



Figure 6

8) Now take 2 steps back and look to see if the pole is straight up and down. (Figure 6) Then move 90 degrees and take another look. It is recommended to use a level on 2 sides of the pole to insure that it is straight. Test the stability of the pole by applying successively higher weight before using fully.

CAUTION - When using the pole, do not grab the adjustment tube. This could cause the pole to detach from the ceiling mount.

9) Friction Ceiling Mount (Figure 7)

DANGER - While this mount allows you to install the pole and dance/pose around it, it does have limitations, including but not limited to, heavy side loads/spinning. Because the pad is not screwed permanently to the ceiling, any side load could cause the pad to shift on the ceiling. Never take a running leap at the pole. Never allow anyone to use the pole with the friction ceiling pad without being aware of these limitations.

Start with steps 4-6.

a. Locate ceiling joist. The pad must straddle the ceiling joist. – See step 1



Figure 7

b. Simply slip the grip ring* over the adjustment tube on your **EXERCISEPOLE™ PRO POLE BY LIL' MYNX®**. Slide it down one inch from the top of part B and tighten into place with the Allen wrench supplied in your bolted ceiling mount kit.

c. Place the mount onto the adjustment tube pad side up.

d. Be sure to have 1 inch of compression on the adjustment tube. (i.e. if you have an 8 foot ceiling the pole should be 8 feet 1 inch) Never jam the pole into place as this will damage the internal parts.

e. Raise the pad to the predetermined joist location and compress to the ceiling – See step 7

f. It is recommended to use a level on 2 sides of the pole to insure that it is straight. – See step 8

g. Test the stability of the pole by applying successively higher weight loads before full use. You may use the grip ring to add additional pressure to the friction plate. Slowly turn the grip ring counter-clockwise about 10 turns or until you feel additional resistance. Once you feel the resistance, do not turn the grip ring anymore.

You can adjust the position of the grip ring to suit your needs when adjusting, but it should never be closer than 1 inch from the top of part B.

Using the grip ring to tighten the pole into place does not remove the limitations stated in the installation manual under step 9.

After use and before removing the pole turn the grip ring clockwise 10-15 turns or until loose enough to remove the pole.

*For use with friction ceiling pad only

TROUBLESHOOTING

Please refer to the frequently asked questions on www.ExercisePole.com for troubleshooting.



EXERCISEPOLE™

**PRO POLE
BY LIL' MYNX®**

Installation Manual

- ✓ Read all instructions before assembly and use of the pole.
- ✓ Keep instructions for future use.
- ✓ Save your box and foam

List of Parts

Main tubes:	A (bottom), B (top)
Adjustment tube:	C (the smaller diameter tube sticking out of part B)
Bolted ceiling mount:	Ceiling mount, hook, lag bolt, drill bit, allen wrench
Friction ceiling mount:	
Non-skid floor pad	
Tape measure	
Stud finder	
Grip ring	

Standard Installation Requirements:

Floor to ceiling minimum distance 95.5 inches/maximum 120 inches

Tools you will need:

- | | |
|-------------------|------------------------|
| 1. Drill | 4. Stud finder |
| 2. Tape measure | 5. Ladder/Stepstool |
| 3. Safety glasses | 6. Level (recommended) |

Save these important safety instructions.

Safety is a combination of common sense, staying alert, and knowing how your **EXERCISEPOLE™ PRO POLE BY LIL' MYNX** is installed and used.

Safety Signal Words



DANGER: means if the safety information is not followed someone will be seriously injured or killed.

WARNING: means if the safety information is not followed someone could be seriously injured or killed.

CAUTION: means if the safety information is not followed someone might be injured.

Warranty/Warning Material

If within 1 year from the date of purchase, this **EXERCISEPOLE™ PRO POLE BY LIL' MYNX®** fails due to a defect in material or workmanship, Pacific International Marketing & Promotions Inc. will, at its sole discretion, repair or replace it, free of charge.

This warranty applies only to the dance pole itself, not accessories or carrying case. If this **EXERCISEPOLE™ PRO POLE BY LIL' MYNX®** is used for commercial or rental purposes, this

warranty coverage applies for only 30 days from the date of purchase.

Warranty Service is available by returning your **EXERCISEPOLE™ PRO POLE BY LIL' MYNX®** to the original manufacturer in original packaging. All exchanges/repairs must be pre-approved. * Do not return without prior consent.

This warranty applies only while this product is used in the United States.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.



EXERCISEPOLE™
is manufactured by Lil' Mynx®
U.S. Patent # 7,338,411

For video instructions and community forums, visit

www. EXERCISEPOLE. com

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This warranty expressly disclaims any and all implied warranties. **No box, no warranty. Save your box and foam.**

Should you have any questions or problems please contact us at: www.ExercisePole.com
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Pacific International Marketing & Promotions, Inc.
P.O. Box 8554
Fresno, CA 93747-8554
Telephone
1-877-700-7467 toll free
1-559-346-1900 outside the US
Email: support@exercisepole.com

WARNING - Read and understand this owner's manual before installing and using the **EXERCISEPOLE™ PRO POLE BY LIL' MYNX®**.

CAUTION - Designed for use on carpeted floors. Use the non-skid floor pad for non-carpeted flooring.

INSTALLATION - Steps 2-3 for bolted ceiling mount only. See step 9 for friction mount installation.

CAUTION: If using this product on a vaulted ceiling you must install a vaulted ceiling mount, not the standard mount.

CAUTION - When installing, be sure to leave enough room to swing around the **EXERCISEPOLE™ PRO POLE BY LIL' MYNX®** without obstruction.

1) Drilling into the joist

Use the stud finder provided to find a joist where you would like to install/use the pole. A joist is a wooden beam in your ceiling above the sheet rock that typically run 12-16 inches on center from one another. To use the stud finder, run it along the ceiling until the indicator light turns on. (Figure 1)



Figure 1

DANGER - Failure to secure your bolted ceiling mount into a ceiling joist will compromise the structural integrity of your pole, which could result in serious injury. Consult a locally certified housing repairman for installation help if necessary. (Note: When using the friction ceiling mount it must straddle a joist).

WARNING - You must find a joist for **NOTE: Make sure when you drill that saw dust is ejected from the hole. This helps to confirm that you're drilling into a joist.**

mount or serious damage will occur.

WARNING - Always use safety glasses when installing your ceiling mount.

2) After locating the joist, drill a hole with the 3/16 bit supplied into it. Drill all the way in until the drill bit disappears completely - about 2 1/2 inches.

3a) Standard Mount

Place the lag bolt through the plastic mount. Mount as shown. Use the Allen wrench to tighten the bolt into the drilled hole. It is important to use appropriate force to secure the bolt. Be careful not to over tighten as you will "strip" the threads in the wood. (Figure 2)

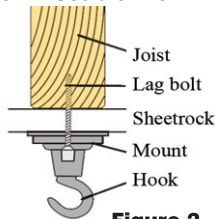


Figure 2

3b) Vaulted Mount

- Place the lag bolt through the mount base and tighten into the drilled hole. Once you are close to tight be sure to index the mount to insure that the main mount slot is lined up with the vault of the ceiling. (The slot should be lined up from the short to tall direction of the ceiling. This will allow the main mount to swing into position to hold the pole). Once the slot is lined up, tighten the lag bolt.

- Once the lag bolt is tightened, place the swing mount in and place the 1/4x20 bolt through the mount. Allow the mount to swing into vertical position. It is important that it is vertical as this is what the pole relies on to hold it in place. Once vertical, tighten the bolt with the tool supplied. (Figure 3)



Figure 3

After the pole is installed in place re-check

NOTE: For vaulted ceilings, drill at the same angle as the vault.

the tightness of the bolt. If it is not tight the mount may move causing the pole to fall.

4) Slip the upper main tube into the lower main tube, taking care as to not damage the surface. (Figure 4)

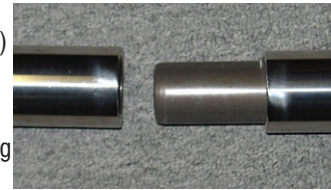


Figure 4

5) Measure the ceiling height.

6) Adjust the pole length by turning the adjustment tube while applying slight pressure towards the foot of the pole (Holding the **EXERCISEPOLE™ PRO POLE BY LIL' MYNX®** at a 45 degree angle is enough pressure). Do not pull out on the adjustment tube as you extend it. You will be tempted to pull and twist, but resist the temptation. Turn counter-clockwise to make it taller, clockwise to make it shorter. Adjust the pole so that it is 1 inch longer than the height of the ceiling. (i.e. if you have an 8 foot ceiling the pole should be 8 feet 1 inch) Measure from the bottom of the base to the top of the adjustment tube (If installing on non-carpeted floor be sure to account for the 1/2 inch height of the non-skid rubber pad.) Check tension every time you install the **EXERCISEPOLE™ PRO POLE**

BY LIL' MYNX®.

7) Install the pole by placing the top of the adjustment tube over the mounting hook (Note: the hook is designed for discretion only; it will not attach to anything inside the adjustment tube.) (Figure 5)

Once the adjustment tube is seated on the ceiling mount, push up to compress the pole and position it to vertical until pole base is flat to the floor. Do not drag the base feet as this can cause them to pop off. If using the non-skid floor pad, place the pad on the floor under the ceiling mount and place the **EXERCISEPOLE™ PRO POLE BY LIL' MYNX®** on top. (Note: The base feet are still required when using a non-skid floor pad.)

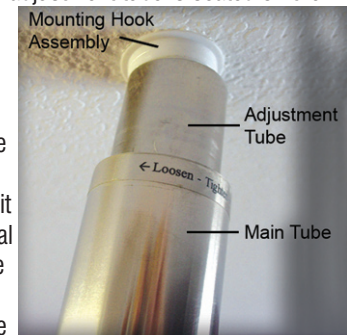


Figure 5

CARE

The **EXERCISE POLE™ PRO POLE BY LIL' MYNX®** comes with a stainless steel finish and it is important to treat your dance pole with care when in use and in storage. Clean with a damp cloth or Windex. **BE CAREFUL NOT TO DAMAGE OR SCRATCH THE SURFACE.** It is recommended that you remove any rings or bracelets before use, as these items can scratch the finish. IT

IS ALSO SUGGESTED THAT **EXERCISE POLE™ PRO POLE BY LIL' MYNX®** BE STORED HORIZONTALLY to insure that it has no chance of falling over, causing injury to any person or damaging the finish.

- Your pole should never be more than 1 to 1 1/4 inches taller than the room
- Do not jam pole into place. This could cause internal damage voiding all warranty.
- Do not allow chil-

dren to play on or use the pole.

- Do not overload the pole. Overloading the pole can result in serious injury. Your **EXERCISEPOLE™ PRO POLE BY LIL' MYNX®** is designed to handle dancers up to 200 lbs.
- Do not install near windows or doors with windows.
- Do not install near open balconies or unprotected heights.
- A radius around the pole equal to the

height of the dancer should remain clear and free of all furniture, objects, obstructions, or debris.

- Do not use if the pole is damaged in any way including, but not limited to, bends, kinks, or any other deformation of the pole.
- Regularly inspect the base feet for wear, damage, or looseness.
- Regularly inspect the ceiling mount for wear, damage, or looseness.