

*FLYING—GP Pro set*

**Gym  pole**



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PROFESSIONAL POLE DANCE EQUIPMENT

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



# ***FLYING–GP***

## ***Pro set***

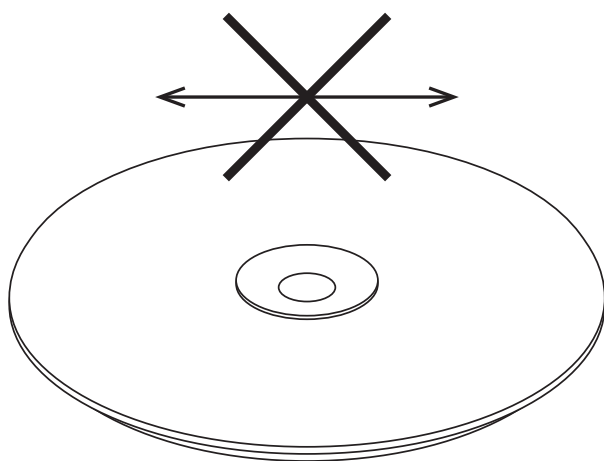
### ***Installation guide***

*Flying GP is equipment for aerial acrobatics which requires suspension from a fixed point. If you do not have the option of suspending your Flying GP from e.g. a fixed sling in the ceiling, do not use it.*

*Gympole s.r.o., their distributors, sales persons or any other persons or associated companies can not be held responsible for any damage to property or injury to persons or third parties during the use of this product.*

## **ATTENTION**

*Do not install or use your Flying GP set unless you have thoroughly read this instruction manual. The base is very heavy, please handle with care while manipulating. Take care not to drop the base on your feet or fingers. Never slide the base across the floor or mat. Always lift the base and then move it. Sliding the base across the floor or mat may result in damaging the anti-slip mechanism on the bottom side of the base. The center of the base is designed to accommodate the pole. Keep this area as clean as possible.*



## **MAINTENANCE**

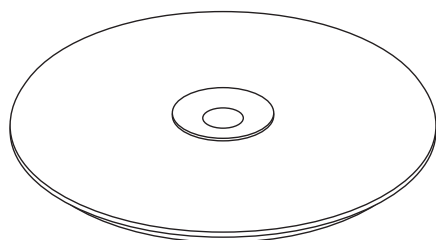
*Keep the center of the base and threaded ends of the pole clean. The joint between both parts of the pole must not come in contact with liquids and must be kept clean. Use the protective cap. Avoid cleaning agents that may damage the powder coated surface finish. Prevent scratching.*

# SET CONTAINS

## BASE

*Weight 28 kg; diameter 42 cm; height 4 cm.*

*The base is very heavy, please handle with care while manipulating. Take care not to drop the base on your feet or fingers. Never slide the base across the floor or mat. Always lift the base and then move it. Sliding the base across the floor or mat may result in damaging the anti-slip mechanism on the bottom side of the base.*



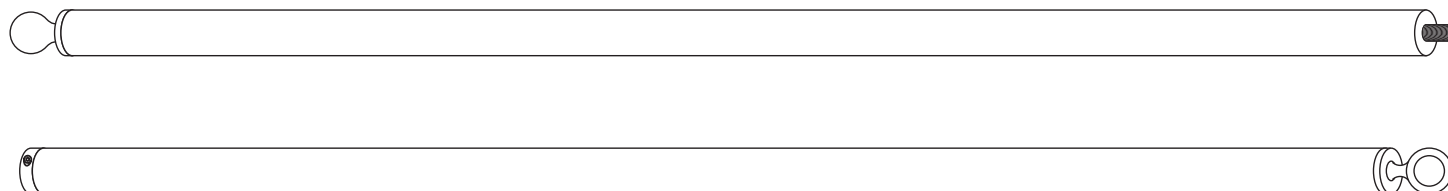
## POLE

*Pole consists of two pieces; total height 2.95 m; diameter 45 mm; weight 10 kg.*

*The eye bolt on one end of the pole is to be used to fasten the rope. Always opt for a rope which will accommodate your weight. It is recommended to purchase a rope used for rock climbing. Opt for a rope which is not too elastic. For spaces with very high ceilings, e.g. sports halls or theatres, it is recommended to fasten the pole using a steel wire in order to reduce elasticity. Ensure the pole is secured safely to a cord or wire. Opt for an appropriate and safe knot.*

*The ball on the other end of the pole snaps into the base. Keep the area clean, always clean the center before snapping the pole into the base.*

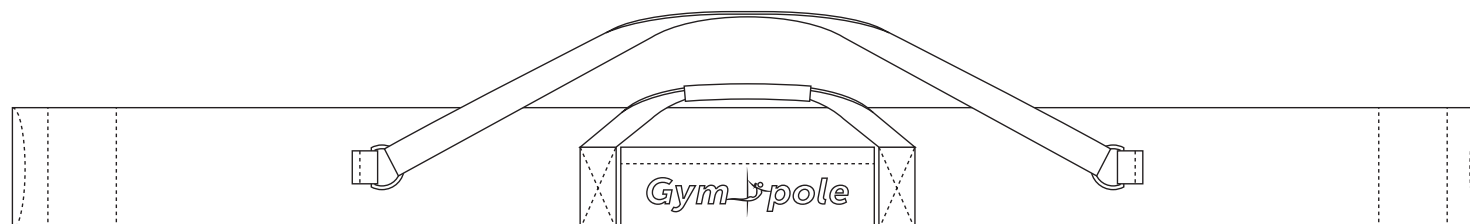
*Connect the two pieces using the screw thread mechanism and secure using the hex key. The thread is covered with a protective rubber cap. Keep the screw thread clean and always cover with rubber cap when done using.*



# ***SET CONTAINS***

## **COVER**

*Two short handles, one long handle; pocket for hex key and carabiner; length 1555 cm; zipper; rubber support for extra sturdiness.*



## **ROTATING CARABINER**

*Use the rotating carabiner to fasten the rope to the upper fixed point (e.g. hook in ceiling); triple-position safety mechanism to prevent accidental unlocking; strength of carabiner major axis 25 kN; certification: CE0120, EN362.*



## ***SET CONTAINS***

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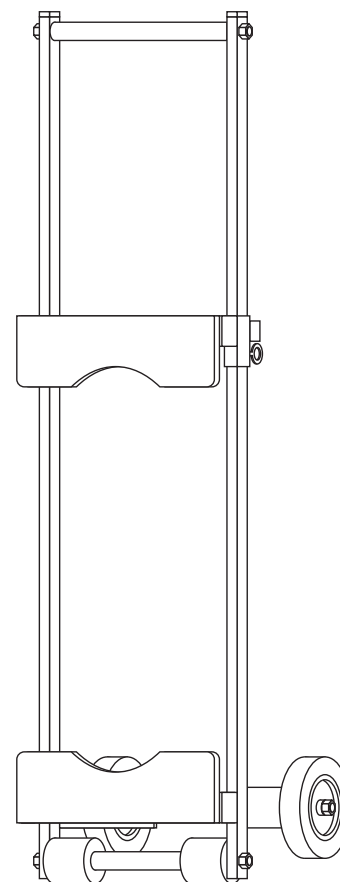
### HEX KEY NO. 3

*Used to tighten the security bolt of the joint. For more information on the security bolt, consult this manual; you can find the key in the pole cover pocket.*



### GP CART

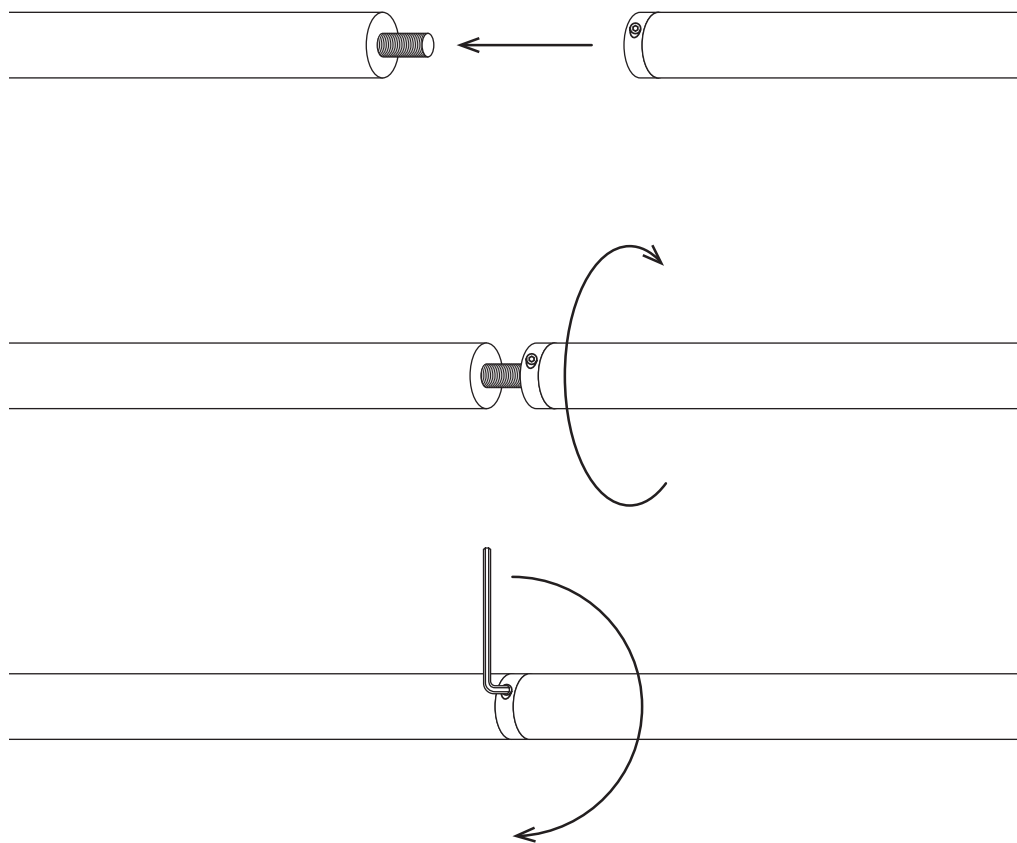
*Cart for easy manipulation with the base.*



# ***INSTALLATION***

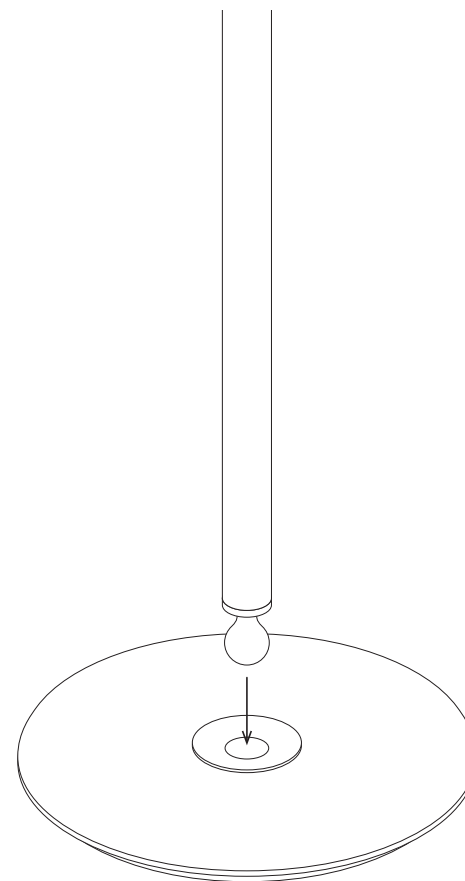
## **step 01**

*Connect both pieces. Lay out the pieces on the floor or evened out mat with the screw threads facing each other. Thread the pieces together. Tighten the security bolt firmly using the hex key.*



## **step 02**

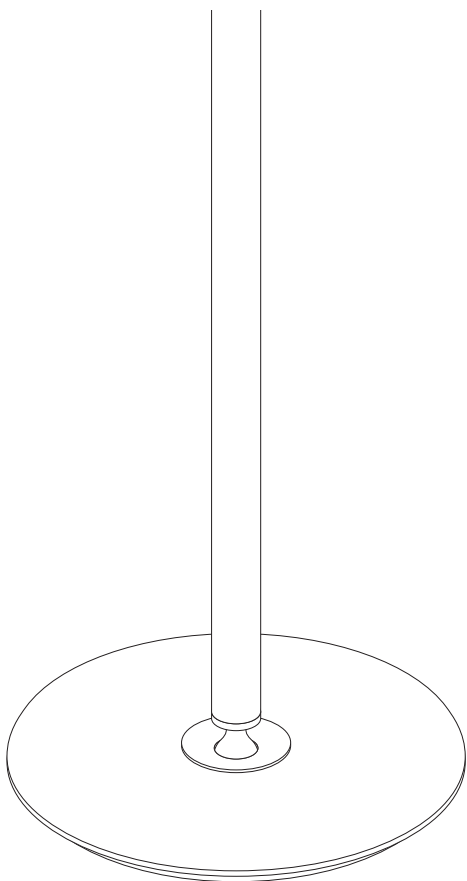
*Place the base under the exact point where the pole will be suspended. To check the alignment, first hang the pole so the ball end is hanging approx. 20cm above the floor or mat, and place the base center precisely under the ball end. If your ceiling is not high enough, hang it from the point where the pole, rope, or cord with weight will be suspended. Place the base center precisely under the suspended weight.*



# INSTALLATION

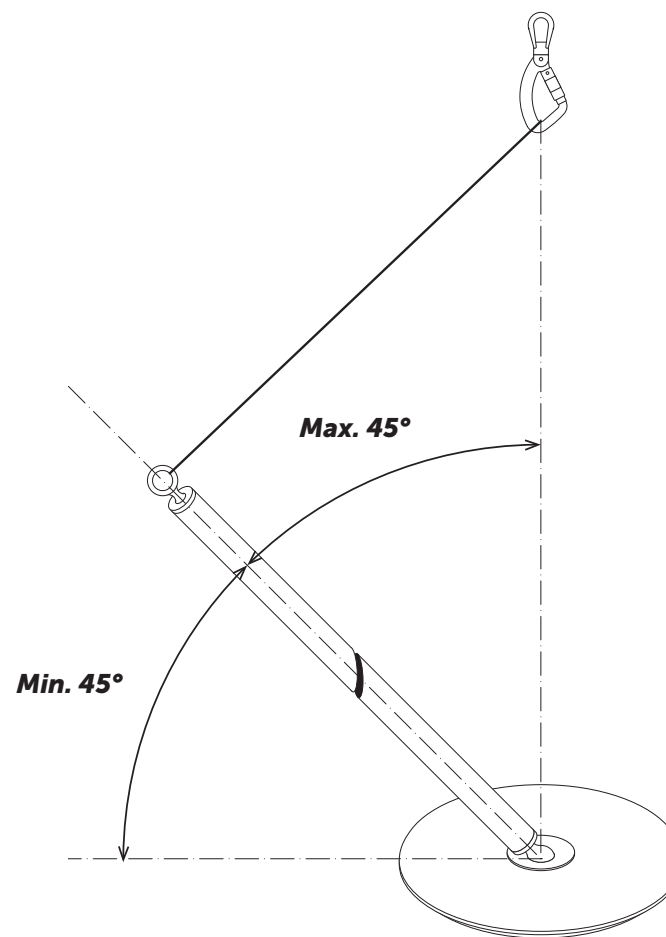
## step 03

*Ensure that the point from which the pole will be suspended is firm and stable. Attach the rotating carabiner to the noose or any other fixed point. This prevents the rope from coiling. Fasten the rope to the carabiner. Fasten the other end of the rope to the eye bolt end of the pole. The rope is not included in the set. Snap the ball end of pole into the base center.*



## step 04

*The maximum tilt angle is 45°.*



# ***INSTALLATION***

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## **step 03**

*You can use the suspended pole without the base.*



# ***READY TO USE***

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*Your Flying GP is now ready to use. Please bear in mind that safety comes first. Before your training session, do not forget to warm up thoroughly. Know your limitations and do not put your health at risk trying out dangerous positions. Use a crash mat when training on a free hanging pole.*

*Thank you for choosing the Flying GP Pro Set. We wish you many successful and fun trainings with your new set.*



