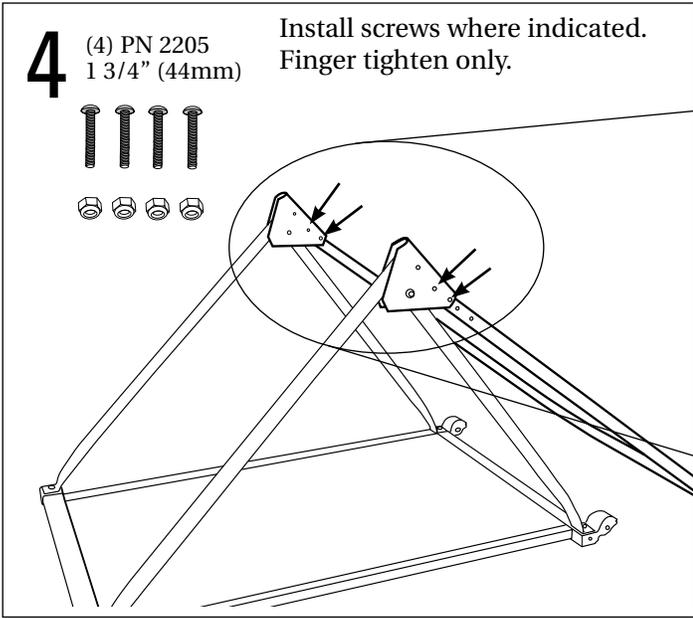


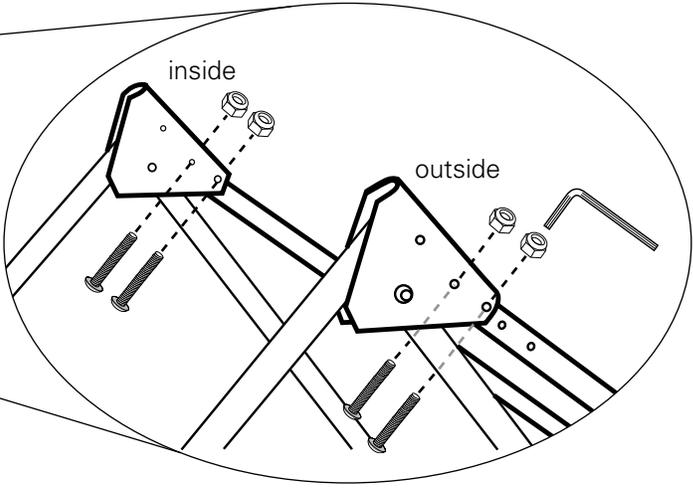
Install nuts to the outside of the floor stand.  
Finger tighten only.

**4** (4) PN 2205  
1 3/4" (44mm)

Install screws where indicated.  
Finger tighten only.

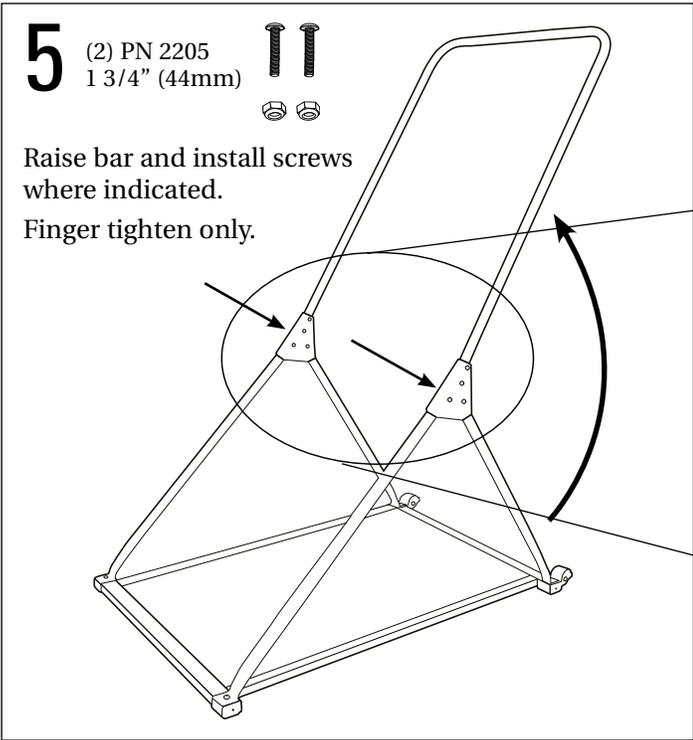


**Note:** Nuts should be installed on the outside of the floor stand.

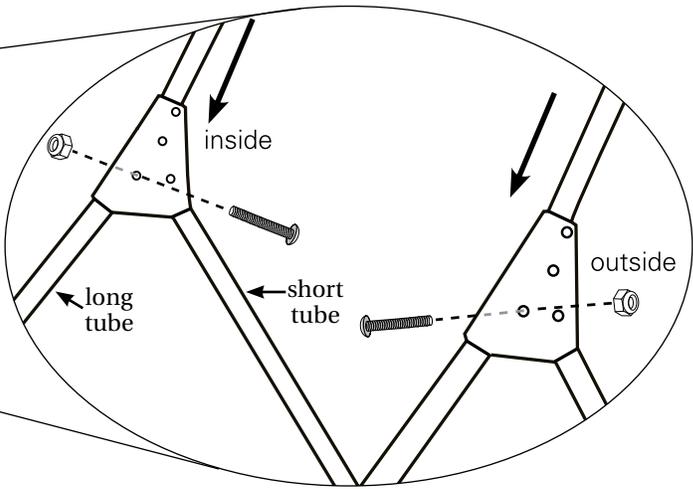


**5** (2) PN 2205  
1 3/4" (44mm)

Raise bar and install screws where indicated.  
Finger tighten only.

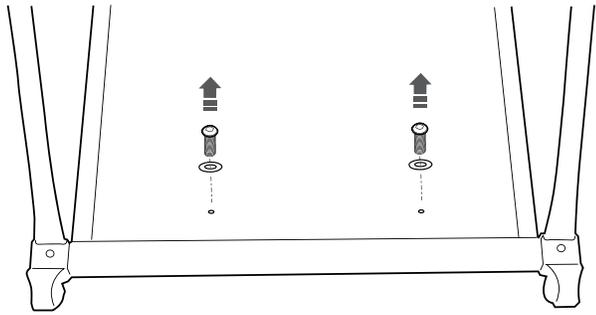


**Note:** Nuts should be installed on the outside of the floor stand.

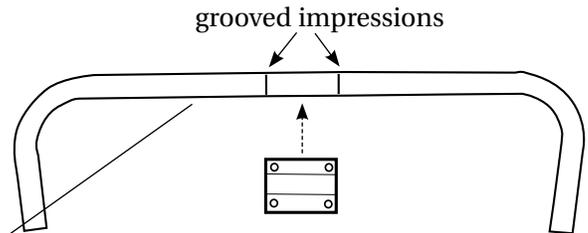


**Helpful Hint:** It will be helpful to have another person hold the SkiErg in place during the following steps.

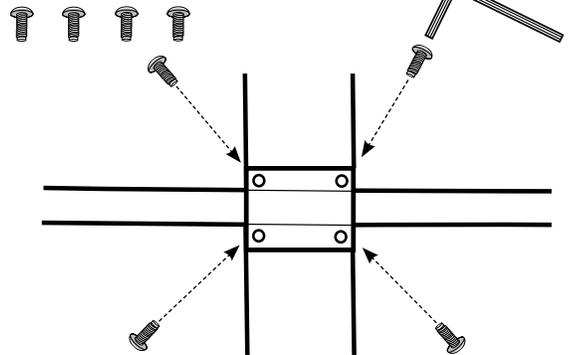
**6** Remove two screws and washers (before SkiErg is put into place on the floor stand).



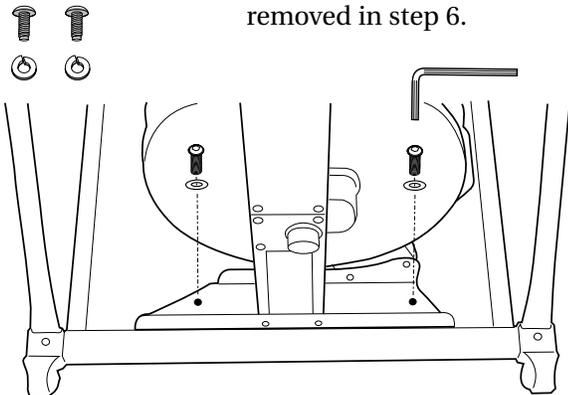
**7** Center bracket between the grooved impressions circling the bar.



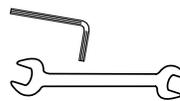
**8** (4) PN 1253 5/8" (16mm)



**9** (2) PN 1248 3/4" (19mm) Install SkiErg on floor stand using the screws and washers removed in step 6.



**10** Completely tighten all fasteners.



SkiErg:  
65 lbs/29.5 kg

Floor Stand:  
60 lbs/27 kg

