



Gym pole

Gympole Active & Gympole Active Pro

PROFESSIONAL POLE DANCE EQUIPMENT

www.gympole.com

Gym  pole

GYMPOLE ACTIVE PRO

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ONE CLICK SYSTEM

The pole is in Static mode when the slider is pushed down and in bottom position. To switch to Spin mode pull the slider upwards. The stop-ping pins will be released from the sockets and the pole will spin. To return back to Static mode, keep turning the slider until you align the pins with the sockets and push the slider down. The slider will return into bottom static position. Use both hands for these steps.



ASSEMBLY

When choosing the spot to install your Gympole Active, please bear in mind that the soil must be coherent and absent of any large stones and rocks. Always choose a smooth surface to ensure a safe angle of the mounted pole.

step 1

Point the ground screw at a right angle to your chosen spot.



step 2

Grab hold of the edges of the ground screw and while applying even pressure, push the screw into the ground.



step 3

Keep pushing the screw into the ground while also steadily rotating it clockwise.



step 4

Keep checking the angle inside the screw with a spirit level in the process. An angle of 90° must be maintained.



step 5

If greater force is needed, use the folding arms which provide considerable leverage.



step 6

To completely twist the screw into the ground, insert the provided long arm hex key into the hexagonal opening located on top of the ground screw.



step 7

Insert the metal tube into the opening located on the top part of the long hex key. Using this long arm hex key system provides you with enough leverage to twist the Active system ground screw securely.



step 8

Twist the screw completely until snug.



step 9

Just before tightening it completely, insert the small screws into the holes located on the top part of the screw panel. The small screws keep the threads free of any accumulated dirt. Tighten the screws loosely by hand and continue to twist the ground screw until snug.



step 10

Fold out all four arms of the upper panel and remove all small the small screws.



step 11

Step on the arms to firmly push them into the ground. The arms ensure stability while executing high-level dynamic moves.



step 12

Take the circular base plate and place it onto the ground screw panel. The openings for the screws of the base plate must be aligned with the openings on the ground screw panel.



step 13

Insert the central flange (Oneclick system) into the opening.



step 14

Insert the screws into the aligned openings and tighten them firmly using the provided hex key. The screws must be driven deep enough to attach to the bottom ground screw. Please check whether the screws are tightened completely.



step 15

Prepare your pole and check whether the Oneclick system is in static position/mode.



step 16

If you have the Gympole Active set, mount the pole onto the system and let it snap into place on its own. If you feel any resistance, rotate the pole lightly along its axis and it should snap into place smoothly.



step 17

If you have the Gympole Pro set, mount the bottom pole section onto the system and let it snap into place on its own. If you feel any resistance, rotate the pole lightly along its axis and it should snap into place smoothly. Mount the top pole section with the ball end of pole facing down. The pole piece should snap into place smoothly.



step 18

Your pole is now ready to use.



step 19

After executing the first few tricks, check and possibly tighten the screws on the system to ensure maximum safety.

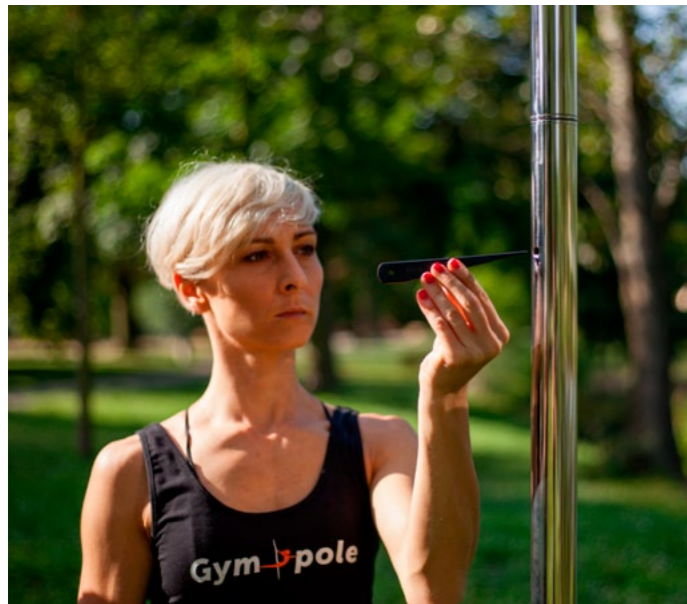
Using Gympole Active on soft/sandy ground (i. e. beaches)
When installing your Gympole Active on beaches, always opt for a spot closer to the water where the sandy underbed is more coherent and moister. Check whether the base is stable. Protect the Oneclick system against accumulation of sand. After disassembly, wash the Active system ground screw and Oneclick system under running water.

DISASSEMBLY

*The set can be taken apart easily and quickly. If you have the **Gympole Pro** set, start disassembling at the joint of the two pole sections. For the **Gympole Active** set, continue according to instructions in no. 2.*

step 1

Insert the provided metal wedge tapered end into the small hole located on the top pole piece. Keep the wedge in horizontal position with angled side facing down. Using the provided paddle, tap the wedge until the top pole section is released. You may now remove the top pole section.



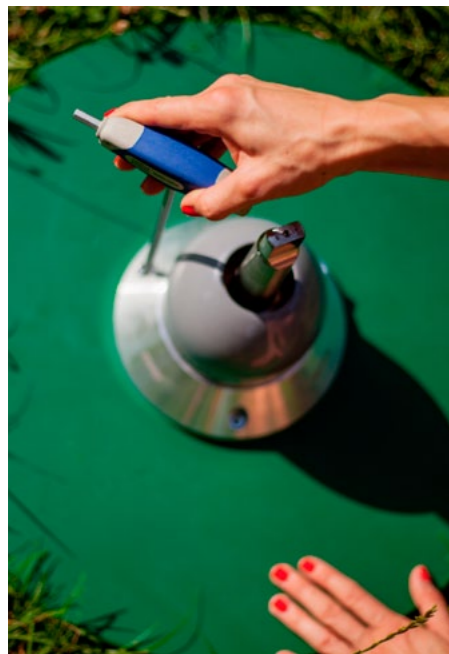
step 2

To release the bottom pole section, insert the provided metal wedge tapered end into the small hole located on the bottom pole section. Keep the wedge in horizontal position with the angled side facing up. Using the provided paddle, tap the wedge until the bottom pole section is released. You may now remove the bottom pole section.



step 3

Loosen the small screws on the circular base plate and remove them. Store the screws.



step 4

Insert the long arm hex key into the opening and start releasing the ground screw.



step 5

Fold the arms and pull out the ground screw completely.



step 6

All individual parts may be washed with ordinary water prior to storage. The only parts that must never come into contact with water or moisture are the joints of both pole sections, please take utmost care to keep these joint spotless. To clean the joints, use only pure alcohol based cleaning solutions. For excellent maintenance, Gympole also offers a set of specially designed cleaning brushes available to at www.gympole.com.



NOTICE

Gympole, its distributors, resellers, and any other person or affiliated company shall not be liable for any damage to property and personal injury or injury to any person or third party in connection with the use of this product.

