

### Instruction Manual Xpole

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#### 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

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.

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