Portable Dance Pole Dancing Spinning Home Gym Fitness

RRP: $519.95

With this amazing portable dance pole you will bring your workout routine to a whole new level right in your own home!

Whether you're a fitness enthusiast, a dancer or just want to have fun, this exciting portable dance pole is designed just for you! This sturdy and durable exercise enhancer is professional grade and is perfect for the beginner, amateur as well as the professional dancer.

This versatile must-have for your home gym is ideal for spinning or static workouts. The pole can lock and unlock in mere seconds for quick switches between the two modes. The high-grade electroplated chrome finished pole is 45mm in diameter. Your package includes two extensions for height adjustment and fits ceilings from 2.23m to 2.74m tall. Set up is quick and easy. The pole is not affixed to the ceiling and can be dissembled in minutes and stored away.

The pole is safe and reliable and will stand up to the test of time. Anti-slip silicone rubber is fitted on the base and extra-wide support dome. This pole will stand up to the most rugged workout and professional dancing routine. To make certain that your pole provides you with a smooth and quiet operation, a high density sealed bearing is a standard feature.

Features:

- Perfect for static and spinning workouts
- Height adjustable
- Electroplated chrome finish
- Safe - Extra-wide top dome, anti-slip base
- Fits ceilings 2.23m to 2.74m

Specifications:

- 45mm diameter pole
- 2 main poles
- 2 extensions (250mm and 125mm)
- Pole tools and flange nuts included
- High density sealed bearings standard
- Tube thickness: 2.0mm
- Screw thread: 200mm

Note: Pole dancing is physically strenuous and is not for everyone especially pregnant women and those who suffer from neck or back problems. Do not attempt using the pole for upside down position exercising without someone spotting you. Make sure you have clean dry hands that are free of moisturizers, lotions and oils when working out with the pole.