



Care Instructions



To keep your PFS™ Pole in the best possible condition & to avoid being slippery from sweaty hands on the pole...

- Buff regularly with the soft PFS™ polishing cloth provided
- Fill the PFS™ Spray bottle with mentholated spirits and spray on the cloth to wipe on the pole
- No moisturizer or oils at least 4 hours prior to using your pole
- Wear shorts and a singlet because bare skin helps you grip to the pole!
- Including No shoes... you will correctly stretch out your *entire* body.

**If you need more detail with your PFS™ Pole installation or have Pole Fitness™ technique/training questions visit -*

www.fitnessofthefuture.com

WARNING

Do not use your PFS™ Pole whilst under the influence of drugs or alcohol.
Children must be supervised with the PFS™ Pole.
Be well aware of the PFS™ locks and techniques before commencing to use your PFS™ Pole.

The PFS™ DVD is clear and thorough instruction of the pole training methods you require to safely improve your personal fitness and naturally develop your pole skills...including pole terminology and a complete understanding of the locks and techniques required to stay off the floor and on the pole; landing on your safely on your feet, with precision, every time!

Offering you the actual PFS™ formula plus 65 PFS™ beginner exercises to get you started - you too will have the freedom to combine any of the 100s of pole exercises available and start developing your natural ability immediately!

PFS™ Pole Instruction Manual

Congratulations!

You are now the proud owner of a PFS™ pole!

This Australian made and quality engineered pole has been made from marine grade, mirror finished stainless steel with strength, safety and durability in mind.

IMPORTANT NOTICE

Please note that although our products are of the highest of quality, due to the nature of the product being reliant on competent installation and application. Pole Fitness™ is an extremely physical sport making the risk of hurting yourself at some stage is a possibility. Therefore by going ahead and using this product after installation, you will be deemed to have excepted the risks, and in doing so, waive all rights of recourse against the seller, manufacturer and intellectual property owners and cannot be held responsible for any damage to property or personal injury to yourself or third parties whilst using our products.

*If you discover your pole is damaged or any part is missing upon arrival, a replacement part will be sent to you free of charge. (Shipping charges will not be refunded)

To minimise risks and maximise enjoyment whilst using your PFS™ Pole we recommend all persons follow these simple rules...

- Always warm up first – when incorporating the pole be sure to keep your feet on the floor, use the PFS™ warm up exercises.
- Take careful note of all technique training & pole exercises, available on the beginner PFS™ DVD, before using the pole.
- Ensure that only one person is on the pole, at any one time.
- Read all PFS™ Pole installation instructions and understand them.
- Any questions contact –

www.fitnessofthefuture.com



Installation Instructions for Concrete Ceiling

Tools required

- 2 x Spanner or Shifter
- Level (handy but not essential)

Step 1 – Find a position where you have plenty of clear space to freely move around your PFS™ pole.

Step 2 – Fit the pole to the removable metal top plate and stand your pole upright with the black foot to the ground.

Step 3 – Hold the top nut at the base of the pole with a spanner/shifter and unwind the black foot until the top of your pole is loosely against the roof and will stand on its own.

Step 4 – Using a level or straight line on the wall, for example a picture or the corner of the room and make sure your PFS™ Pole is standing up straight.

Step 5 – Hold the top nut at the base of the pole with a spanner/shifter and tighten the adjustable foot securely into place until secure. Wind the other lower nut upward with the second spanner/shifter until tight against the pole.

To make your PFS™ Pole Stationary -

Tighten the grub screw in the spinning attachment against the flattened part of the pole with a screwdriver.

Removal Instructions

Simply follow these installation steps in the reverse order



Installation Instructions for Gyprock/Plasterboard Ceiling



Tools required

- 2 x Spanner or Shifter
- Phillips head screwdriver or Battery Drill
- Level (handy but not essential)
- Stud finder (handy but not essential)

Step 1 – Find a position where you have plenty of clear space to freely move around your PFS™ pole.

Step 2 – Using the stud finder or lightly tapping on the ceiling, locate the roof truss.

Step 3 – Remove the top metal plate from the 3 screw 'spinning attachment' with a Phillips head screwdriver.

Step 4 – Using the screws provided, screw the 'spinning attachment' to the ceiling truss located in step 2.

Step 5 – Stand your pole upright and slide the top of the pole into the center hole of the 'spinning attachment'.

Step 6 – Hold the top nut at the base of the pole with a spanner and unwind the black foot until it is touching the floor.

Step 7 – Using a level or straight line on the wall, for example a picture or the corner of the room and make sure your PFS™ Pole is standing up straight.

Step 8 – Hold the top nut at the base of the pole with a spanner/shifter and tighten the adjustable foot securely into place by winding the lower, free turning nut downward. To secure, wind this nut upward with the second spanner/shifter until tight against the welded top nut.

Removal Instructions

Simply follow these installation steps in the reverse order