



STUDIO-GP

Gym  pole

STUDIO-GP ***Removable*** *Installation Manual*

IMPORTANT NOTICE

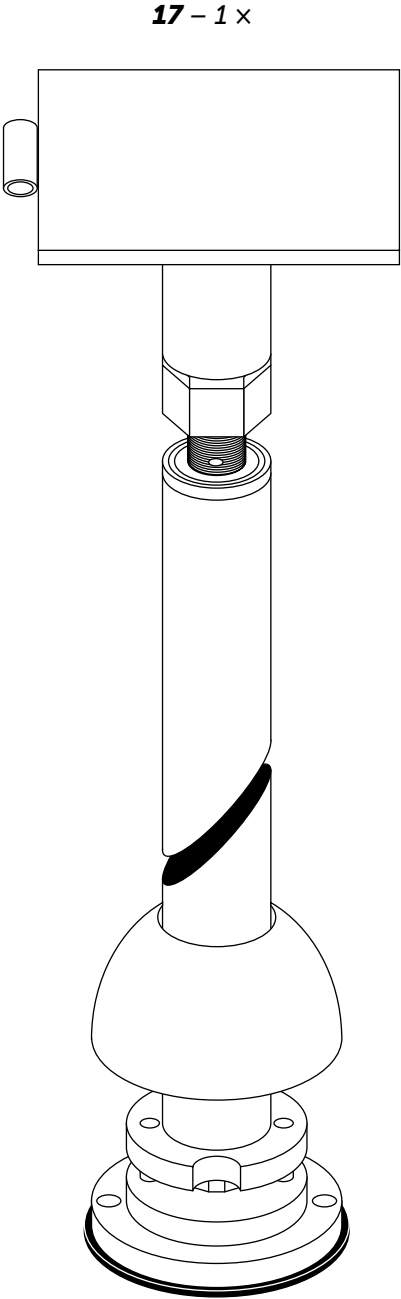
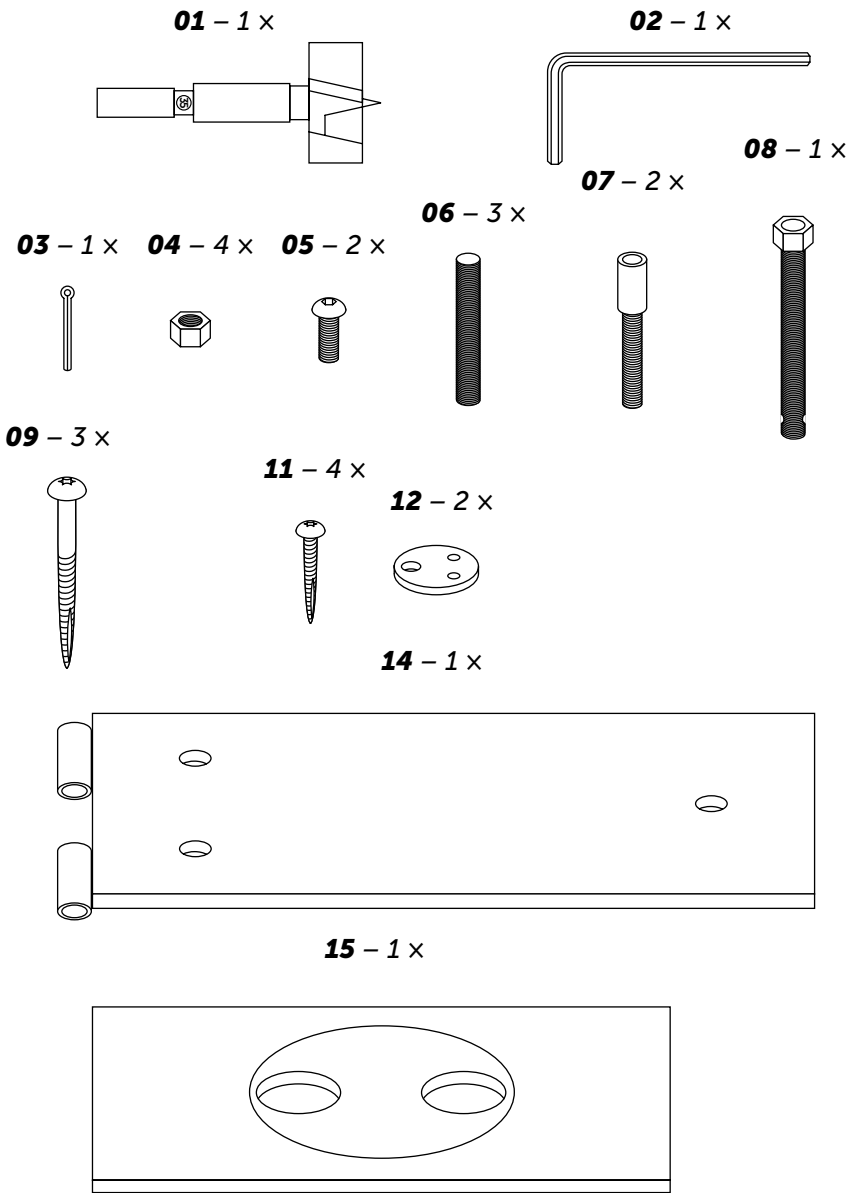
Before you start, make sure that your ceiling is solid and that you are allowed to drill into both the ceiling and the floor. A wooden ceiling with solid beams is ideal for mounting the pole. Gypole strongly advises against mounting the pole to a suspended ceiling, or to a ceiling made of plasterboard, reed or any similar material with low load-bearing capacity or strength.

Please note: when this manual refers to a concrete or wooden floor, it means the load-bearing structure under the floor covering, not the surface itself (such as vinyl, laminate or tiles).

For the installation you will need a pencil, a spirit level, a Ø 14 mm concrete or masonry drill bit (depending on the ceiling and floor material), a drill, a Phillips screwdriver, a 19 mm spanner, a tape measure and a sealant gun with chemical anchor.

You install the pole at your own risk. Gypole is not liable for any damage caused by not following the installation procedure described in this manual. If you are not sure whether you can install the pole correctly yourself, we will be happy to guide you through the installation via video call.

SUPPLIED PARTS



REQUIRED TOOLS

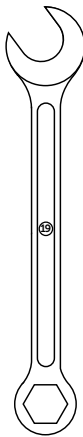
Pencil



Concrete or masonry drill bit Ø 14 mm



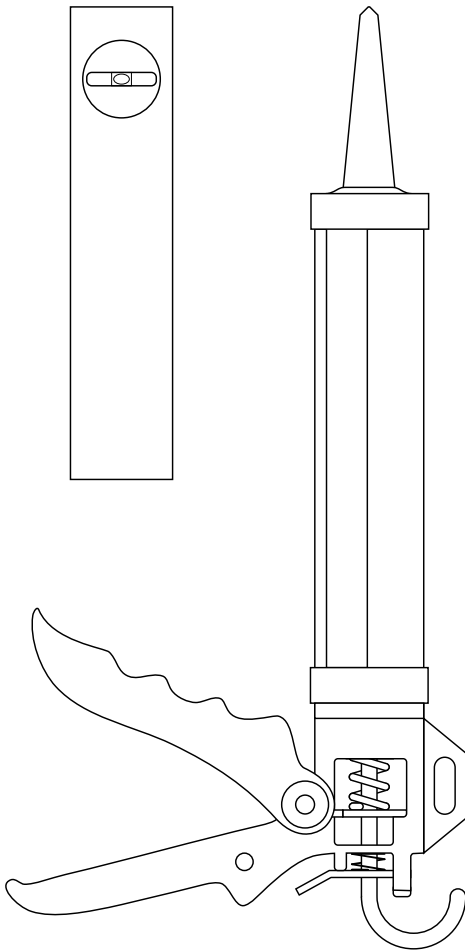
19 mm spanner



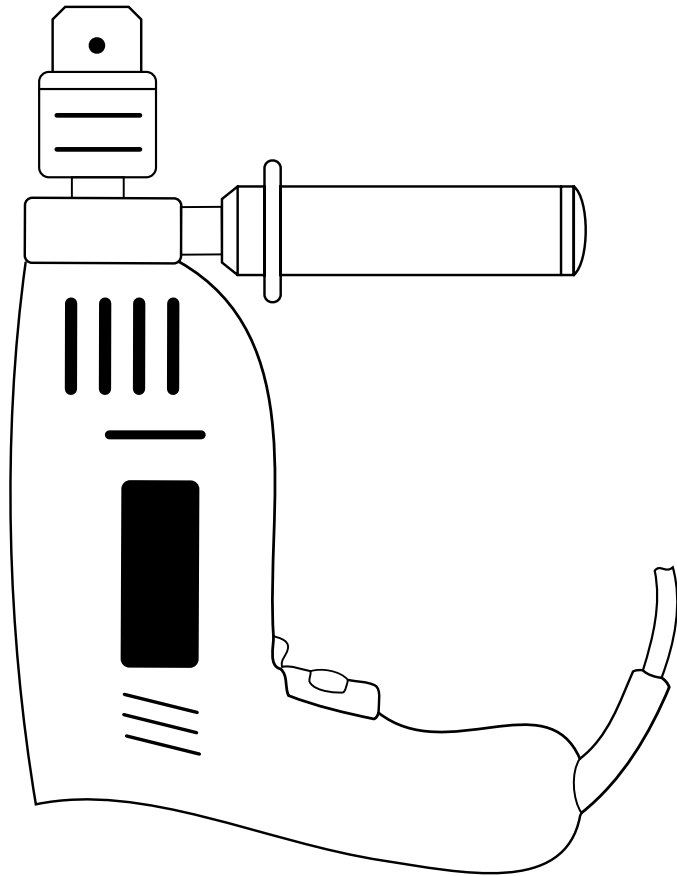
Spirit level



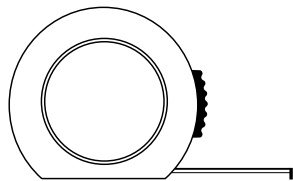
Sealant gun + chemical anchor



Drill



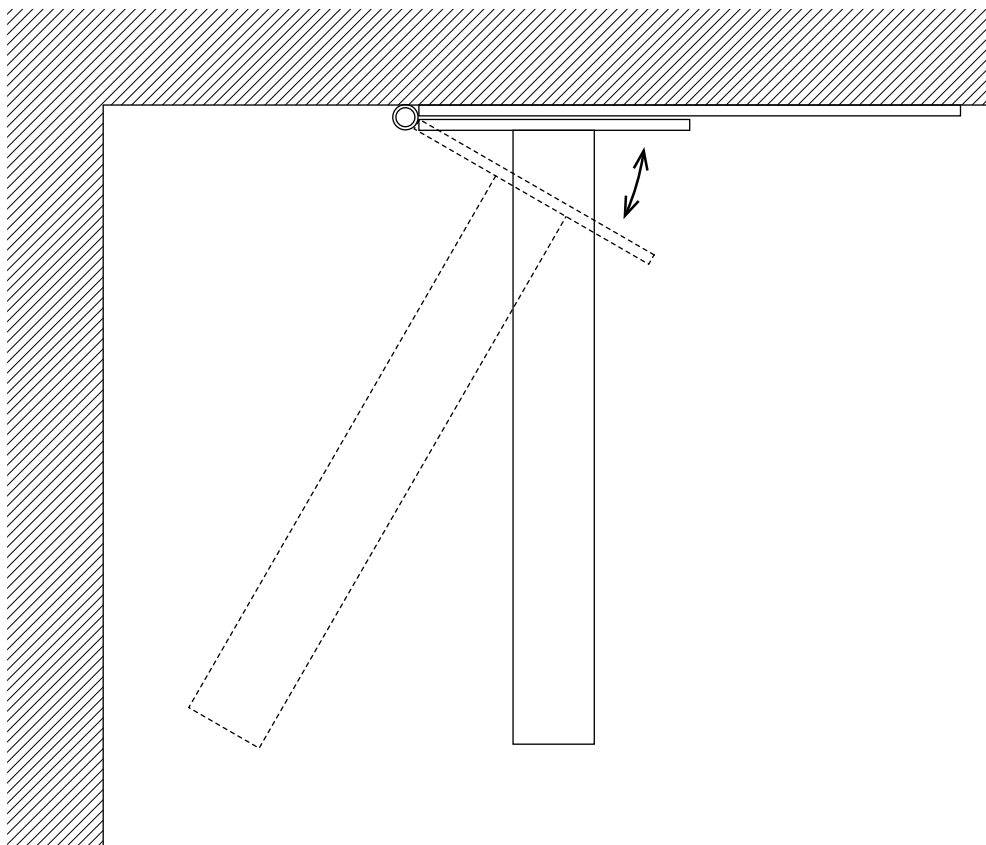
Tape measure



MOUNTING THE TOP PART TO A CONCRETE CEILING

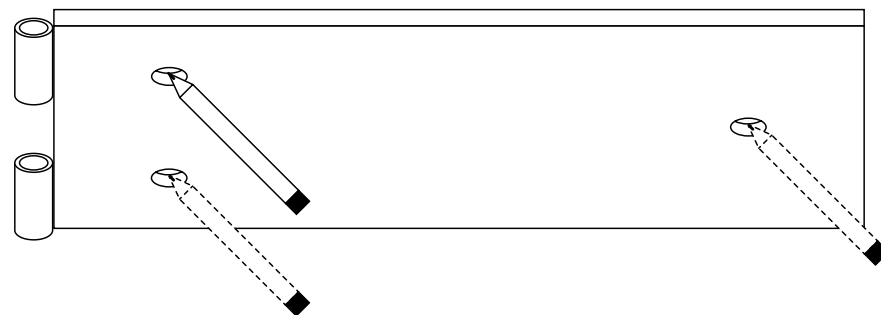
step 01A

First choose a suitable place for the pole in the room. Turn the top part of the pole so that the hinge faces the direction in which you want to tilt the pole.



step 02A

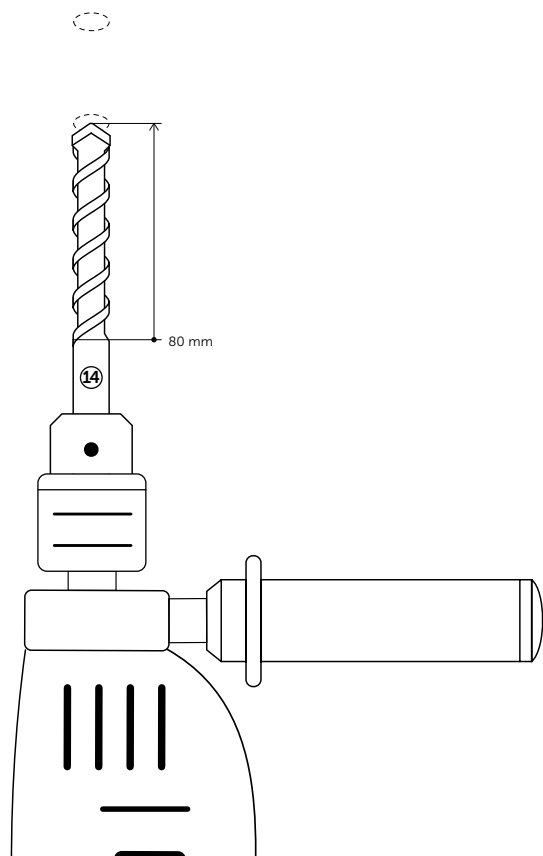
Hold the top part (14) against the ceiling where you want the pole to be fixed and mark all 3 mounting holes.



MOUNTING THE TOP PART TO A CONCRETE CEILING

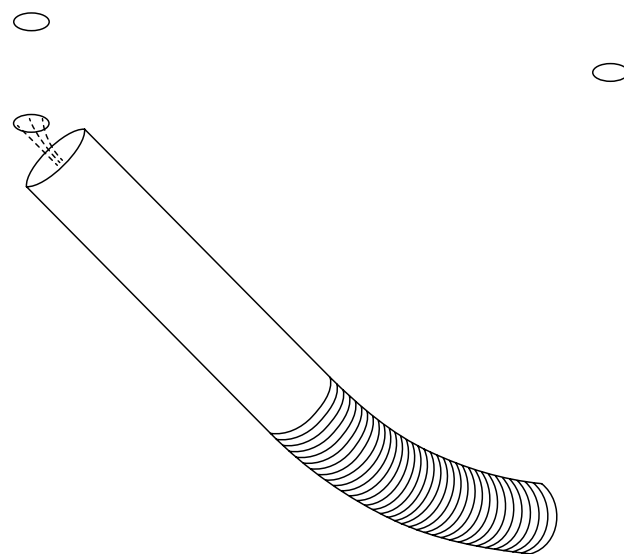
step 03A

Drill holes at the marked points, perpendicular to the ceiling, with a 14 mm drill bit. **WARNING!** Try to drill the holes exactly 80 mm deep, or very slightly deeper. Use a concrete or masonry drill bit, depending on the material of the ceiling.



step 04A

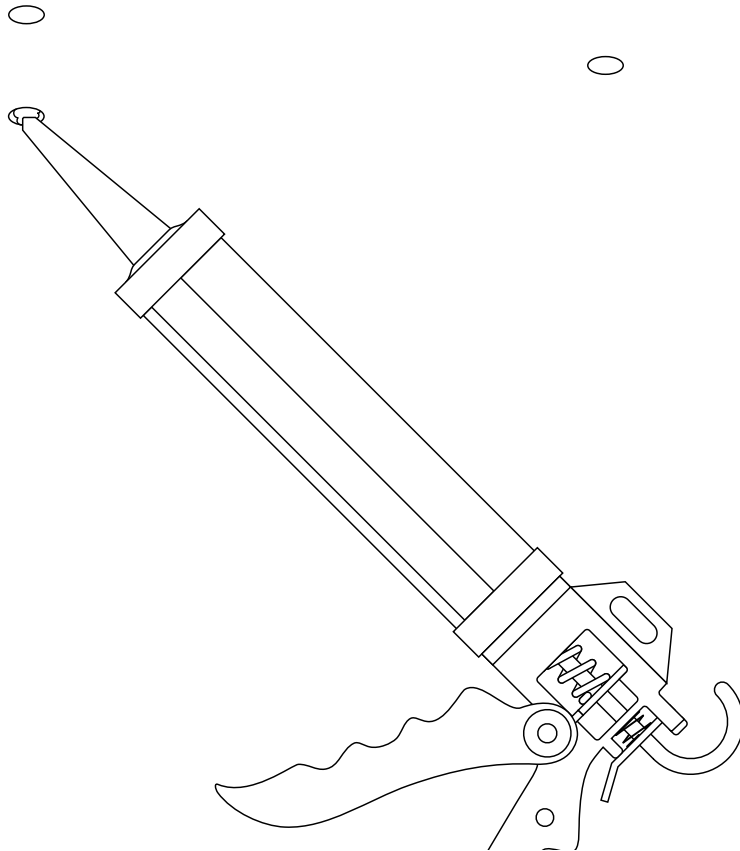
Remove dust from the drilled holes by blowing it out or, ideally, with a vacuum cleaner.



MOUNTING THE TOP PART TO A CONCRETE CEILING

step 05A

Fill the drilled holes with chemical anchor using the sealant gun.



step 06A

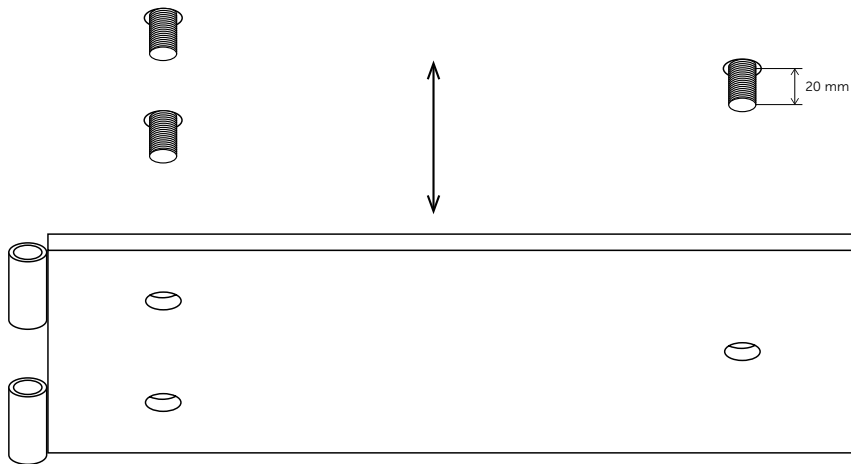
*Push the threaded rods (06) into the holes filled with chemical anchor so that they stick out of the ceiling by no more than 20 mm. Carefully remove any excess chemical anchor. You have approx. 7 minutes before the chemical anchor starts to set. **WARNING!** The chemical anchor must not get onto the thread for the nut.*



MOUNTING THE TOP PART TO A CONCRETE CEILING

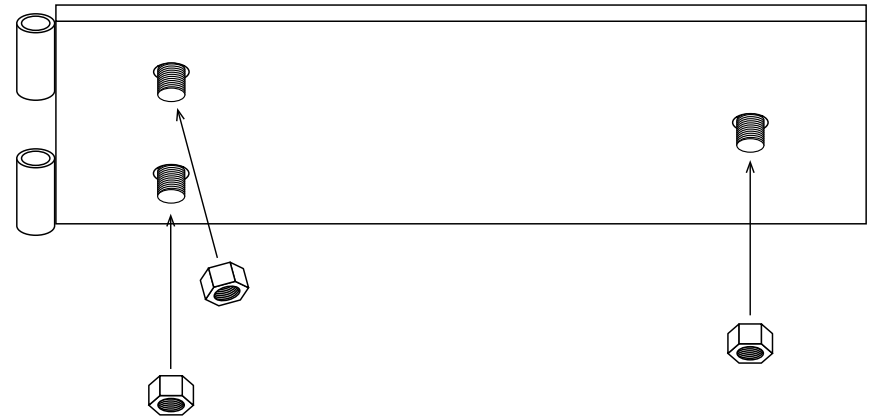
step 07A

Place the top part (14) onto the three threaded rods (06) and check that the hole spacing matches. Remove the top part again and let the chemical anchor cure for at least 45 minutes.



step 08A

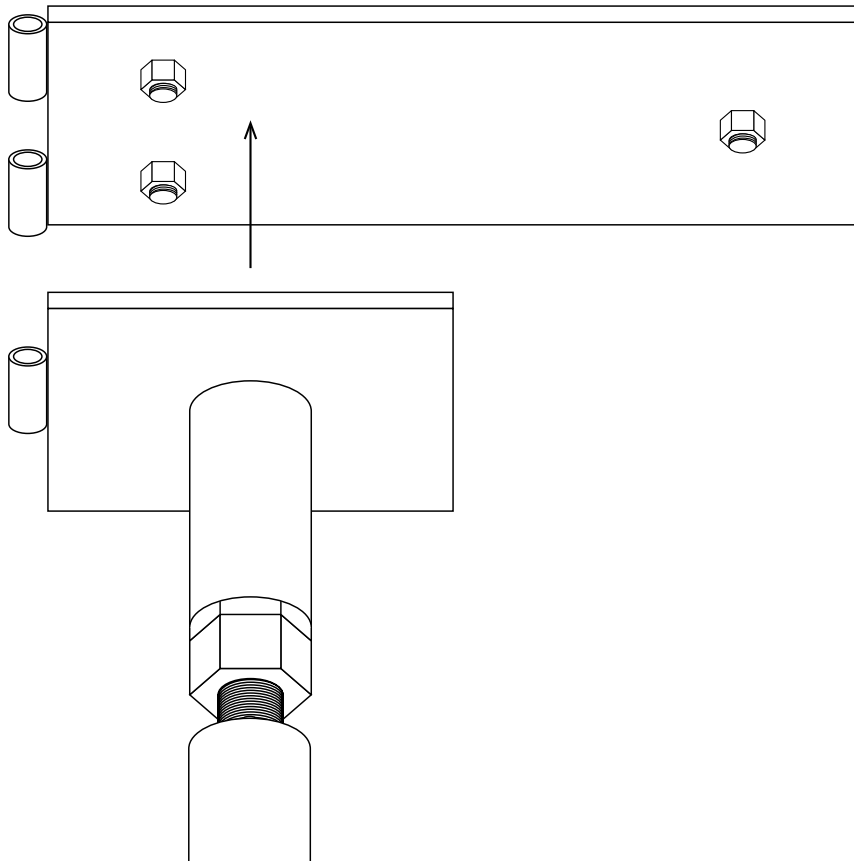
Once the chemical anchor has fully cured, place the top part (14) back onto the threaded rods (06), screw on the nuts (04) and tighten them with the 19 mm spanner.



MOUNTING THE TOP PART TO A CONCRETE CEILING

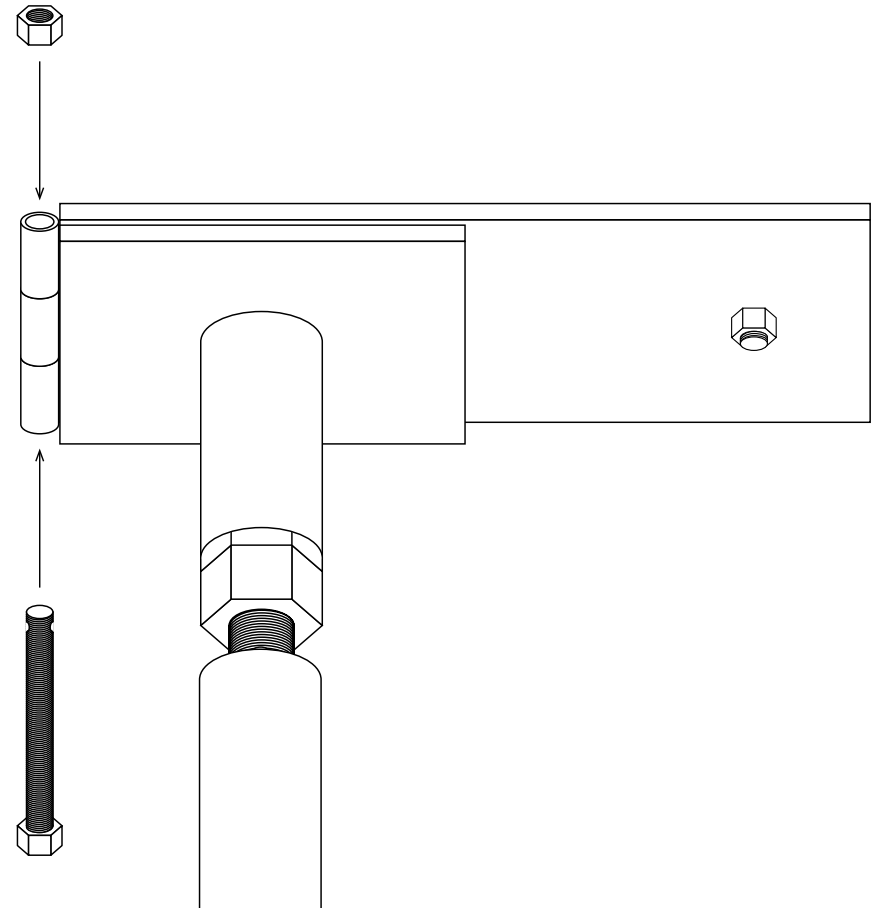
step 09A

Place the pole (17) against the top part (14) so that the hinges of both parts fit into each other.



step 10A

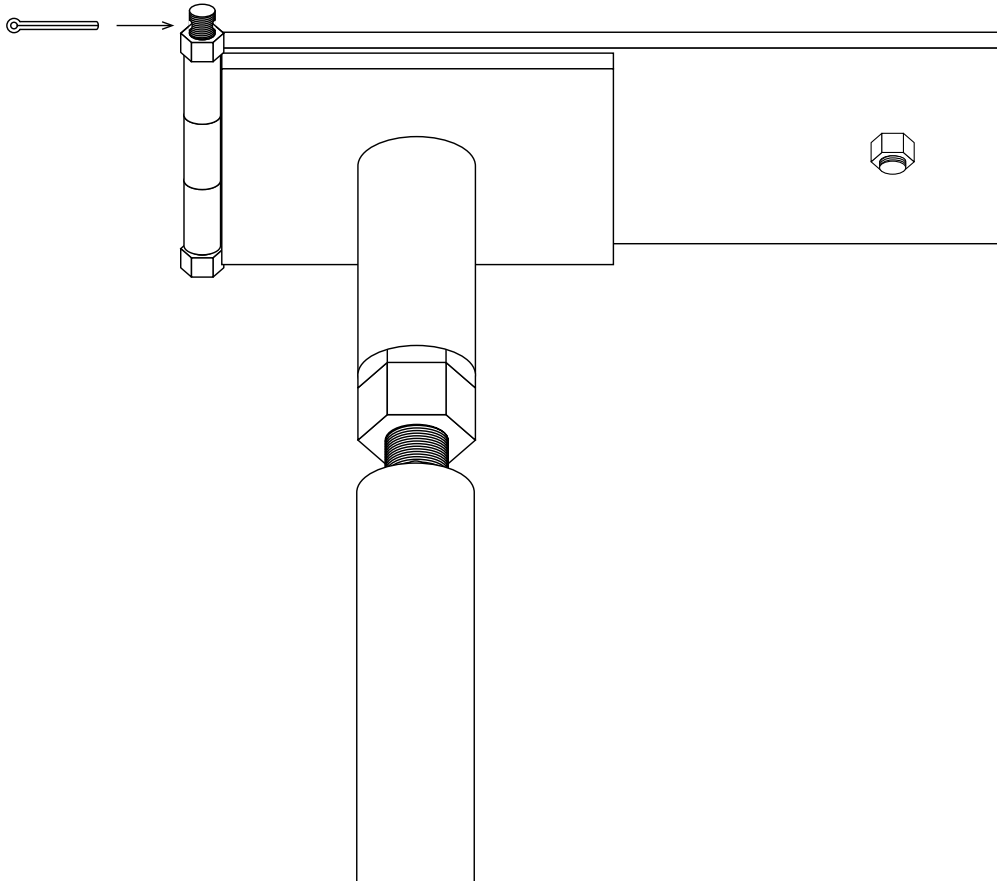
Now push the bolt (08) through the hinges of both parts, secure it on the other end with a nut (04) and tighten it lightly with the 19 mm spanner. If the bolt is hard to push through the hinges, you can use a hammer.



MOUNTING THE TOP PART TO A CONCRETE CEILING

step 11A

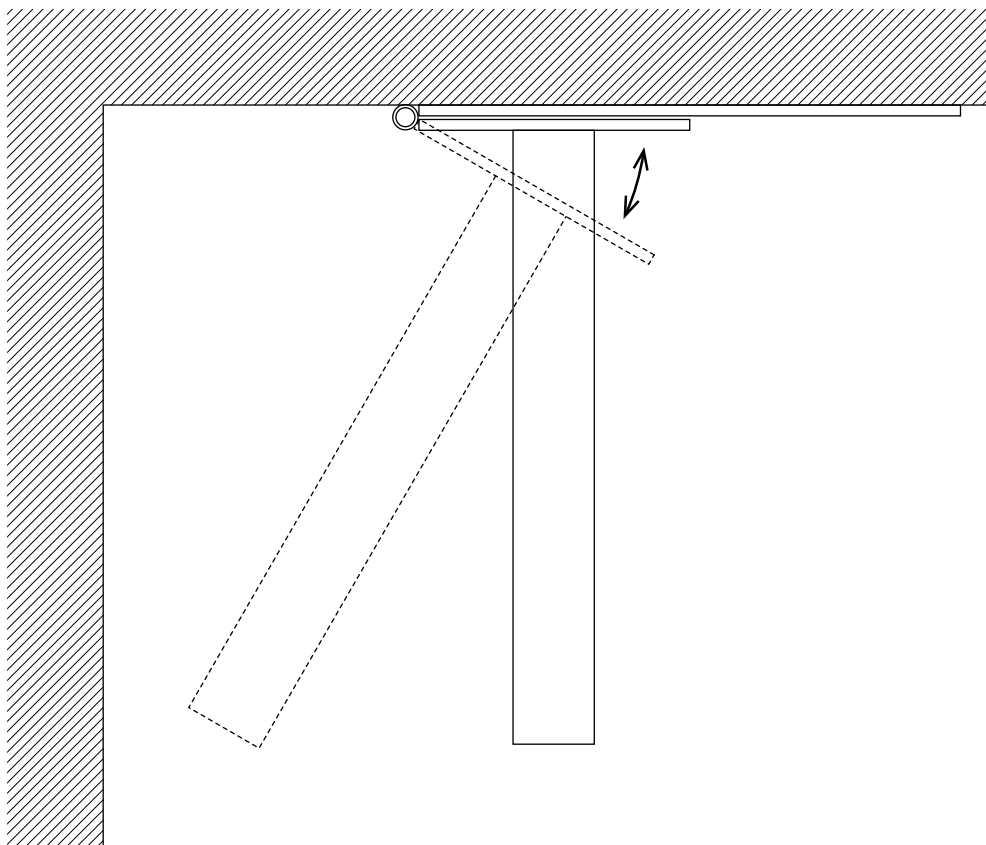
Pass the split pin (03) through the hole in the bolt (08) and bend its ends apart so that it cannot slide out. A flat-head screwdriver or pliers will make this easier.



MOUNTING THE TOP PART TO A WOODEN CEILING

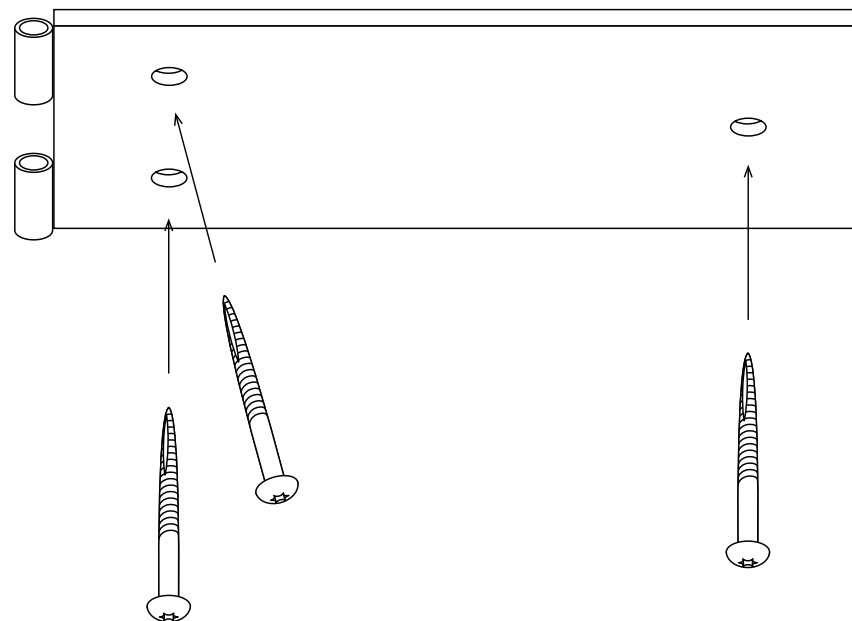
step 01B

First choose a suitable place for the pole in the room. Turn the top part of the pole so that the hinge faces the direction in which you want to tilt the pole.



step 02B

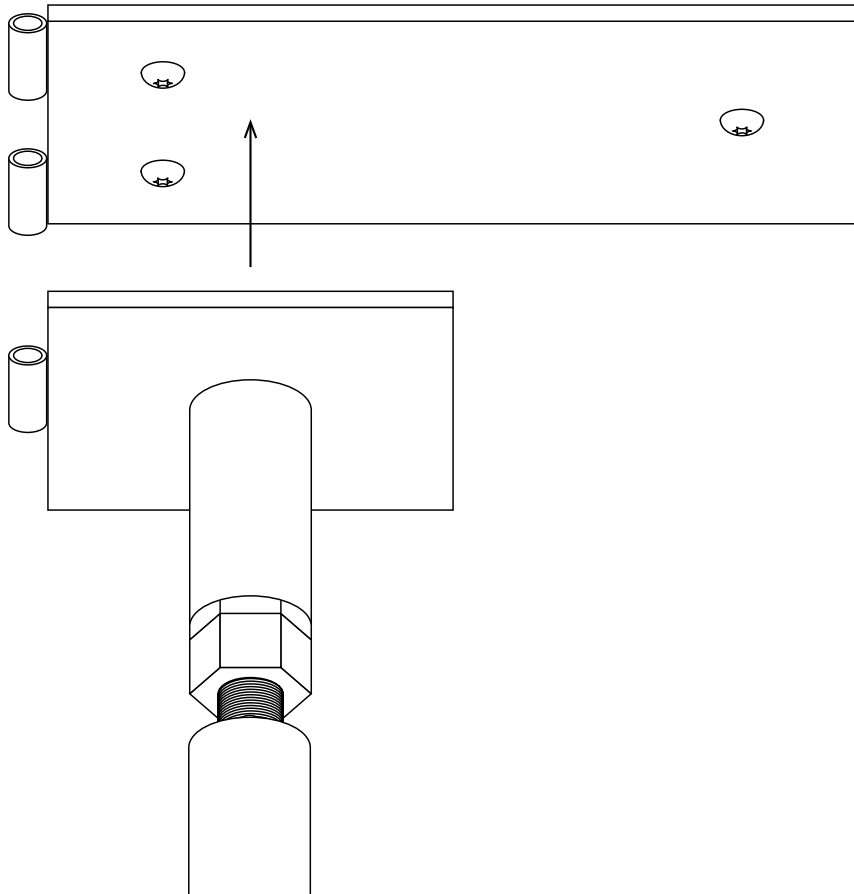
Hold the top part (14) against the ceiling where you want the pole to be fixed and fasten it with the wood screws (09).



MOUNTING THE TOP PART TO A WOODEN CEILING

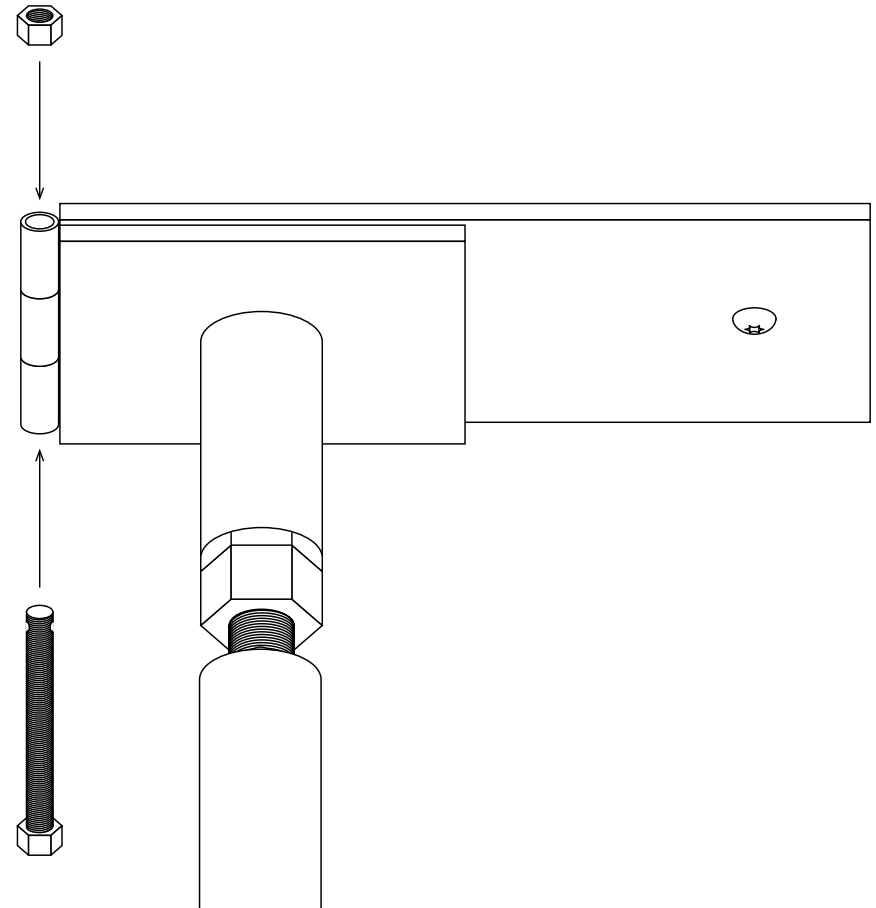
step 03B

Place the pole (17) against the top part (14) so that the hinges of both parts fit into each other.



step 04B

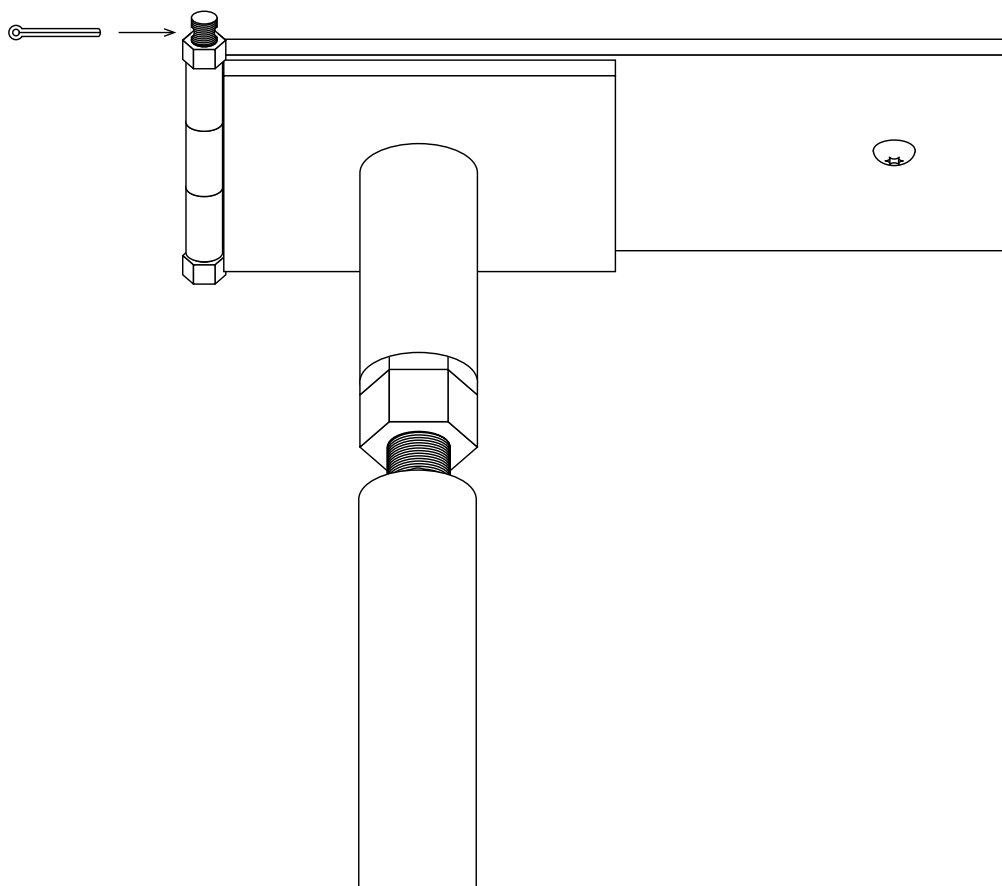
Now push the bolt (08) through the hinges of both parts, secure it on the other end with a nut (04) and tighten it lightly with the 19 mm spanner. If the bolt is hard to push through the hinges, you can use a hammer.



MOUNTING THE TOP PART TO A WOODEN CEILING

step 05B

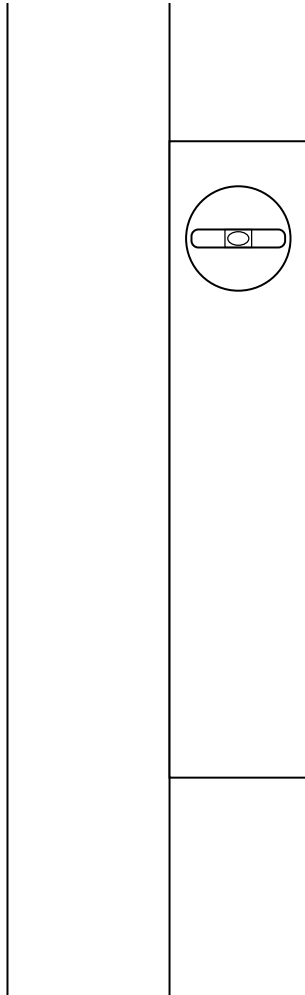
Pass the split pin (03) through the hole in the bolt (08) and bend its ends apart so that it cannot slide out. A flat-head screwdriver or pliers will make this easier.



MOUNTING THE POLE TO A CONCRETE FLOOR

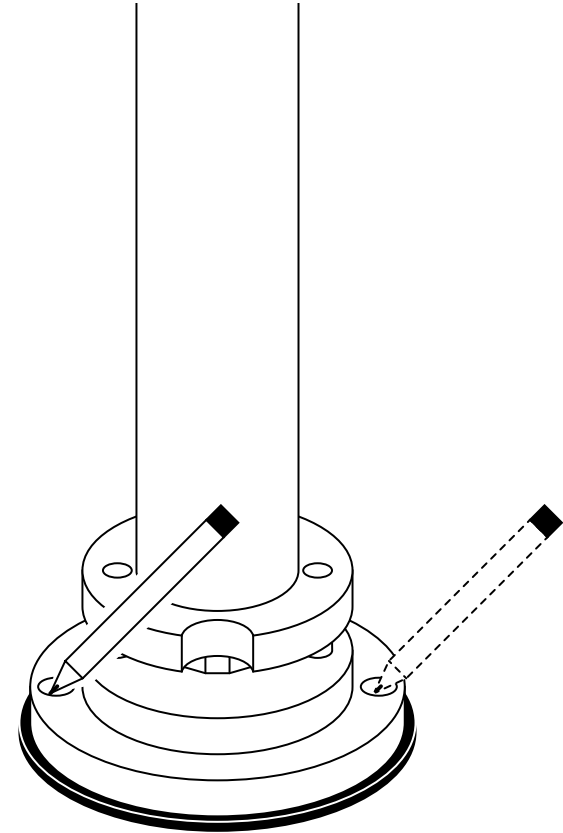
step 11A

Use a spirit level to align the pole (17) so that it stands perfectly vertical.



step 12A

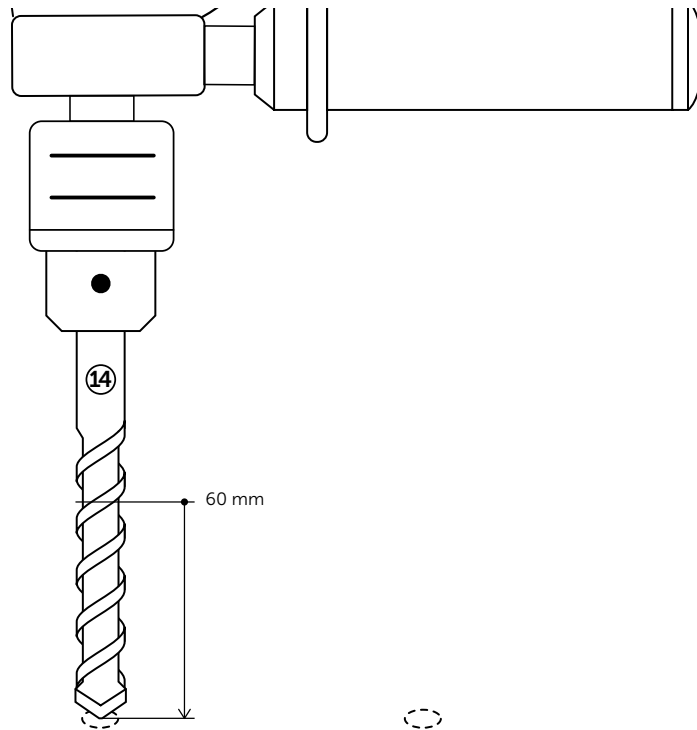
On the floor, mark the positions of both holes at the sides of the bottom part of the pole.



MOUNTING THE POLE TO A CONCRETE FLOOR

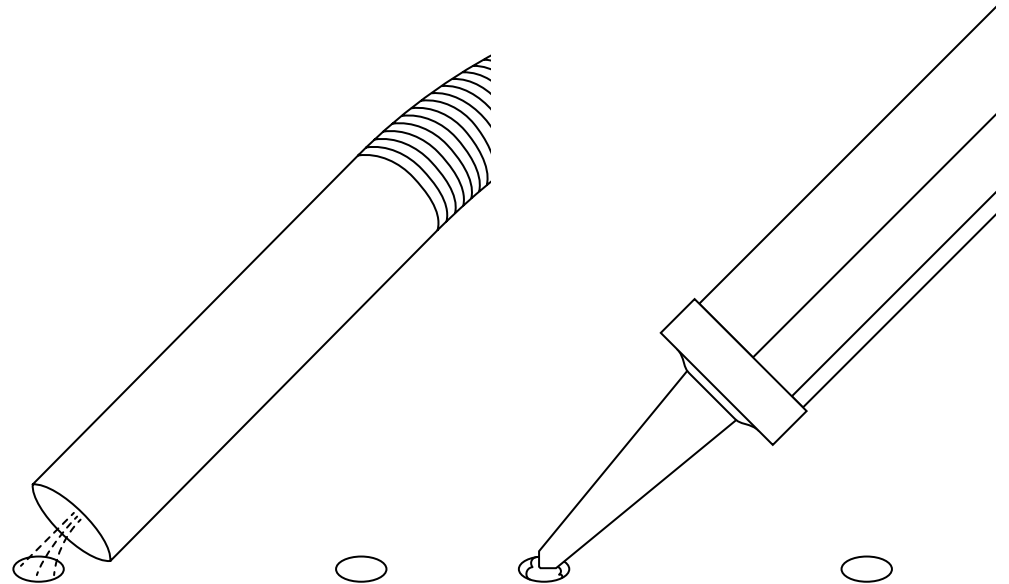
step 13A

Drill holes in the centre of the marked positions, perpendicular to the floor, with a 14 mm drill bit. **WARNING!** Try to drill the holes exactly 60 mm deep, or very slightly deeper.



step 14A

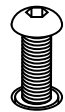
Remove dust from both drilled holes by blowing it out or, ideally, with a vacuum cleaner. Then fill them with chemical anchor using the sealant gun.



MOUNTING THE POLE TO A CONCRETE FLOOR

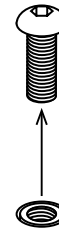
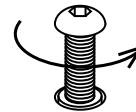
step 15A

Push the threaded anchor sleeves (07) together with the screws (05) into the holes filled with chemical anchor, far enough that they sit perfectly flush with the floor. The anchor sleeves must never stick out above the floor! Carefully remove any excess chemical anchor. You have approx. 7 minutes before the chemical anchor starts to set.



step 16A

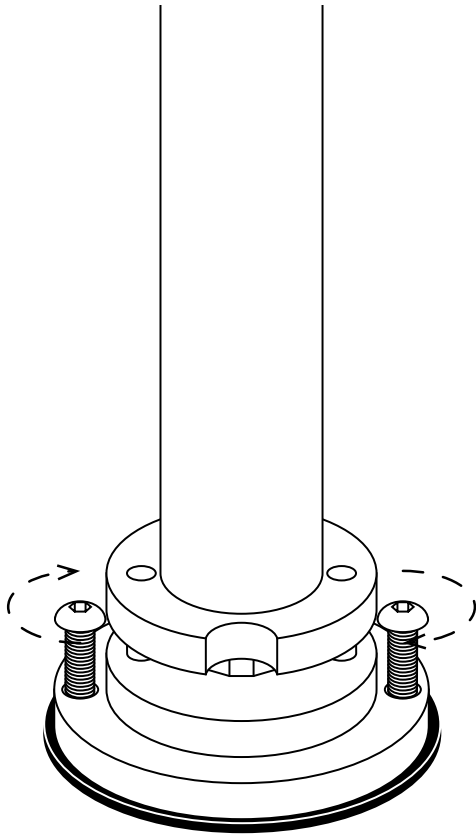
*Carefully unscrew both screws (05) from the anchor sleeves (07). **WARNING!** The chemical anchor must not get into the internal thread for the screw.*



MOUNTING THE POLE TO A CONCRETE FLOOR

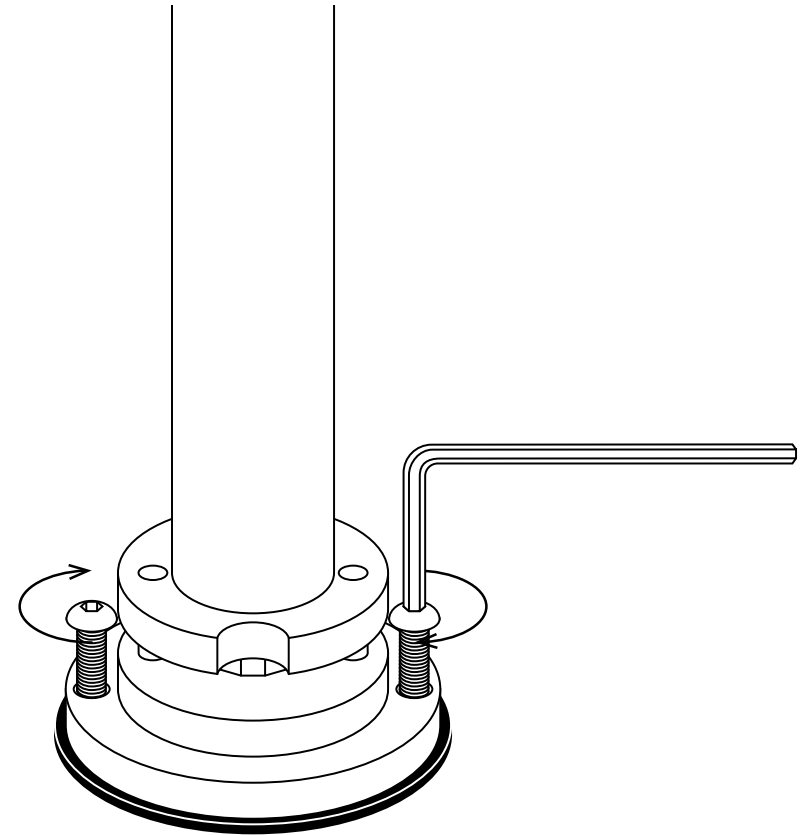
step 17A

Push the screws (05) through the outer holes in the bottom part of the pole into the anchor sleeves (07) in the floor. Screw them in only lightly by hand, do not tighten them, and let the chemical anchor cure for at least another 45 minutes.



step 18A

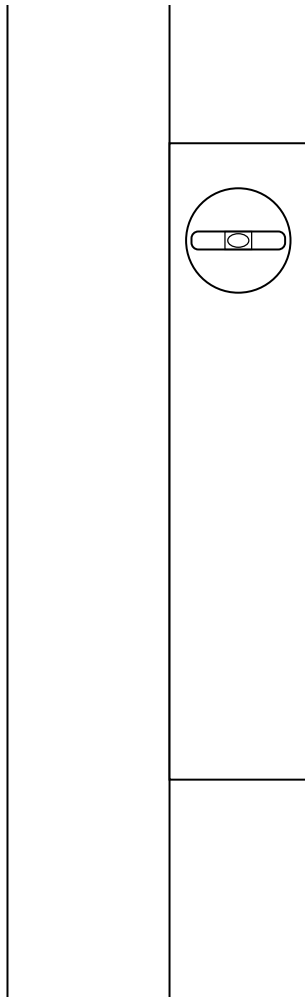
Now tighten the screws (05) with the Allen key (02).



MOUNTING THE POLE TO A WOODEN FLOOR

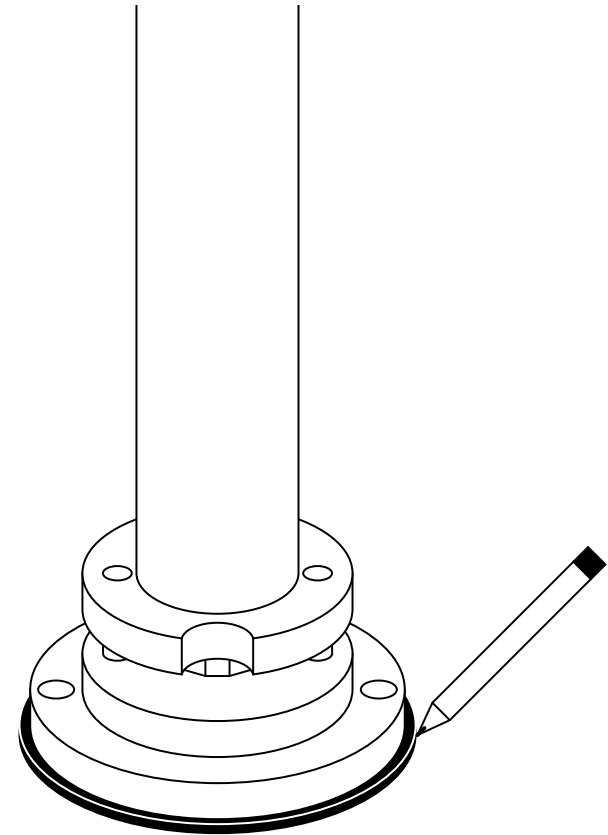
step 11B

Use a spirit level to align the pole (17) so that it stands perfectly vertical.



step 12B

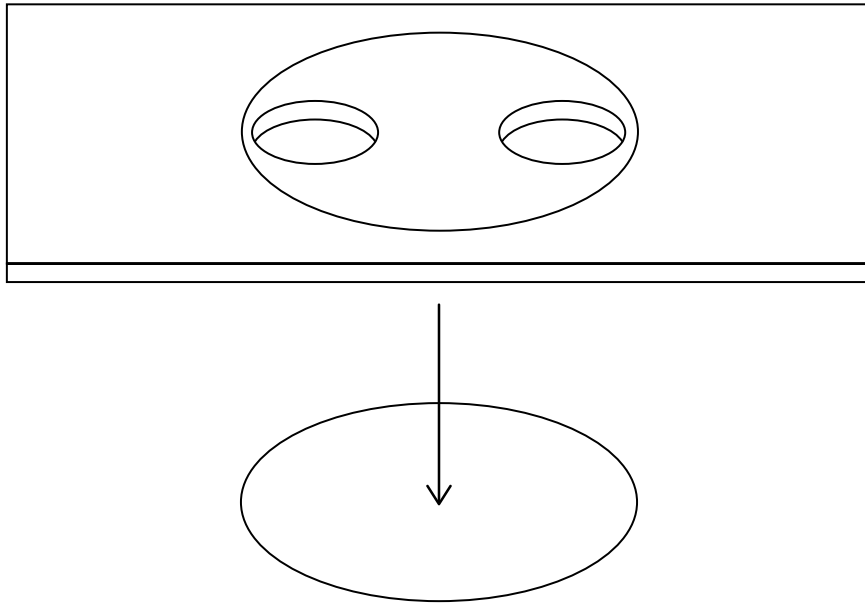
Trace the outline of the rubber pad of the bottom part of the pole on the floor.



MOUNTING THE POLE TO A WOODEN FLOOR

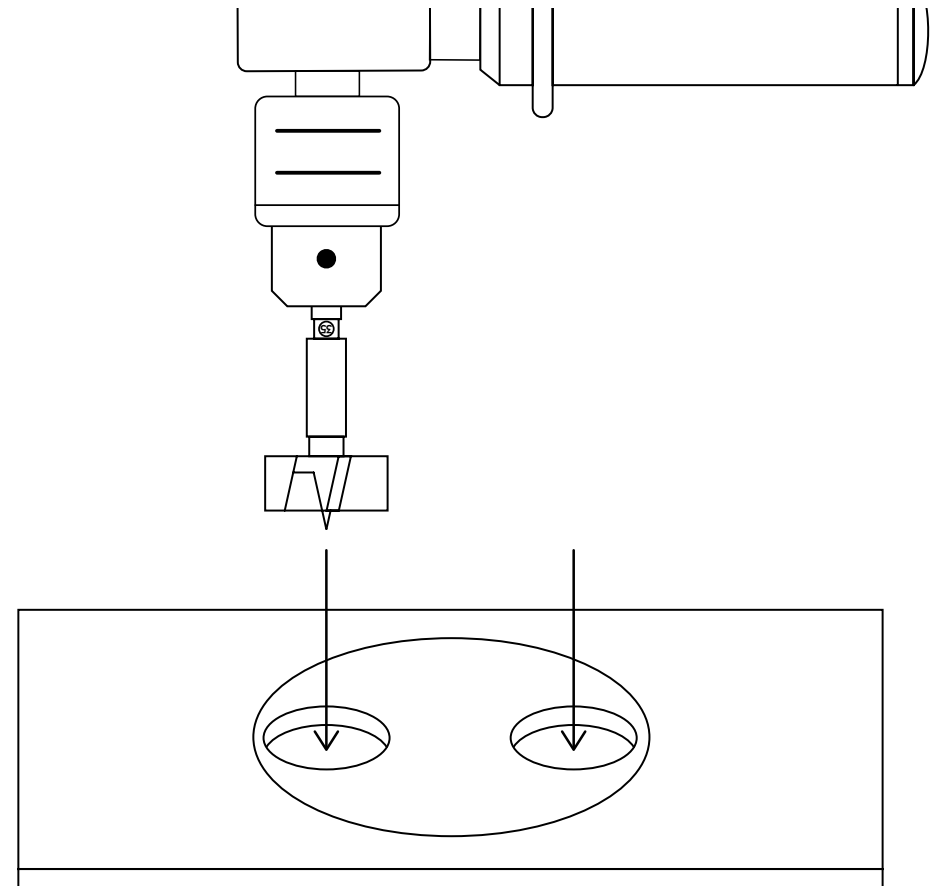
step 13B

Place the template (15) on the traced circle so that, seen from above, the circular groove on the template exactly matches the circle.



step 14B

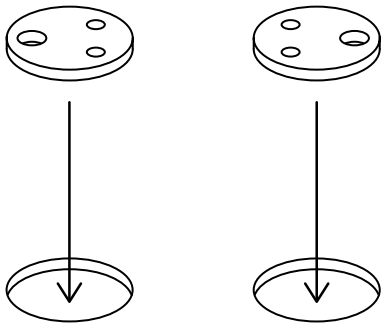
Hold the template (15) firmly in place and, using the Forstner bit (01), cut both mounting holes into the floor through the holes in the template, 6 mm deep.



MOUNTING THE POLE TO A WOODEN FLOOR

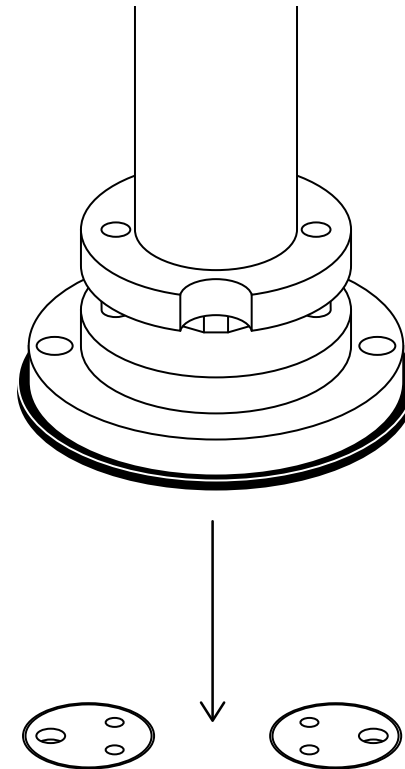
step 15B

Insert the mounting plates (12) into the mounting holes in the floor so that their threaded holes face away from each other.



step 16B

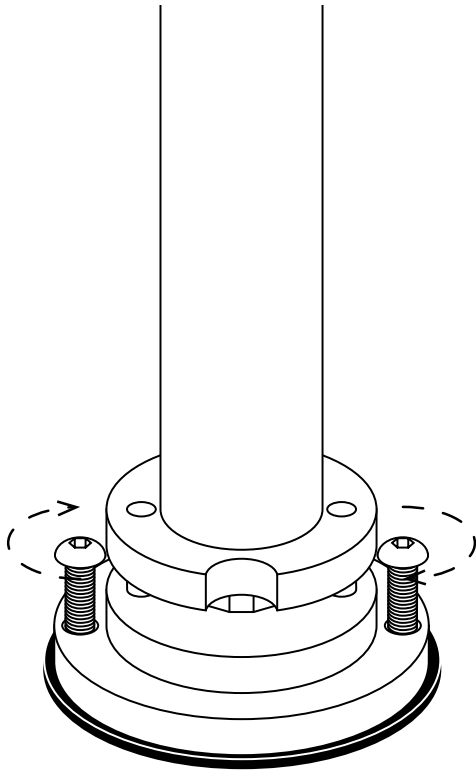
To check that the mounting plates are oriented correctly, place the bottom part of the pole (17) on them.



MOUNTING THE POLE TO A WOODEN FLOOR

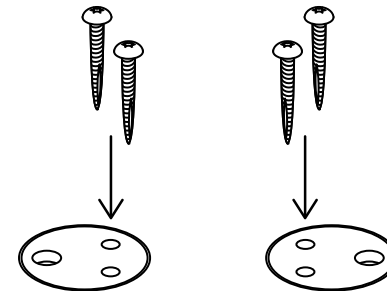
step 17B

Push the screws (05) through the bottom part of the pole into the mounting plates (12) in the floor. If the screws are hard to screw in or do not go in at all, lift the bottom part of the pole, adjust the orientation of the mounting plates and repeat. If the screws go into the mounting plates easily, carefully unscrew them again and remove the pole.



step 18B

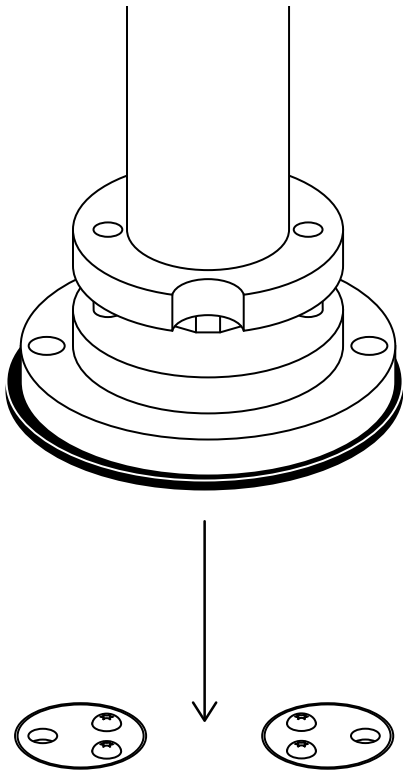
Once you have checked that the mounting plates are oriented correctly, screw them to the floor with the wood screws (11).



MOUNTING THE POLE TO A WOODEN FLOOR

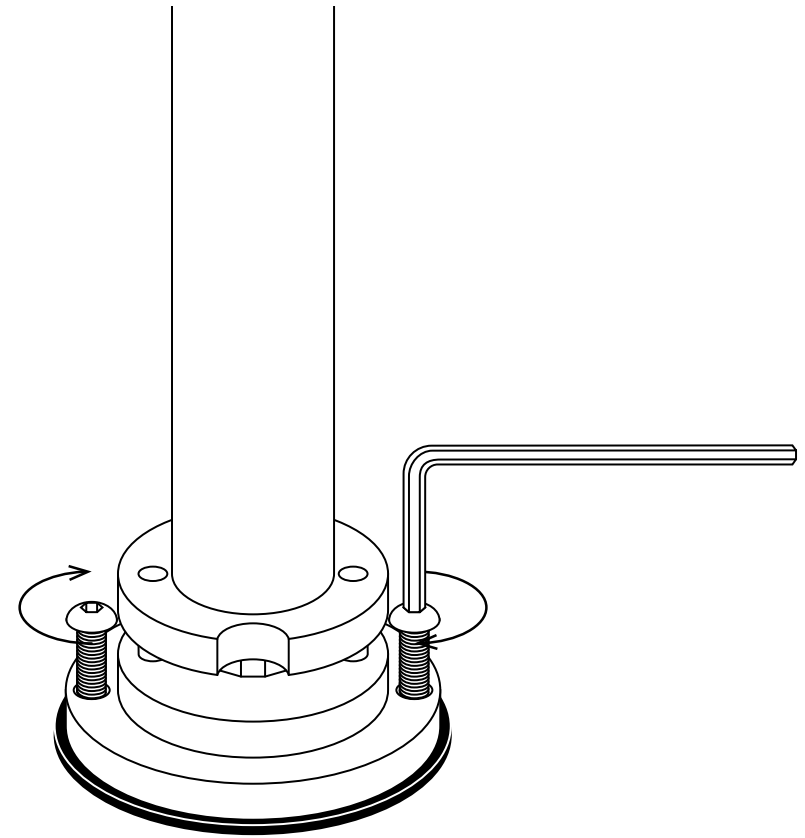
step 19B

Place the bottom part of the pole back onto the screwed-down mounting plates.



step 20B

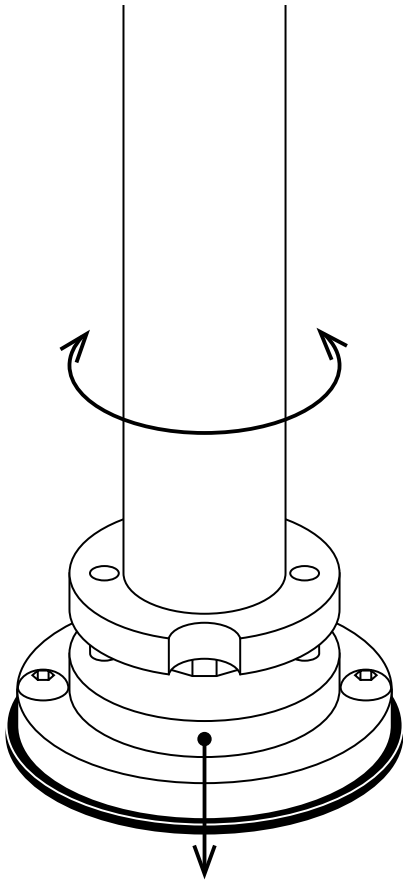
Now push the screws (05) through the bottom part of the pole into the mounting plates (12) again and tighten them with the Allen key (02).



HOW TO USE

spin mode

To switch the pole from static to spin mode, push the central locking ring down with your thumbs.



static mode

To switch the pole from spin to static mode, pull the central locking ring up. While doing this, turn the pole so that the pins of the locking ring fit exactly into the matching holes in the bottom flange of the pole.

