

# POLE TRACK SYSTEMS

QUICK LOCK POLE: Ceiling Mount | Wall Mount



# C O N T E N T S

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## General Information

### Thank you for choosing Gaia Pole!

Our engineering team invests time and technology in developing safe and high-performance equipment.

To ensure maximum **safety and efficiency** of your pole, it is essential that you read and understand this manual before installation and use.

If you have any questions, contact our technical support before assembling or using the equipment: ✉ [global@gaiapole.com](mailto:global@gaiapole.com)

Feedback and suggestions are always welcome to help us improve our products.

Unrivaled grip. Unmatched spin.  
Undeniably





## Instructions

**⚠ ATTENTION: DO NOT REMOVE FROM THE PACKAGING OR USE YOUR POLE if you have any doubts about assembly or usage.**

The use of the pole occurs beyond Gaia Pole's control, its distributors, and resellers. Therefore, we are not responsible for any accidents, injuries, or property damage resulting from improper installation or incorrect use. This does not affect your consumer rights.

**✦ Before using, make sure you understand all instructions in this manual. If in doubt, contact technical support.**

This manual provides guidelines for the installation and safe use of your Gaia Pole, including common mistakes. However, not all possible misuses can be listed. To ensure safety, follow all instructions carefully.



## Warnings

### **USER RESPONSIBILITY**





Gai Pole is not responsible for any damage to people or materials resulting from misuse, incorrect installation, or lack of product maintenance.

### **Surface Impacts:**

The installation of any pole may cause **marks, scratches, or dents on the floor and ceiling**, especially in pressure models. These effects are normal and may be noticeable when removing the equipment.

### **Installation Requirements:**

To ensure safety and efficiency, the installation site must meet the following criteria:

-  **Rigid and parallel ceiling and floor** – Do not install on inclined surfaces, as this compromises stability and rotation system.
-  **Homogeneous and regular surfaces** – Avoid uneven floors or ceilings that may affect fixation.
-  **Avoid installation over floor joints** – Positioning the pole over gaps between floor sections may compromise adhesion and safety.
-  **Do not install directly on fragile / non structural ceilings** (plastic, wood, plasterboard) – Consult our structural solutions for such cases.



## Quick Lock Pole WALL MOUNT Track System

### PACKAGE CONTENTS

Your Gaia Pole is shipped in a sturdy, sealed cardboard box to ensure the product's integrity.

#### ◆ Included items:

- 1x Allen Key #4
- 10x 10mm Wall Plugs
- 10x 5/16x50mm Screws
- 4x M8x25mm Screws (External Hex)
- 1x Full-Scale Printed Template

⚠ Before starting the installation, make sure all items are present and in perfect condition. If you notice any issues, please contact technical support.



## Quick Lock Pole CEILING MOUNT Track System

### PACKAGE CONTENTS

Your Gaia Pole is shipped in a sturdy, sealed cardboard box to ensure the product's integrity.

◆ Included items:

- 1x Allen Key #4
- 8x 8mm Wall Plugs
- 8x 4.8 x 50mm Screws (Phillips)

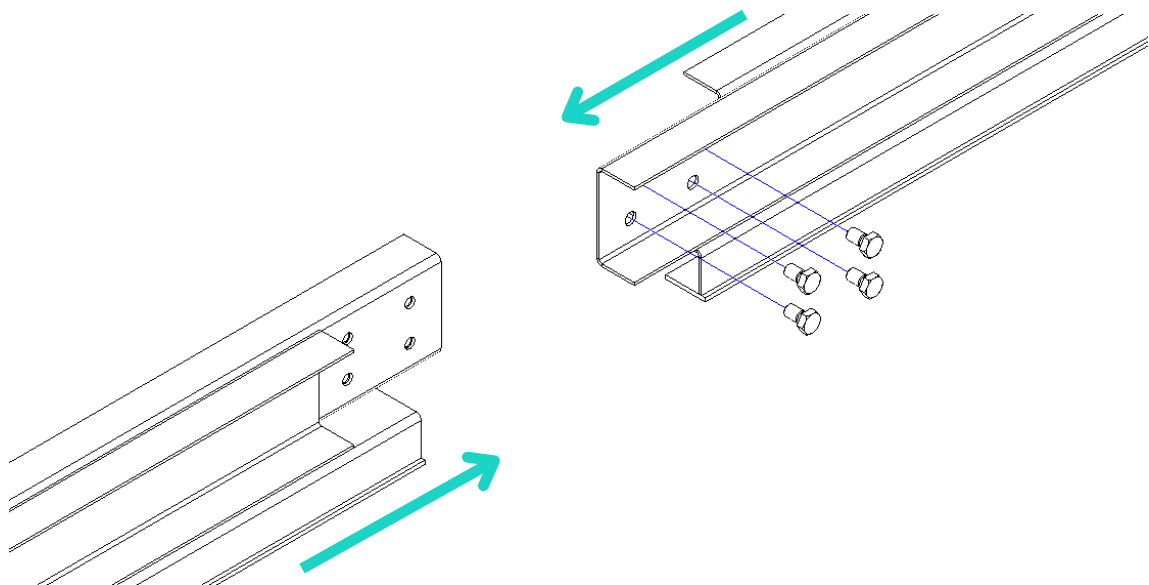
⚠ Before starting the installation, make sure all items are present and in perfect condition. If you notice any issues, please contact technical support.



## INSTALLING THE TRACK ON THE WALLS

### 1. Joining the Track Halves:

- If the track consists of two halves, join them correctly, ensuring a precise fit.
- If the track is a single piece, skip this step.





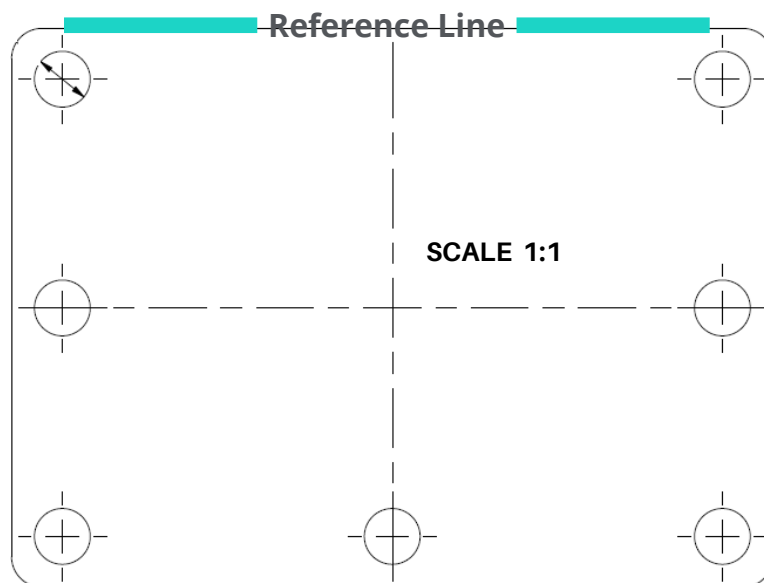


## 2. Marking the Reference Line on the Wall:

- Use a laser level or a spirit level to draw a straight line on the wall.
- The line must be parallel to the floor and positioned at a height equal to or up to 10 cm above the ceiling height specified at the time of purchase.

## 3. Positioning the Template:

- Attach the full-scale template directly over the marked line on the wall, aligning it precisely.
- Ensure that the template is fully stretched and free from misalignments.





## 4. Drilling the Wall:

- Using a drill equipped with a 10mm masonry bit, drill the points indicated on the template.
- Ensure the drill remains perpendicular to the wall to prevent misalignments.

## 5. Inserting the Wall Plugs:

- Insert the 10mm wall plugs into the holes, ensuring they are flush with the wall and properly fitted.

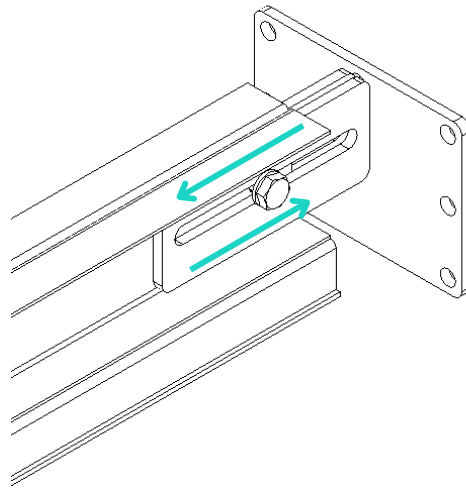
## 6. Securing the Structure:

- Lift the track structure and align it with the drilled holes in the wall.
- Firmly screw the fixed side of the track, ensuring it is properly leveled.



## 7. Adjusting the Movable Part of the Track:

- Slide the movable part of the track until it touches the opposite wall.
- Use a level to ensure the track is perfectly horizontal.
- Mark the drilling points on the movable side.



## 8. Drilling and Securing the Movable Part:

- Using the drill with a 10mm masonry bit, drill the marked points.
- Insert the 10mm wall plugs into the holes and secure the movable part of the track with the appropriate screws.

## 9. Final Locking:

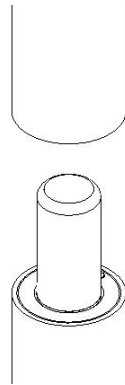
- Using two 17mm wrenches, lock the movable part of the track, ensuring all connections are firm and secure.



## FITTING THE POLE INTO THE TRACK

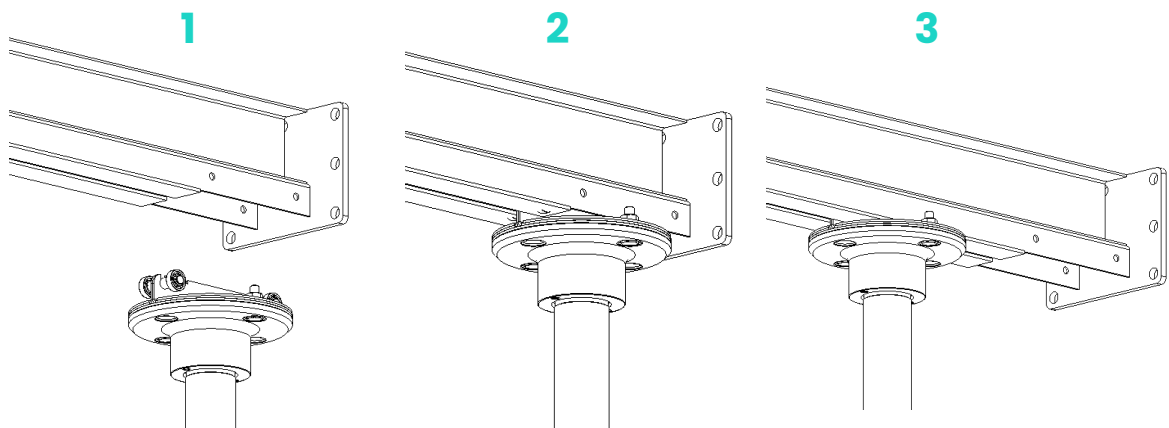
### 10. Connecting the Parts:

- If the pole consists of two parts, connect them firmly, ensuring a secure fit.
- If the pole is a single piece, skip this step.



### 11. Positioning the Pole:

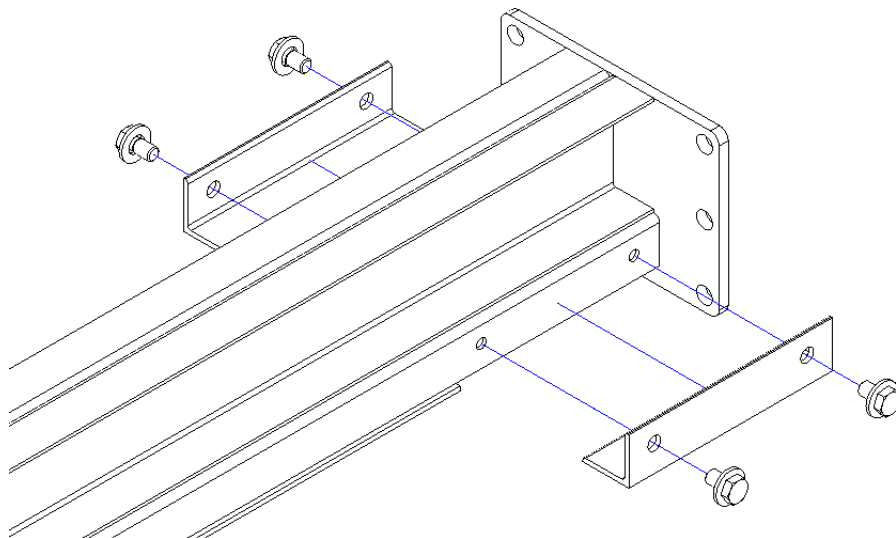
- Position the pole vertically, directly beneath the track.
- Carefully lift it and fit the rollers into the center of the track, ensuring it slides smoothly.





## 12. Installing the Side Guides:

- Screw the side guides onto the track to ensure safety when moving the pole towards the wall.
- Ensure the guides are properly fixed and correctly aligned.



### FINAL NOTES:

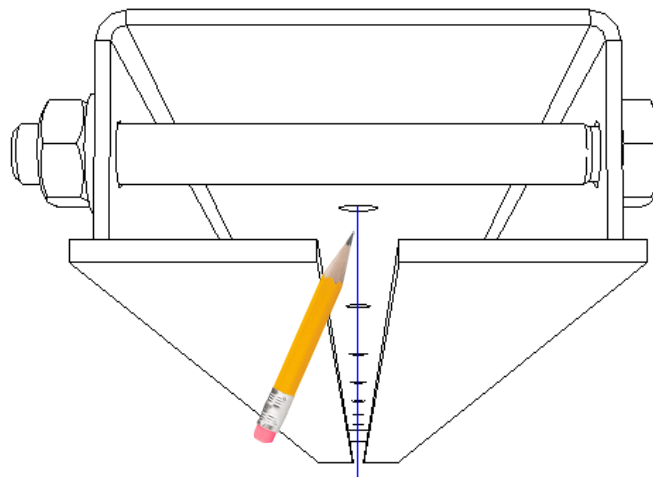
- ✓ Always use personal protective equipment (PPE), such as gloves and safety glasses, during installation.
- ✓ Ensure the structure is leveled and securely fixed before completing the process.
- ✓ If necessary, perform sliding tests to ensure proper functionality.



## INSTALLING THE TRACK ON THE CEILING

### 1. Positioning and Marking the Holes:

- Align the first track in the desired position on the ceiling.
- Use a pencil or marker to mark the drilling points.



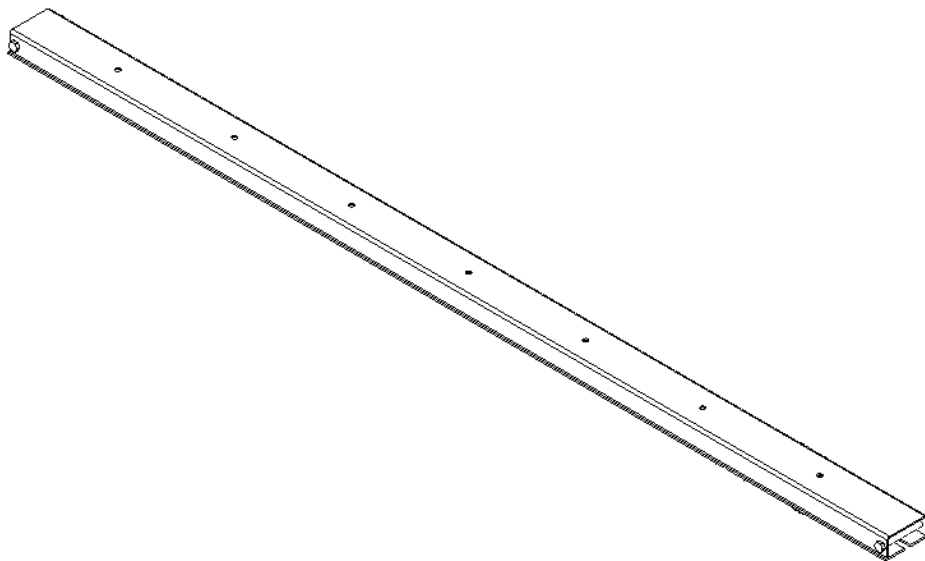
### 2. Drilling and Securing the First Track:

- Using a drill equipped with an 8mm masonry bit, drill the holes at the marked points, keeping the drill perpendicular to the ceiling to avoid misalignments.
- Insert the 8mm wall plugs into the holes, ensuring they are securely fitted.
- Lift the track and fix it to the ceiling using the appropriate screws, ensuring a tight fit.
-



### 3. Positioning and Securing the Second Track:

- Align the second track so that it fits perfectly and is aligned with the first one.
- Mark the drilling points according to the track holes.
- Repeat the drilling process, inserting the wall plugs, and securing with screws, ensuring both tracks are aligned and leveled.

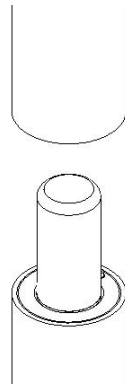




## FITTING THE POLE INTO THE TRACK

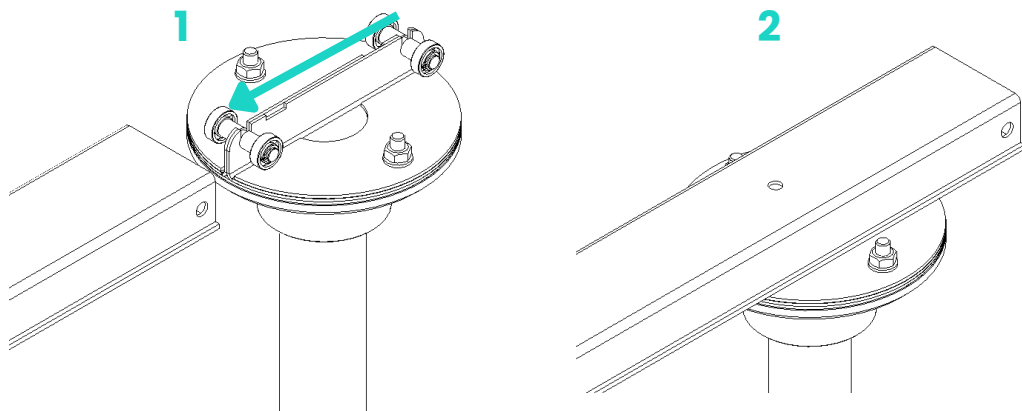
### 4. Connecting the Parts:

- If the pole consists of two parts, connect them firmly, ensuring a secure fit.
- If the pole is a single piece, skip this step.



### 5. Fitting the Pole into the Track:

- Position the pole vertically, directly below the track, ensuring it is correctly aligned.
- Lift the pole and fit the rollers into the center of the track, ensuring smooth sliding without obstructions.

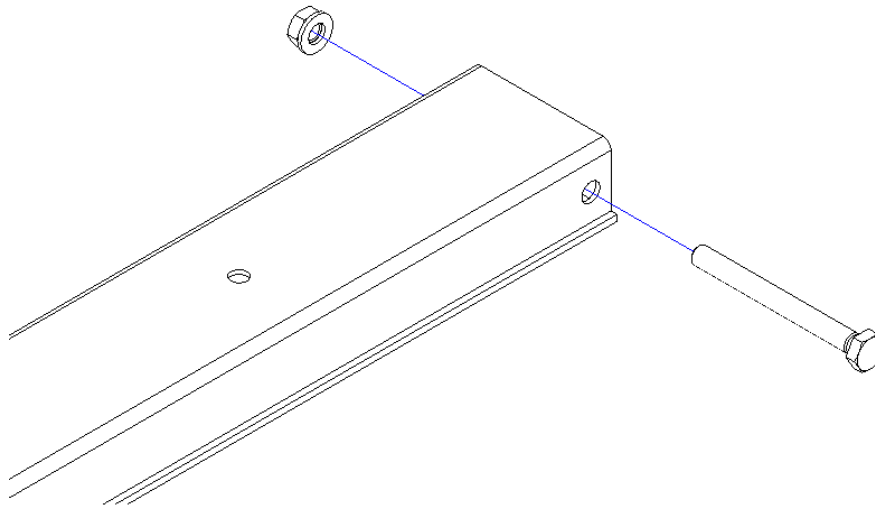






## 6. Final Adjustment:

- Slide the pole along the track, ensuring it is fully connected and moves freely.
- Install the track stopper, securing it in the proper position to limit the pole's movement and ensure operational safety.



### FINAL NOTES:

- ✓ Always use personal protective equipment (PPE), such as gloves and safety glasses, during installation.
- ✓ Ensure the structure is leveled and securely fixed before completing the process.
- ✓ If necessary, perform sliding tests to ensure proper functionality.



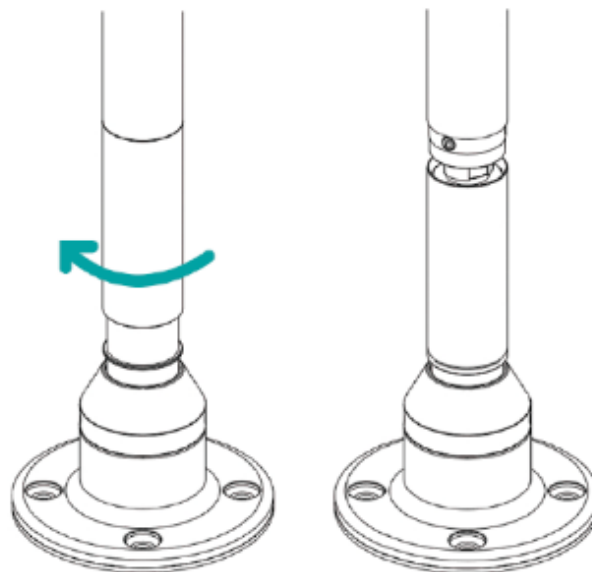
## INSTALLING AND REMOVING THE POLE

### 1. Moving and Positioning the Pole:

- Slide the pole smoothly along the track, ensuring the rollers are properly aligned and move freely without obstructions.
- Continue moving the pole until it reaches the exact desired position for installation and use.
- Make sure the pole is leveled and correctly adjusted before proceeding with the installation.

### 2. Removing the Protective Cover:

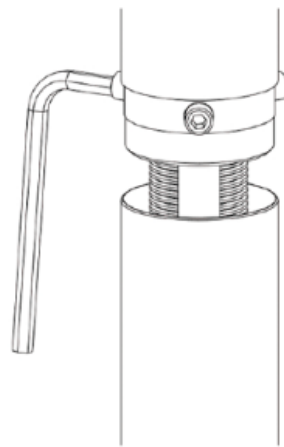
- Locate the protective cover at the bottom of the pole and rotate it clockwise to remove it.





### 3. Releasing the Safety Locks:

- Using the Allen Key #4, loosen the three fixing screws counterclockwise. It is not necessary to remove them completely, just enough to allow for adjustment.



### 4. Expanding the Pole:

- Hold the bottom base and rotate the pole counterclockwise, using Part 1, until the bottom base touches the floor.

### 5. Checking Verticality:

- Use a level measuring tool to ensure the pole is properly leveled and perfectly perpendicular to the ground. If necessary, adjust the position before continuing.

### 6. Pressure Fixation:

- Continue rotating the pole until it is firmly fixed between the floor and ceiling using the pressure mechanism.



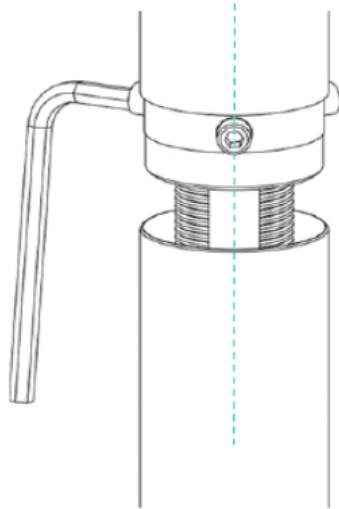
## **Attention**

After the bottom base is firmly supported on the floor, rotate the screw another one and a half turns to ensure a secure fixation of the pole. Many users tend to over-tighten as a precaution. While this procedure will not damage the structure, excessive pressure may increase the resistance in spin mode, making it heavier to use.



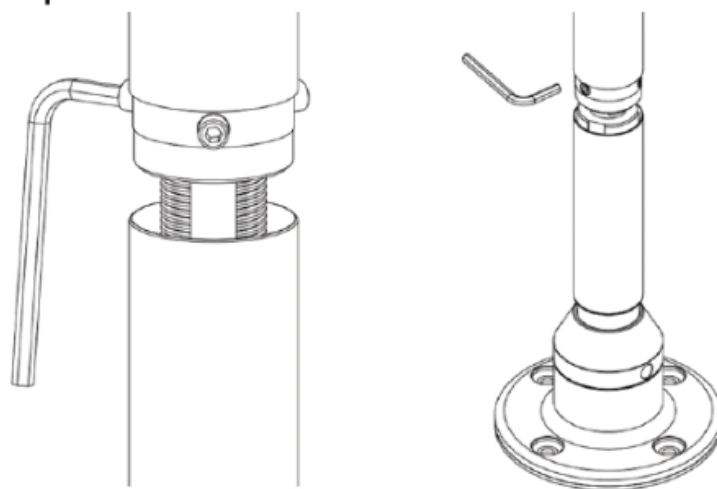
## 7. Positioning the Safety Locks:

- Align the three safety screws with the smooth (non-threaded) part of the shaft.



## 8. Securing the Safety Locks:

- Once aligned, use the Allen key to tighten them clockwise, applying force to ensure proper fixation.



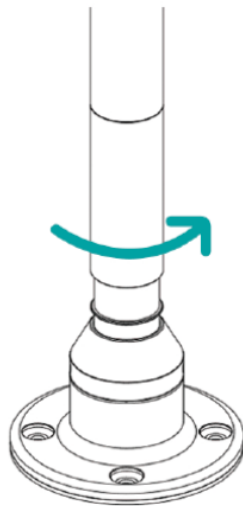


## 9. Stability Check:

- Carefully test the stability of the pole by applying pressure in different directions. The pole should remain firm and not move. If you notice any instability, repeat the adjustment process.

## 10. Finalizing the Installation:

- Reattach the protective cover to the bottom of the pole and rotate it counterclockwise until it is securely fixed.



### **Important**

If you are unable to replace the protective cover, return to Steps 08 and 09. It is essential that the three screws are properly aligned with the smooth part of the thread to ensure proper installation.

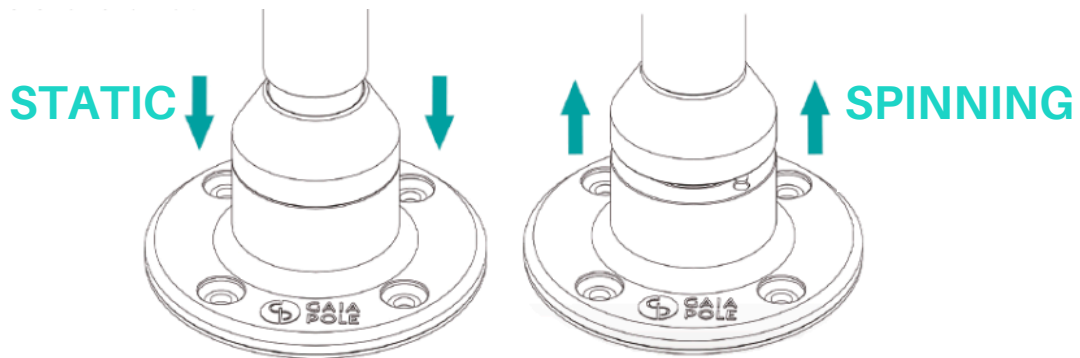
## 11. Safety Test:

- After installation, position yourself facing the pole and make abrupt movements to test its stability and safety.



## Alternating between Static and Spinning modes

To activate the spinning mode, lift the lock. To set the pole to static mode, lower the lock until it clicks into place.



If your pole is not spinning smoothly and evenly, or if you experience resistance, check for:

**Improper alignment:** Ensure the pole is perfectly vertical, and the floor and ceiling are parallel. If necessary, reinstall the pole, paying special attention to Step 12.



## Frequently Asked Questions

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

Use 92% alcohol or isopropyl alcohol with a clean cloth or towel to effectively remove dirt and residue without damaging the finish.

### 2) Can I leave the pole installed by pressure indefinitely?

Yes, but it is recommended to remove and reinstall it every 15 days to avoid moisture buildup, which can cause oxidation. Also, periodically check the pressure, as temperature variations can affect it.

### 3) Do I need to lubricate the pole?

Annual lubrication with a degreaser like WD-40 is recommended. In humid or marine environments, more frequent lubrication may be necessary.

### 4) Can I install my pole on carpet?

Yes, but ensure the flooring is stable enough to withstand the pressure exerted during installation.





## 5) Can I install my pole on plaster, PVC, Styrofoam, or wood ceilings?

The pole must be installed between two rigid surfaces for safety. If you have a fragile ceiling, consult structural reinforcement solutions.

## 6) Can my pole be installed outdoors?

No, continuous exposure to rain or excessive humidity can damage the bearings and internal components. Installation should be indoors.

## 7) How much weight can the pole support?

All our poles are designed to withstand up to 120kg of dynamic load (moving weight) to ensure user safety.

## 8) My pole is pressure-mounted. Can I screw it into the floor and ceiling?

Yes. The pole includes screw holes for extra fixation. If you choose to screw it in, install it using pressure first, then secure it with screws 5/16 x 50mm screws and 10mm screw anchor.

### **Attention**

If you choose to screw your pressure-mounted Pole into place, it must first be installed using the pressure system, following the steps in this manual. Only then should it be screwed in. Otherwise, it may spin loosely at the joint between parts.



## Common Mistakes

### 1) Pole loosening during use (losing pressure).

**Cause:** Installation of the pole with inadequate pressure.

**Solution:** Reinstall the pole, applying slightly more pressure to ensure a secure fixation.

### 2) Side screws not fully entering.

**Cause:** Screws tightened out of proper alignment.

**Solution:** Reposition the screws, ensuring they are aligned with the smooth (machined) part of the shaft. This will allow for proper fixation.

### 3) Pole with heavy spin.

**Cause:** Excessive pressure during installation.

**Solution:** Reinstall the pole, adjusting the shaft pressure to a maximum of 1.5 turns. This will ensure a secure installation while keeping the spin smooth. It's important to note that pressure-mounted poles do not have a completely free spin, like screw-in models. This is a characteristic of pressure-mounted poles. However, when using it, the spin should be normal unless the installation is excessively tight.

### 4) Spin with a "spring effect," meaning it feels heavy at certain points during the spin.

**Cause:** Uneven installation. The pole may not be completely vertical, or the floors (floor and ceiling) may not be parallel.

**Solution:** Reinstall the pole, ensuring precise alignment. Make sure the shaft is vertical and that the installation surfaces (floor and ceiling) are parallel.

Unrivaled Grip. Unmatched Spin.  
Undeniably




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POLE

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