and the ceiling with the adjuster closed.

If you can slide a flat hand (approx 100~120mm) between the ceiling and the Upper Support Dome then recheck your height measurement with the height chart as maybe another extension is needed. The gap should not be more than 125mm (5").

Unwind the adjuster rod counter-clockwise by hand until the upper support is close to the ceiling (3 ~ 5mm).

Just before the Dome touches the ceiling push up on it, so it is flat against the ceiling (Fig. 14). Continue to unwind the adjuster by hand. DO NOT use the spanner until the Support Dome is firmly up against the ceiling.

It is important that the Upper Support Dome is flat against the ceiling even if the pole is at a slight angle. Any misalignment will be taken up by the base. Let go of the pole, and standing back on the floor check #1 the pole is as vertical as it can be (with the upper support flat against the ceiling), and #2 it is positioned over the joists.



To make sure the pole is vertical use a leveler or align the pole visually with a door frame, window frame, etc. from two sides at 90° to each other and check the level by eye.

Before proceeding further tighten the pole joints with a tightening/release rod. Tighten from the bottom upwards. Make sure your spotter is standing on the base to stop it from moving as you tighten. Tighten firmly but not too tight – remember you have to undo them after use!

Once satisfied Power Pole Pro is vertical, the Upper Support Dome is between two joists and flat against the ceiling, and the tubes are tight, continue to unwind the pole adjuster (counter-clockwise) using the small end of the spanner. This fits on the flat section of the adjuster rod below the cover flange (Fig.15).



**IMPORTANT NOTE** – As some floors and ceilings are flexible it helps, once the pole is tight to have someone stand on the base and re-tighten. This compresses the floor and also makes it easier to unwind the adjuster.

To test the stability of the pole, apply sideways pressure. If the pole feels tight and does not move attempt a basic practice swing with your feet on the floor and your arm outstretched putting as much weight on the pole as you can (Fig. 16). Repeat. If the Power Pole Pro moves, check its alignment and tighten further until it does not slip anymore and feels secure.



Next try swinging with your feet off the floor. Re-tighten as necessary until there is no movement.

**IMPORTANT NOTE:** Power Pole Pro uses pressure to retain it in position it will un-tighten and/or become loose, with use. The pole tightness should be checked regularly during use for maximum safety. We recommend checking the poles tightness after every 30 minutes of use.

If there is any movement DO NOT use the pole. Re-tighten and then re-test again before use. Also regularly check that extensions are screwed together. These can come undone if the pole is loose. Your Power Pole Pro is now ready for use in 'Static mode'.

### Spinning Mode

After initial assembly the Power Pole Pro is set in Static mode. This means the pole is locked and does not rotate or spin.

To unlock the pole and convert to 'Spinning' mode, undo the two Hex screws on either side of the lower pole insert with the Hex key, until they are flush with the pole tube. The Power Pole Pro will now rotate/spin.

### Static Mode

To return the pole to 'Static' mode, align the screws with the 'X' locking marks (Fig. 17) on the base plate and tighten the screws firmly. **DO NOT over tighten.**



## ! BEFORE USING YOUR POLE

**Misusing a pole can be dangerous not only to you but also anyone close to the pole. The use of any pole is always at the user's discretion.**

**Pole Exercise is extremely physical and uses muscles that you will not have used before and therefore if you are not warmed up muscle damage and strains can occur.**

**Before using the Power Pole Pro watch the instructional video. We also recommend warming up and stretching as you would before any physical exercise.**



## What to Wear?

### Clothing

When it comes to clothing - Less is more! We recommend to keep your arms and legs uncovered. Pole work needs the friction created by skin contact with the pole. A snug fitting Tee shirt, crop top and shorts are best.

### Shoes

Comfort is essential. Bare feet, dance shoes, or athletic shoes are fine. Sneakers have high friction so a shoe with a smooth as possible sole is recommended.

### Oils and Lotions

NEVER use oils or lotions on your hands or body prior to using your pole. This is very DANGEROUS. The oil transfers to the pole making it slippery and impossible to hold and could cause you to have a serious accident.



**NEVER USE OILS OR LOTIONS OF ANY TYPE PRIOR TO USING AN EXERCISE POLE.**

## Pole Cleaning

The pole will need regular cleaning. Clean your pole with baby wipes and then dry off with a soft microfiber cloth or towel. We recommend to keep two towels to hand during your routine - one for the pole and one for you to wipe your hands and body with.

## Warm Up & Cool Down

A warm up exercise before and a cool down afterwards is essential. Severe injury can be caused if you fail to warm up and in turn further damage can be caused if you do not cool down.

## Trouble Shooting

*If you do have any problems please do not hesitate to contact our technical support line.*



**NEVER use your Power Pole Pro if you are in any doubt about its assembly stability or how to use it.**

### Locked Tubes

Sometimes if the pole has been worked hard the main poles and/or extensions can tighten and become locked together. If tubes do become locked together use two release rods and twist both anti-clockwise.

If the tubes still will not release insert one of the release rods into the larger tube. Lay the tube on a hard surface and inserting the other release rod in the shorter tube give it a sharp tap with something solid, while holding the larger tube rigid. It does not require heavy force just the shock of the tap to release it.

### Pole will not spin

This is normally due to the locking Hex screws not being unscrewed enough and flush with the outer surface of the pole. Check the screws.

Alternatively, it could be that the pole is not assembled correctly (the cover flange is the wrong way round) or the pole is severely out of alignment. Go back to square one and reassemble your pole as per the instructions.

## Maintenance

Power Pole Pro should need very little maintenance. Routine maintenance would be to check the pole joints are ok, check the bearings turn freely, check the base screws are tight and generally ensure your pole is exercise worthy. Should you have any concerns re your pole and it's suitability for use please call our technical support department.

**Xgen Products wishes you much fun and enjoyment using your Power Pole Pro!**



### Care & Maintenance

If any item of the pole is defective, i.e loose, broken, twisted, bent, or does not appropriately fit together, you must IMMEDIATELY stop use until the affected item is either repaired or replaced. NEVER use your Power Pole Pro if you are in any doubt about its assembly stability or how to use it. Please be aware that the pole must be checked for tightness often. We recommend to tighten the pole every 30 mins during use.



### Total Mass & Surface Area

**Total mass: 15 KG**

Area (L x W x H cm):

1. No Extensions: 23 x 23 x 237.5
2. 125mm Ext.: 23 x 23 x 250
3. 250mm Ext.: 23 x 23 x 262



### Customer Service Address & Address of Import

Xgen Products, 201 Precision Road, Horsham, PA 19044,  
Phone. **877-450-9436** | **215-689-4202**



## IMPORTANT NOTE

Although Power Pole Pro is an extremely stable product, we strongly advise you to use it with upmost caution. It is very important to be aware of the surrounding when using the pole.

We also, strongly advise you to supervise young children when around the pole. Do not let young children to play on the pole even with your supervision.



**Maximum User Body Mass - 90 KG.**



[www.powerpoleusa.com](http://www.powerpoleusa.com)



# **POWER POLE<sup>TM</sup>** **PRO**

**PROFESSIONAL PORTABLE EXERCISE & DANCE POLE**