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SuperPole™ for Angled Ceilings

Installation Instructions: SP-ACP, SP-ACP-TP

THANK YOU...

Thank you for purchasing the SuperPole™ for Angled Ceilings. We are confident that you will find the unique design and durable construction of this HealthCraft™ product to be of great assistance in your daily routine.

To fully enjoy your SuperPole™, please take a few moments to read these instructions (and the SuperPole™ System) instructions. Store instructions for future reference.

CAUTION: It is your responsibility to see that your SuperPole™ System is properly assembled, installed, and cared for. Failure to follow instructions in this document could result in serious injury. **NOTE:** Angled Ceiling Plate not to be used with the SuperTrapeze™.

INSTALLATION INSTRUCTIONS

ANGLED CEILING PLATE PREPARATION

A1. Unpack the angled ceiling plate (1) from the box, and the pole assembly (2) from the cardboard tube (remove staples to avoid scratching the paint on the pole). Remove the clevis pin (3) from the pivoting bracket of the angled ceiling plate.

A2. Determine the location of the pole. Secure the angled ceiling plate to the ceiling, making sure that it is fastened to the ceiling joists with appropriate wood screws (min #10 x 2-1/2") as shown in **Figure 1**.

A3. Slide the top end of the pole (2) onto the pivoting bracket as shown in **Figure 1**. Align the locking pin holes of the pole and the bracket. Insert the clevis pin (3) removed in step A1, and secure with nylon washer (4) and hitch pin (5).

HINT - Set the extension screw (8) such that the distance from the angled ceiling plate (1) to the bottom of the extension screw is about two inches less than the actual floor to ceiling height. You may need to unscrew the jam nut (9) downward to allow the extension screw to rotate.

A4. Place the circular base (7) on the floor at the intended location of the SuperPole™. Set the SuperPole™ to a true vertical position as shown in **Figure 2**. This may be facilitated using a construction level, plumb bob, or by visually comparing the pole with other vertical line features in the room such as wall corners, etc.

A5. Once the SuperPole™ is set to a true vertical position, lock the angle of the pivoting bracket on both sides with the supplied hardware. Refer to **Figure 3** for correct configuration: bolt (10), flat washer (11), split washer (12) and nut (13). Tighten with hex key (14).

SUPERPOLE™ INSTALLATION

A6. While the cover sleeve (6) is held up, insert a bar such as the shaft of a screwdriver, through the drive hole at the bottom of the extension screw. Turn the extension screw (clockwise) as shown in step 1 of **Figure 4** to make the extension screw contact the circular base. Align the stem of the extension screw with the hole in the circular plate.

TESTING INSTALLATION

A7. Test the SuperPole™ by firmly holding onto the pole at mid-height and rigorously attempting to force the pole from side to side. Use considerable body weight momentum to conduct an aggressive test. If either the base, or the ceiling anchor plate appear to slide or shift, tighten the extension screw one more turn and repeat the test until the pole will not move during this test.

EXTENSION SCREW

A8. IMPORTANT - Lock extension screw after installing pole by turning jam nut (9) up until touching the bottom of the pole, then, simultaneously turning jam nut (9) and extension screw (8) backwards until jammed tight as shown in steps 2 & 3 of **Figure 4**. When finally tight, remove the turning rod, slide the cover sleeve down to cover the extension screw.

Your SuperPole™ for Angled Ceiling is now installed.

Figure 1.

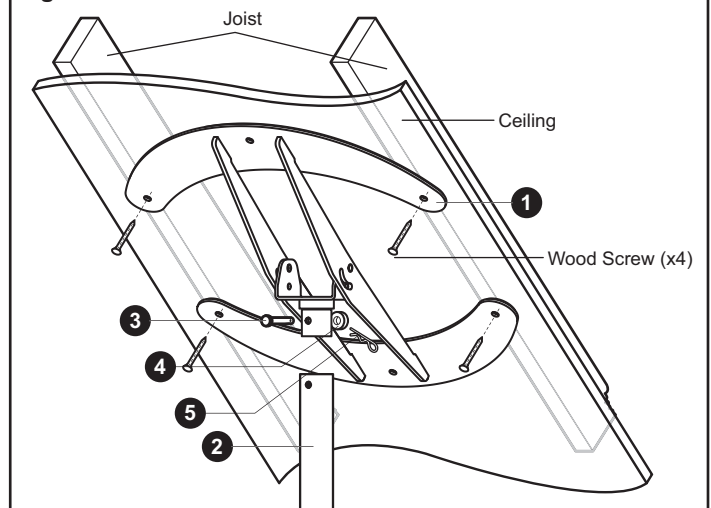


Figure 2.

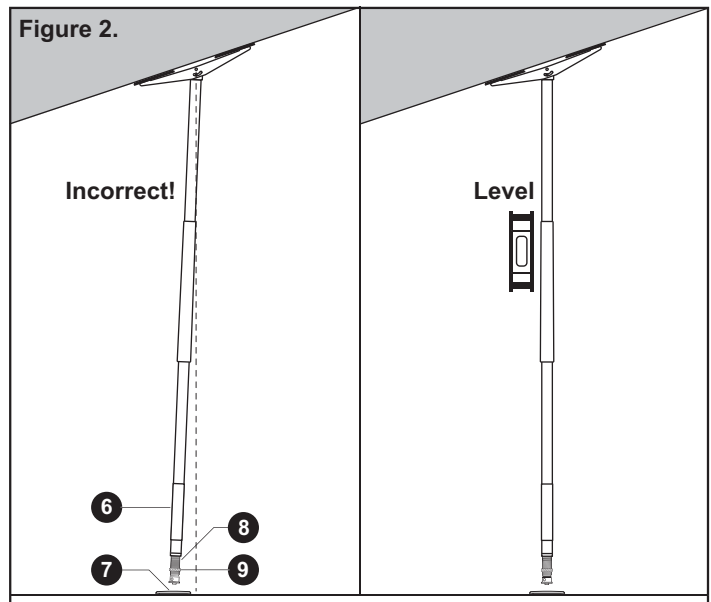


Figure 3.

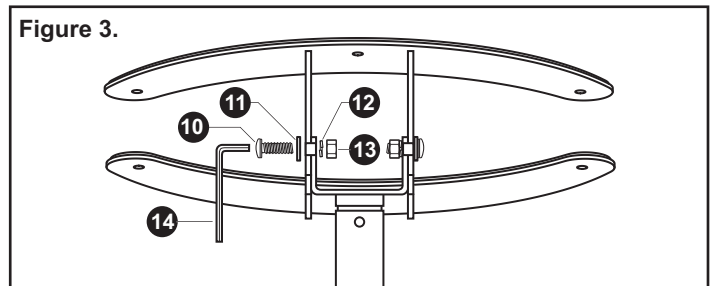
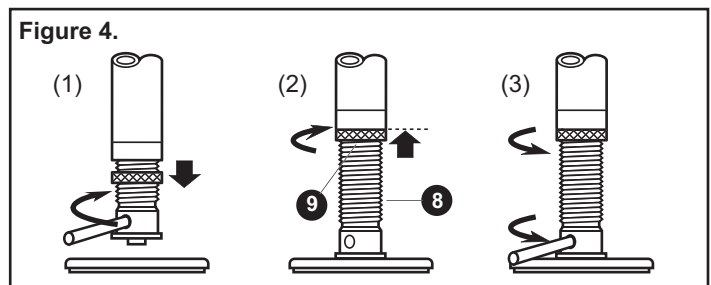
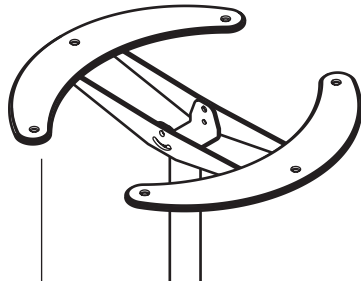


Figure 4.



PARTS DIAGRAM: SUPERPOLE™

- SP-P Pole Assembly
- SP402 Base Plate Assembly
- SP198 Angled Ceiling Plate Assembly
- SP 513 Angle Ceiling Plate Parts Pack



SP198 Ceiling Anchor Plate Assembly

- SP115 Angled Ceiling Plate
- SP194 Top Rubber
- HW302 Clevis Pin
- HW318 Nylon Washer
- HW323 Hitch Pin

SP-P Pole Assembly

- SP 113 Pole
- GR 101 Grip, 20" long
- SP 114 Plastic, Cover Sleeve
- SP 107 Extension Screw
- SP 105 Collar
- SP 172 Jam Nut
- SP 145 Plastic Washer

SP 513 Angle Ceiling Plate Parts Pack

- DC 130 Instructions, ACP
- MK101 Brochure

- SP 113 Pole
- SP 113HD Pole, Heavy Duty
- SP 113HDU Pole, Heavy Duty Ultra

- SP 114 Plastic Cover Sleeve

- SP 105 Threaded Collar
- SP 105HD Threaded Collar, Heavy Duty
- SP 105HDU Threaded Collar, Ultra

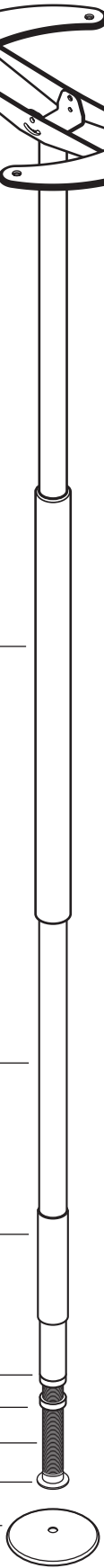
- SP 172 Jam Nut

- SP 107 Extension Screw

- SP 145 Base Washer

SP 402 Base Plate Assembly

- SP 112 Base Plate
- SP 118 Base Plate Rubber

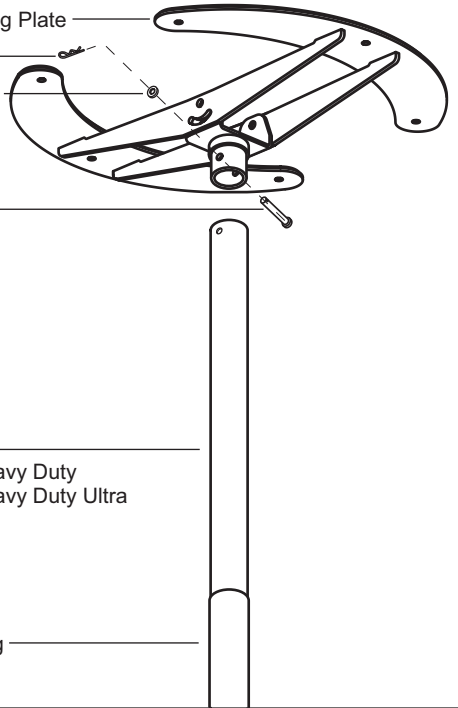


PARTS DIAGRAM: POLE / ANGLED CEILING PLATE ASSEMBLY

- SP198 Angled Ceiling Plate
- HW323 Hitch Pin
- HW318 Nylon Washer
- HW 302 Clevis Pin

- SP 113 Pole
- SP 113HD Pole, Heavy Duty
- SP 113HDU Pole, Heavy Duty Ultra

- GR 101 Grip, 20" long



PARTS DIAGRAM: HARDWARE

HEX KEY
5/32", Short Arm



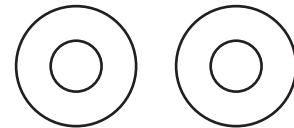
BOLT
1/4-20 x 5/8" Length



NUT
1/4" Nylock



FLAT WASHER
1/4" X 5/8" OD



SPLIT WASHER
1/4"

