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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



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.

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