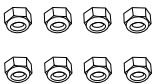


**Parts Bag**

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



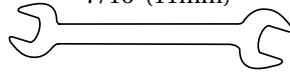
(8) PN 1235



PN 1285



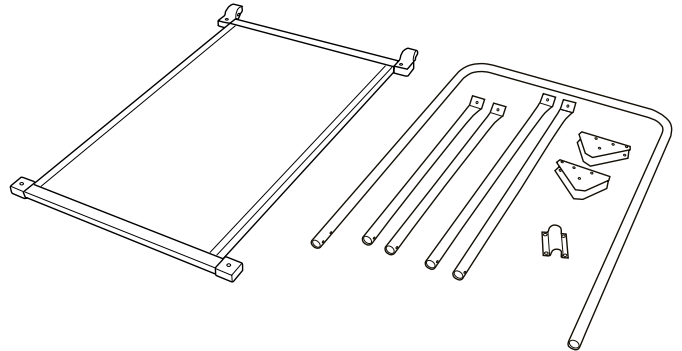
PN 1291 wrench  
 7/16" (11mm)



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



**SkiErg Parts**

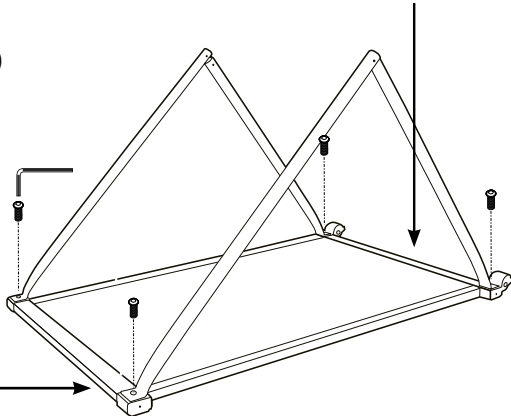


**Helpful Hint:** Read through instructions before beginning assembly. It will be helpful to have another person help with assembly and installation.

**1** Install the short tubes at the caster wheel end of the base.

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

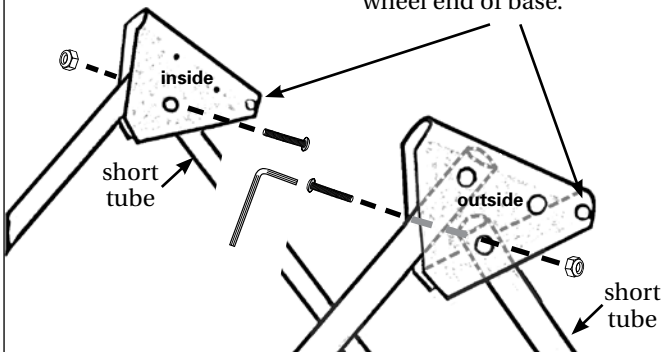
Install the long tubes at the other end of the base.



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

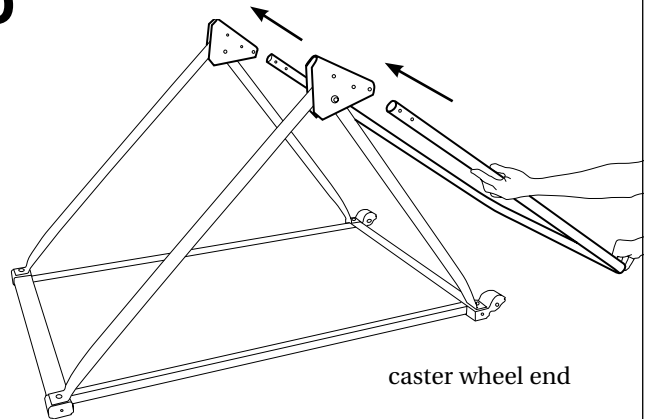


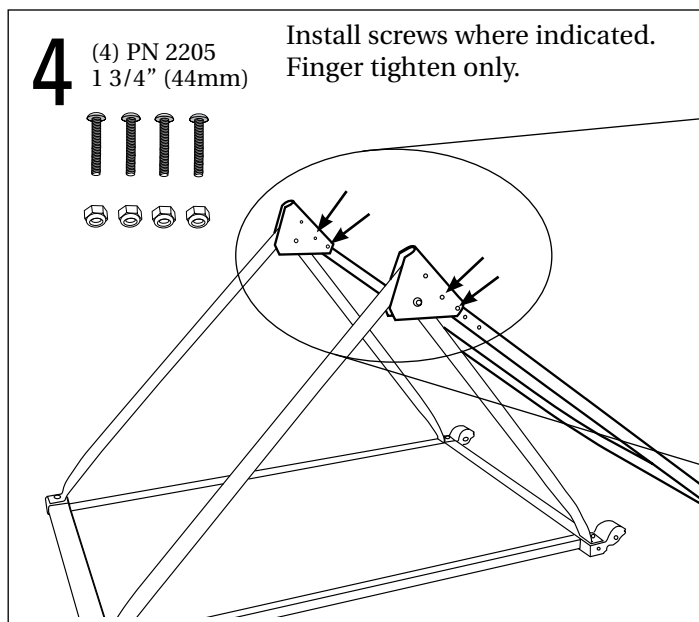
This hole toward caster wheel end of base.



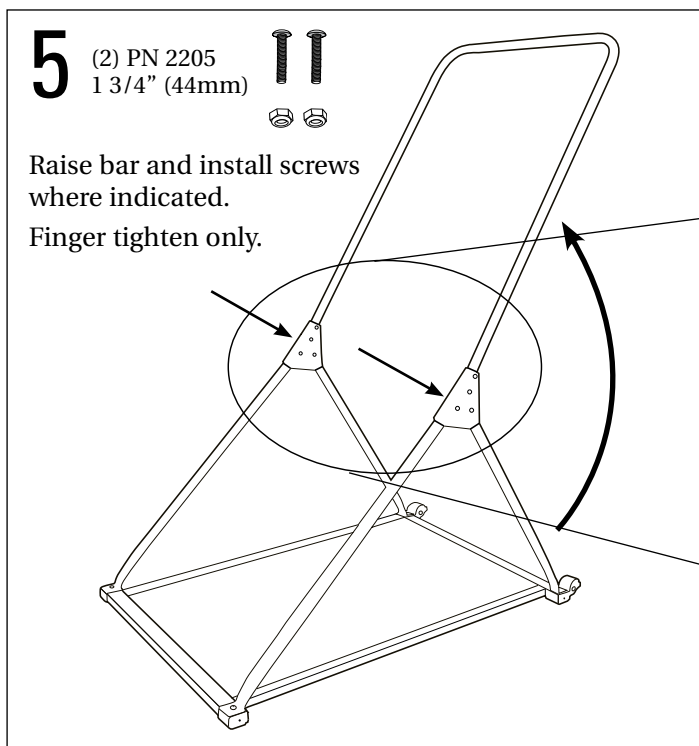
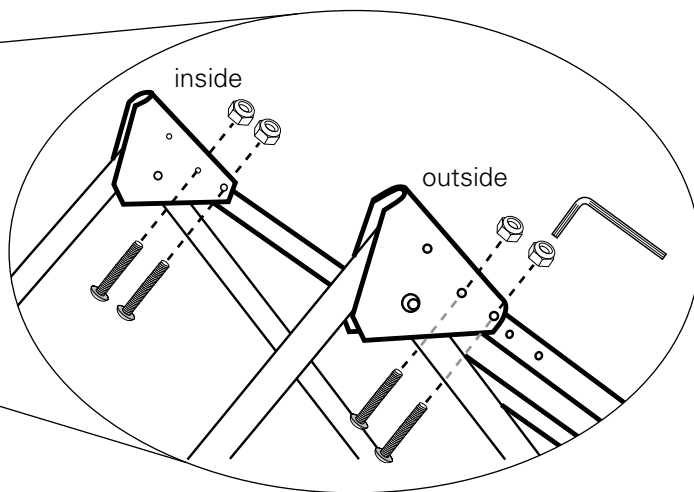
Install nuts to the outside of the floor stand.  
 Finger tighten only.

**3**

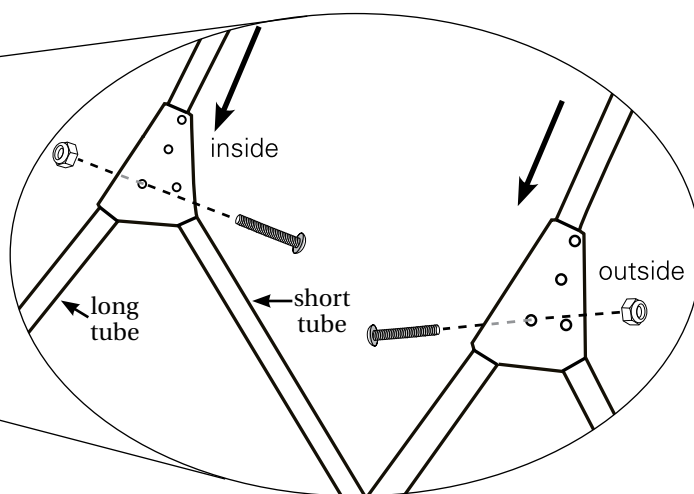




**Note:** Nuts should be installed on the outside of the floor stand.

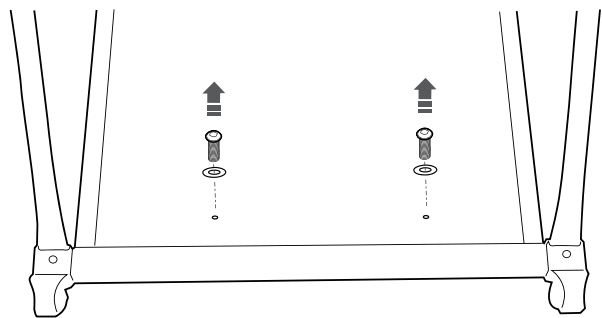


**Note:** Nuts should be installed on the outside of the floor stand.

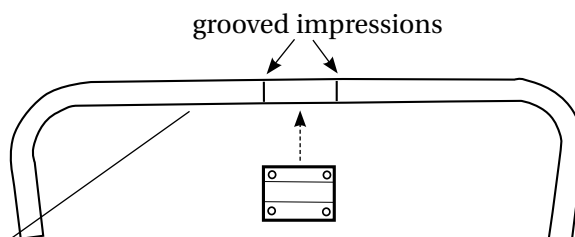


**Helpful Hint:** It will be helpful to have another person hold the SkiErg in place during the following steps.

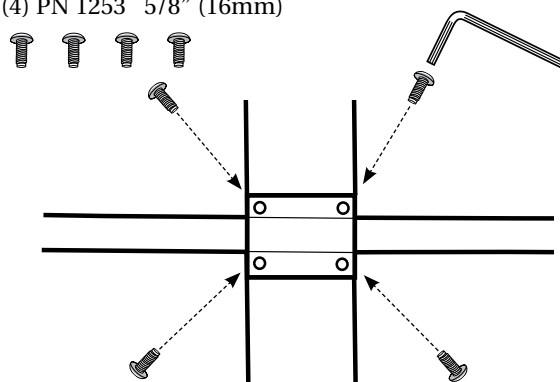
- 6** Remove two screws and washers (before SkiErg is put into place on the floor stand).



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



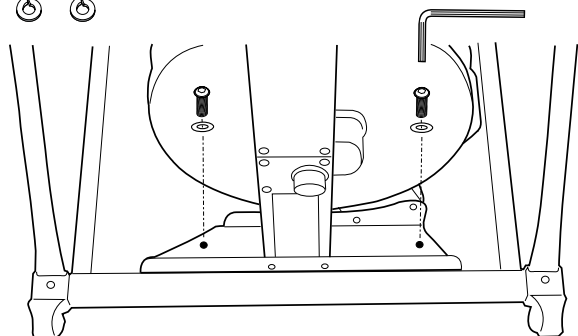
- 8** (4) PN 1253 5/8" (16mm)



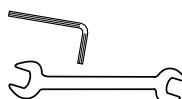
- 9** (2) PN 1248 3/4" (19mm)



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

