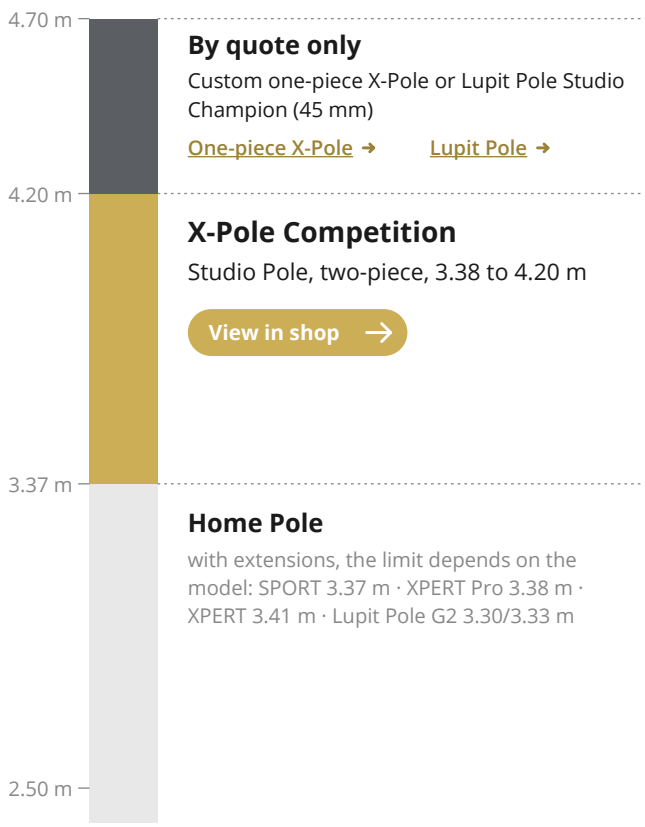
QUESTIONS AND ANSWERS

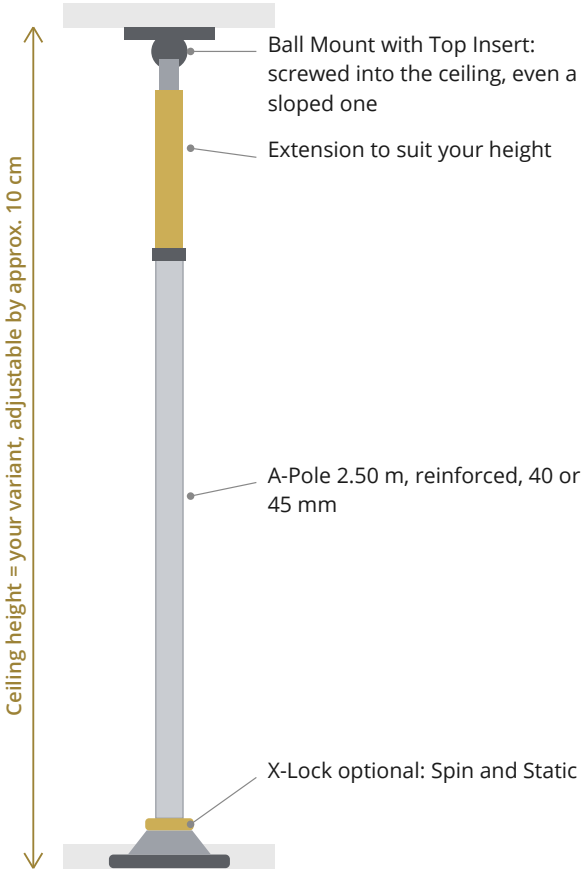
High ceiling?

The right pole for rooms over 3.37 m

Which pole for which height?



How the Competition is built



Do not extend a Home Pole any higher

With one more extension it is no longer stable, and safe training is not possible.

How to measure



- where the pole will stand
- ideally with a laser

Made for you

mm

No exchanges, no returns. If the height doesn't fit later, you replace the upper extension.

Competition Extension →

Will your ceiling hold?

The Studio Pole is screwed into the ceiling, so drilling is a must.



Concrete

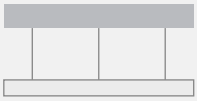


Wooden joists



Drywall

only with a joist above



Suspended ceiling

difficult

Included

Ball Mount (ceiling mount)

Ball Mount dimensions (PDF) →

Not included

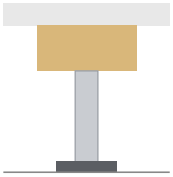
Screws and anchors, as they depend on your ceiling

Concrete mounting kit → Wood mounting kit →

We can't give a binding remote assessment of whether your ceiling will hold. If in doubt, ask a professional on site.

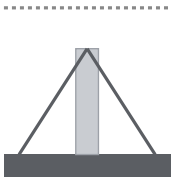
Other options

Your ceiling is up to 30 cm too high



A wooden beam screwed firmly to the ceiling lowers it, so a Home Pole fits. At least 28 cm wide (X-Pole Upper Dome).

You're not allowed to drill



Then a stage is the answer: it's freestanding, needs no ceiling at all, but takes up space (1.60 m platform).

X-Stage →

How to order

1. **Choose your variant** — Height, diameter, finish, X-Lock
2. **Send a request** — On the product page or by email
3. **Prepayment** — PayPal or bank transfer, no installments
4. **Production and delivery** — Delivery time is shown on the product page

A studio with several poles? We'll make you a custom quote.

What we need for your quote

- ☐ Exact height, floor to ceiling
- ☐ Ceiling: concrete, wood, drywall, suspended?
- ☐ Are you allowed to drill?
- ☐ Diameter 40 or 45 mm
- ☐ Finish and X-Lock yes/no
- ☐ For ordering: your address

service@polesportshop.de

Go to X-Pole Competition →