

Instruction Manual Xpole

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X-POLE: SPORT Instruction Manual ~~How to assemble your X Pole~~ X-POLE XPERT Installation Video (2014) X-Pole Sport Pole Installation Video How to install an X-Pole X-Pert 45mm Chrome XPert (NX) Installation Tutorial X-POLE XPERT Pro (2018 Onwards)

X-POLE XPERT Installation Video - FRENCH (2014) X-STAGE Installation Video How to Install the Spinning \u0026amp; Static Dancing pole and How to take it down - Big Upon Dome Version Assembling The X-Pole X-Pert Studio ~~Build a Pole Installation Video~~ X-STAGE ~~Dismantling the X Stage Pole~~ Install 1-2 ~~Buying a Pole Dancing Pole For Your Room - First Timer's Guide (My Pole Dancing Experience/Advice)~~ QUICKVIEW - Changing from Static/Spin function; XPERT Lupit 42mm Classic Stainless Steel Dance Pole Review ~~Extended Butterfly - Pole Dance Tutorial #8~~ QUICKVIEW - Adding Extensions; XPERT Pole Fitness Basics GERMAN XPERT INSTALLATION VIDEO Stuck spinning pole nut which way loosens it? X-Pole X-Pert Installation Video (2010 - 2013 Model)

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~~Superhero Instruction Manual book by Kristy Dempsey read aloud!~~ [How To Install The X Pert X Pole 2010-2013 Model | Installation Video Covid-19 Closures at X-POLE US QUICKVIEW - Testing Your X-Pole XPERT Assemble the X-Pole XPERT-Build a Pole | Bought a New Pole! Chrome vs. Powder Coated Poles \u0026 Everything You Need to Know About XPOLE Poles](#) ~~X-STAGE-Checking the Contents~~ Instruction Manual Xpole

Instruction Manual 6mm/5mm Hex Key Instruction manual X-POLE LEADER IS POLE & AERIAL FITNESS What you need before you start: 1x Tape Measure & 1 x Spirit Level TIP: Measurement Calculation: $100\text{mm} = 10\text{cm} = 3.94\text{ inches}$ (or divide the amount of millimetres by 25.4 to get inches): ALWAYS use millimetres or inches for measurements (NOT cm & ft)

Instruction Manual - X-POLE

Rotating the pole tube from right to the left (Clockwise) will Shorten/Loosen the Pole. Once vertical, with the second person still holding the base, rotate the pole, Anti/Counter-clockwise (i.e. rotate left to right) which will expand the pole until it touches the ceiling. Fig. (8.5) Checking the pole is level.

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Instruction Manual 6mm/5mm Hex Key Base Instruction manual X-POLE XPERT LEADER IS POLE & AERIAL FITNESS ® WHAT YOU NEED BEFORE YOU START: 1 x Tape Measure & 1 x Spirit Level TIP: Measurement Calculation: 100mm = 10cm = 3.94 inches (or divide the amount of millimetres by 25.4 to get inches) CHECKING THE PARTS

INSTRUCTION MANUAL

Insert the LyraPole to the A-POLE and check for a snug fit using the keyway slots on the X-JOINT and the corresponding slots on the inside of the A-POLE. Using a 6mm hex key, tighten the X-JOINT until the LyraPole is securely attached to the X-STAGE A-POLE. check by lifting the hoop with sufficient pressure.

Instruction Manual - X-POLE US

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