



HEPRO
-easy life

HEPRO GRIPO ALU

**ASSEMBLY GUIDE
SUPPORT POLE**



- 1 Set the bar on the base plate and put the top plate in place.



- 2 Position bar in a suitable place.
- 3 Lift the foot pedal.
- 4 Open the quick release.

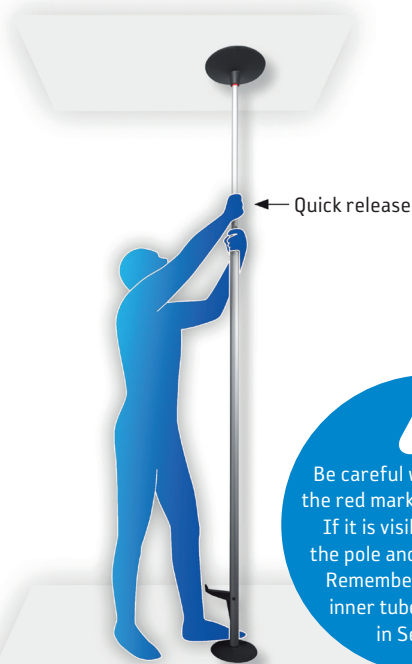



- 5 Rotate the inner tube to the left, so that the resistance is large enough that the inner tube does not fall into the outer tube, but "stands by it self".



- 6 Extend the bar to the top plate reaches the ceiling when engaged by lifting the inner tube out of the outer tube. Press the outer tube down simultaneously.

When the top plate reaches the ceiling rotate the inner tube further to the left so that it locks the tube




Be careful when using that the red marking is not visible. If it is visible - take down the pole and set it up again. Remember to rotate the inner tube as described in Section 6.



7 Lock the quick release.

8 Press the foot pedal.

9 Check that the red marking is no longer visible. If visible, start again from point 2.

Disassembly: Open the quick release (figure 4), and extend the foot pedal (figure 3). If necessary, rotate the inner tube to the right.



HEPRO AS
Øvermoan 9, 8250 Rognan - Norway
Tlf: +47 75 69 47 00 • Epost: marked@hepro.no
hepro.no