

# Instruction Manual

GAIA POLE  
**STORY**

## General Information

Thank you for purchasing a Gaia Pole. Our engineering team spends a lot of time researching, designing and developing our poles. We want the Gaia Pole to be the best pole on the market, so criticism and suggestions are always welcome. Please contact us if you have any comments or suggestions on how to improve our products.

To use your pole SAFELY and get the best out of it, it is extremely important that you READ this instruction manual completely and, most importantly, understand it!

**If you have any questions before assembling, installing or using your Gaia Pole, please email [sales@gaiapole.com](mailto:sales@gaiapole.com) and request technical support.**

### 1. INSTRUCTIONS

## GAIA POLE STORY

**DO NOT TAKE OUT OF THE PACKAGE AND DO NOT USE YOUR GAIA POLE**

if you are in any doubt about how to assemble it or how to use it. As the bar is used in circumstances beyond the direct control of Gaia Pole, its distributors, sellers or any other associated persons or companies cannot be held responsible for any accident, injury to the user or third parties or damage to property. This does not exclude your normal consumer rights. If in doubt, ask before using the pole. Follow the simple yet explicit instructions in this manual to get the best results from your Gaia Pole bar.

This manual presents the instructions for use of the Gaia Pole bars. We present in this manual only the most common cases of misuse. There are a series of possible abuses and errors in each equipment, which are impossible to enumerate, therefore, this manual will mention only the most common ones.

## 2. CAUTIONS

Gaia Pole is not responsible for any damage caused to people or materials resulting from the misuse of our products, incorrect installation and lack of maintenance.

Installation of any bar can cause floor and ceiling damage. Pressure mounted poles are no different. Therefore, when removing your bar, it is possible that you will find a mark, scratch or dent where the bar was.

To install your Gaia Pole bar you will need:

- ✓ Rigid and parallel ceiling and floor. Never install your pole on inclined surfaces, this could pose a risk to your safety and affect the poles rotation system.
- ✓ Homogeneous and regular surfaces.
- ✓ Avoid installing over leaks and floor joints.

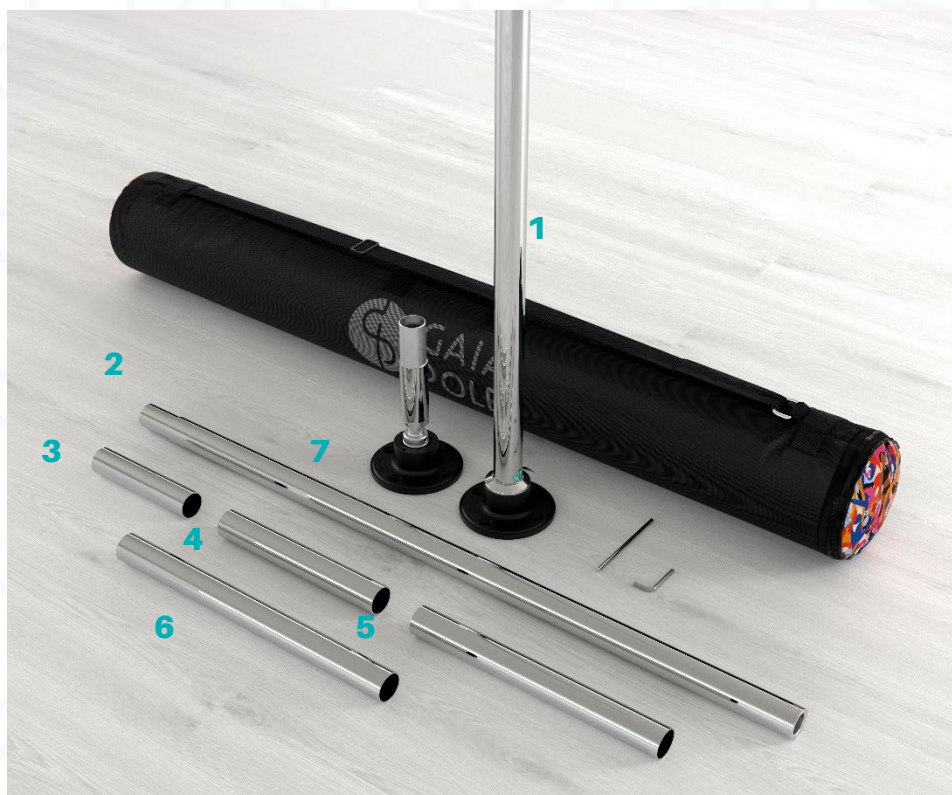
## 3. GAIA POLE STORY

Open the case through the zipper installed at one end to access the parts.

Inside the case you will find the bar arranged in the correct way for storage and transport. (Keep in mind the arrangement of components to store them in the same way after use.)

### INSTALLATION

1. The extensions are fitted to each other for better accommodation in the case, separate all the parts and place them on the floor following the image.

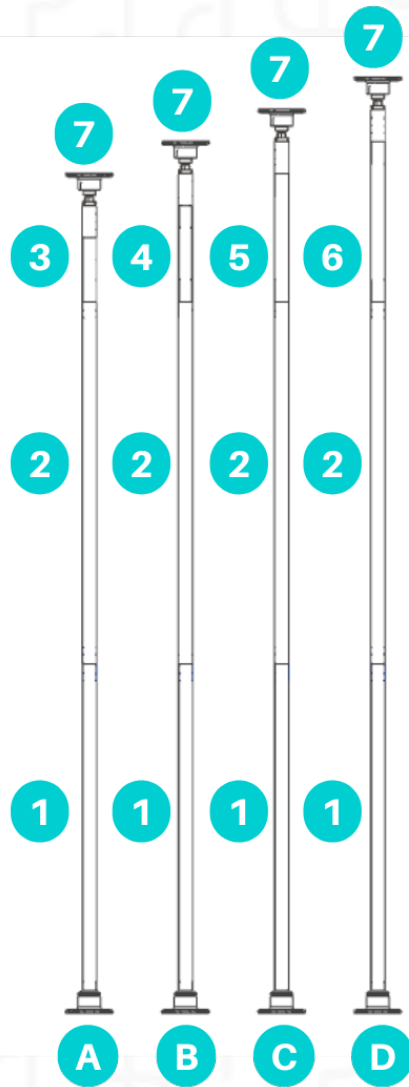


**Attention:** Parts are lubricated with Vaseline to facilitate fitting and removal.

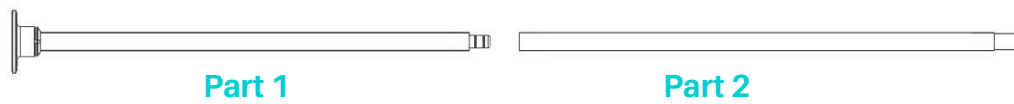
2. Using the height chart, choose the extension cord or extension cords needed to reach the ceiling height.

**HEIGHT CHART**

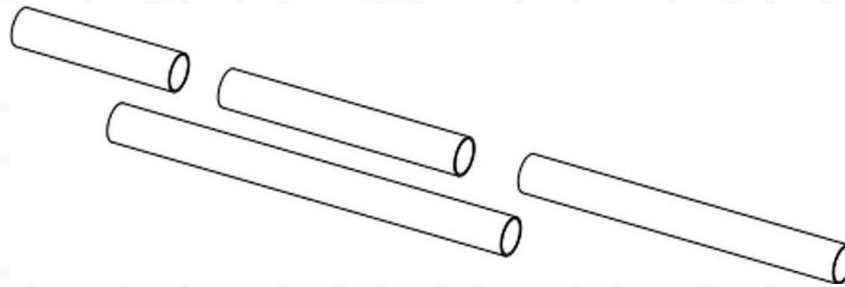
CEILING HEIGHT	ASSEMBLY
A - 2,6m a 2,7m	1 + 2 + 3 + 7
B - 2,7m a 2,8m	1 + 2 + 4 + 7
C - 2,8m a 2,9m	1 + 2 + 5 + 7
D - 2,9m a 3,0m	1 + 2 + 6 + 7



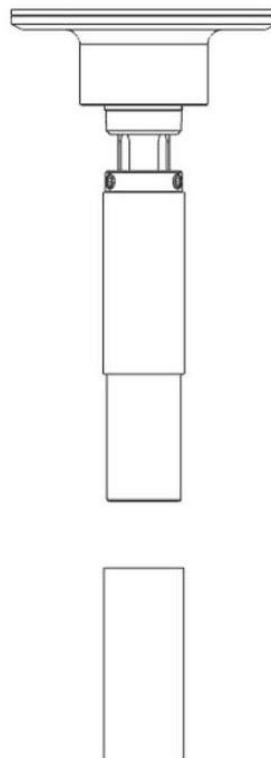
3. Fit part 2 to part 1.



4. Connect the correct extension.



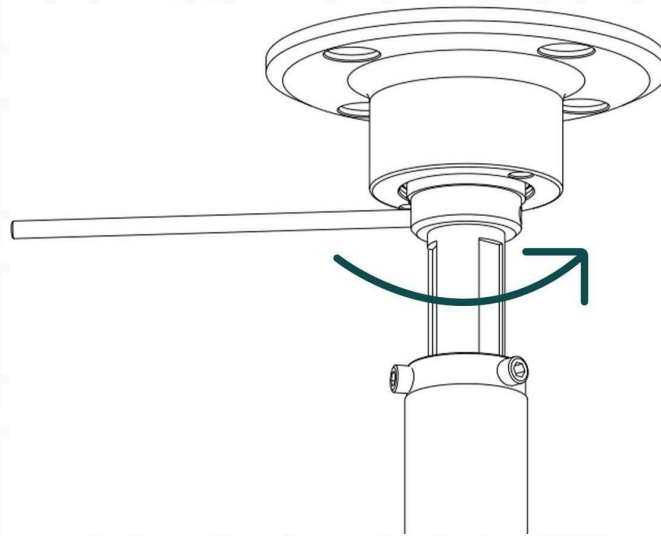
5. Finally, fit the part 7.



6. Position your pole vertically and use the ladder to access the

adjustment point.

7. With the aid of the stainless steel rod, turn the shaft counterclockwise until the upper base completely touches the ceiling.



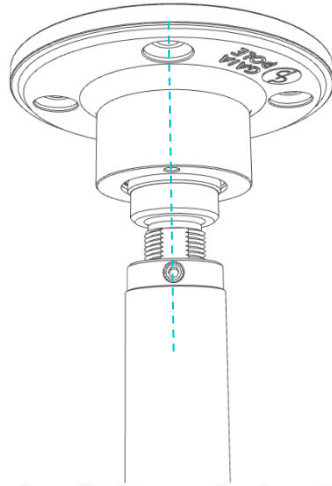
8. Check alignment. Only after your pole is perfectly vertical, continue.
9. Continue rotating until your pole is installed by pressure between the floor and ceiling.

After the upper base is well supported on the ceiling, 1.5 turns of the shaft is enough for your pole to be securely installed.

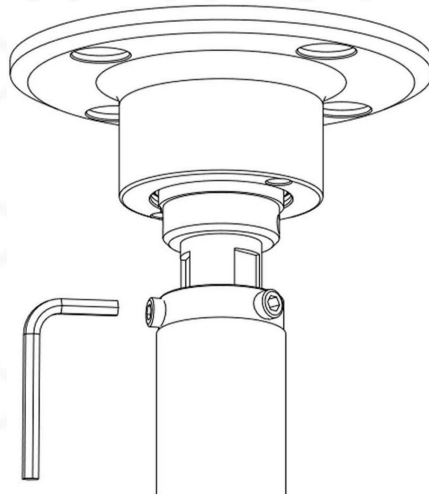
Out of fear, it is common for the user to keep pressing. This process will not damage your pole, however, the higher the installation pressure, the heavier your pole swivel mode will be.

10. Perfectly align the 3 screws with the smooth (non-threaded) part of the shaft.





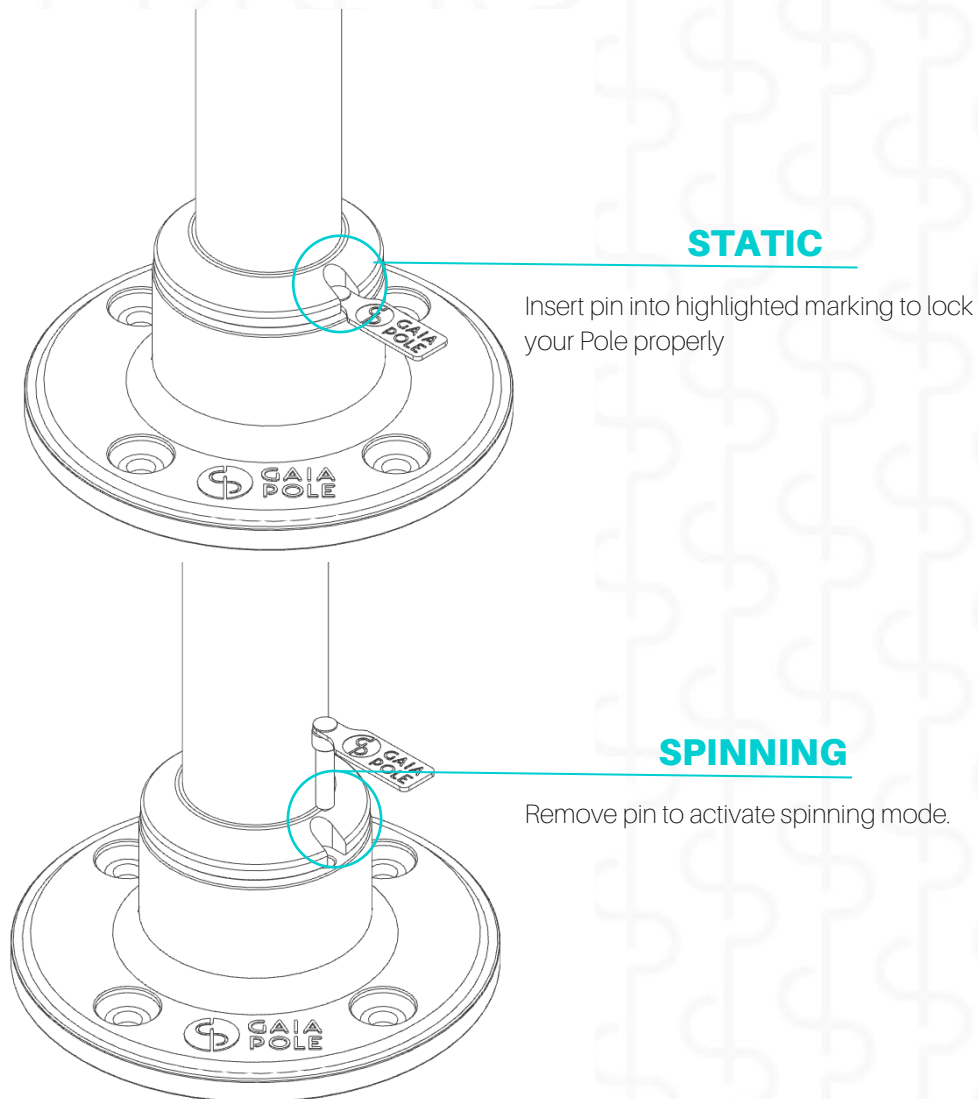
11. With the help of the Allen key, tighten the 3 screws using the wrench in the direction that you can print greater tightening force.



12. Your pole is installed and ready to use.
13. Standing in front of the pole, make sudden movements to test the safety of the installation.
14. To uninstall and store your bar, follow the steps in reverse.

## SWITCHING BETWEEN STATIC AND SPINNING MODES

To unlock your pole simply remove the pin from the bottom base.



If your pole is not rotating homogeneously, that is, it creates a spring effect or resistance to rotation at a certain point, this is an indicator that it is not perfectly vertical or that the floor and ceilings may not be parallel.

In this case, it is recommended to uninstall it and install it again, paying attention to the vertical alignment.

## FAQ

### 1. What should I use to clean my pole?

You should use a clean microfiber cloth with pure alcohol, do not use abrasive material that could scratch your pole.

### 2. Can I let the Pole installed by pressure for an indeterminate amount of time?

Yes. This will not damage the pole. What we recommend, however, is remove and install your pole at least once a month since that procedure will automatically lube the internal components and will avoid moisture oxidation. We also recommended checking the installation's pressure before use, especially after large temperature changes.

### 3. Is it necessary to lube the Pole?

Yes. We recommend lubrication with degreaser in the bearing system (base and ceiling mount) twice a year. This frequency should increase if you are on the coast or in a very humid place.

### 4. Can I install my portable pole anywhere?

No. To install your pole you need to have a rigid floor and ceiling. For example, plaster ceilings or drywall are not appropriate for the installation. In order to have your pole installed in this kind of ceiling you have to find and use the ceiling joists.

### 5. Can I install in external ambients?

You can, but you can damage it if you expose it to water, rain or a high humidity environment. It's better to dry and store it in the hard case after use, or at the ceiling (for the All in one model).

### 6. Which weight the portable pole can take?

Up to 120 kg (264 lbs) of dynamic load, that is, one person in motion.

### 7. Can I bolt-in mount my portable pole?

Yes, you can, our bases and ceiling mount are already prepared to be installed as a permanent mount. You are going to use 5/6 x 50 mm screws and 10 mm screw plugs for that. Keep in mind that you still need to use the three-point pressure release system as in the pressure mount installation in order to get the perfect spin for your pole.

### 8. Do I need to buy extensions to achieve the maximum height of my portable pole?

No, our portable poles have adjustable height and each model comes with all the extensions needed to cover all ranges between the minimum and maximum height for the model. Keep in mind that this range is different for each model.

## 9. What is the maximum ceiling height for the Gaia Pole Story?

The Gaia Pole Story can be used in every range of ceiling height from 2.6 m (8'53") up to 3.0 (9'84"). All the extensions are included, don't need to buy separately.

## 10. How much does Gaia Pole Story weigh?

In the hard case, which is used for transportation and storage, with all the extensions, the Gaia Pole Store weighs 15.8 KG (12.79 lbs).

## 11. What comes with the Gaia Pole Story?

It's included in the box:

- one (1) hard case,
- one (1) lower disc assembly with bearings and pin system shift mechanism
- one (1) main pole
- one (1) 200mm pole extensions
- one (1) 300mm pole extensions
- one (1) 400mm pole extensions
- one (1) 500mm pole extensions
- one (1) upper disc assembly with bearings and triple lock system
- one (1) Allen hex key
- one (1) Stainless steel rod

## 12. How to lock/unlock the pole? (switch from static to spinning mode)

The Gaia Pole Story has a pin system mechanism, you just need to pull the pin to have a spinning pole, put the pin back in and you will have a static mode, no tools needed.

## GOOD TO KNOW

1. **The pole is losing pressure**
  - ✓ Reason: Lack of pressure during installation
  - ✓ How to solve: Re-do the installation with a little bit more pressure, make sure the three screws of the pressure release system are all the way down in the guideline.
2. **The rotation of the pole is heavy**
  - ✓ Reason: Too much pressure during installation, or, pole is not perfectly aligned
  - ✓ How to solve: Re-do the installation with less pressure, 1,5 turns are enough. Keep in mind that the pressure mount poles do not have a free rotation as a permanent mount pole, however when in use the rotation should be perfect smoothly.
3. **The rotation is not perfect, looks like is heavy in one point "swing effect"**
  - ✓ Reason: Pole is not perfectly aligned, or, floor and ceiling are not parallel.
  - ✓ How to solve: Re-do the installation and make sure that it is perfectly aligned.
4. **The three screws of the pressure release system are exposed and the extension cover do not close all the way**
  - ✓ Reason: Screws not in the guideline
  - ✓ How to solve: There are three guidelines in the axle, reposition each screw with this guideline by turning the pole slowly.



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