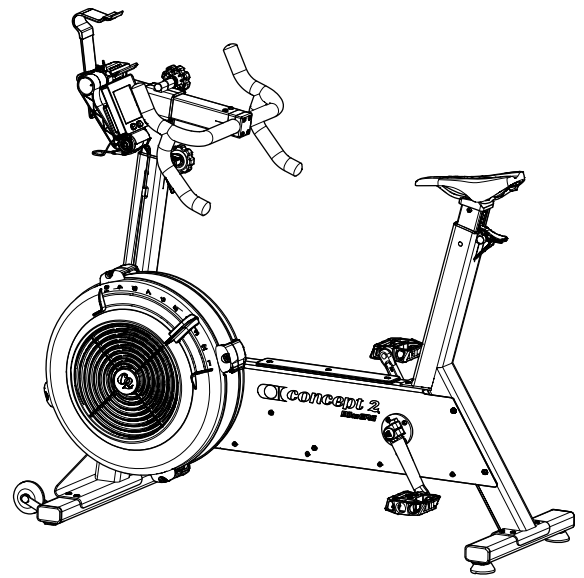
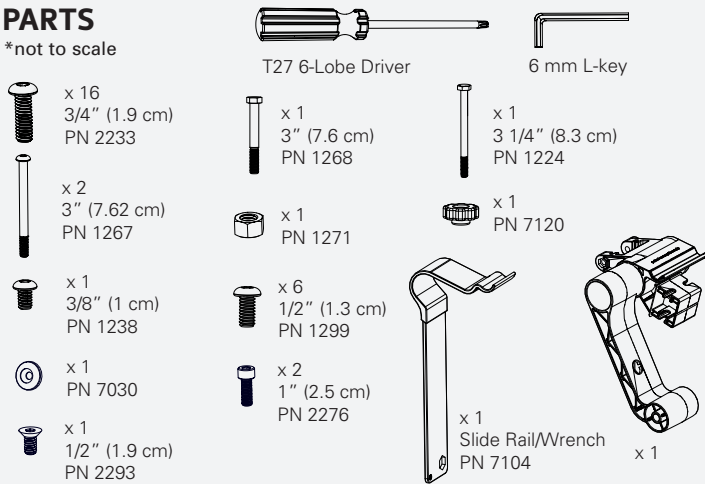


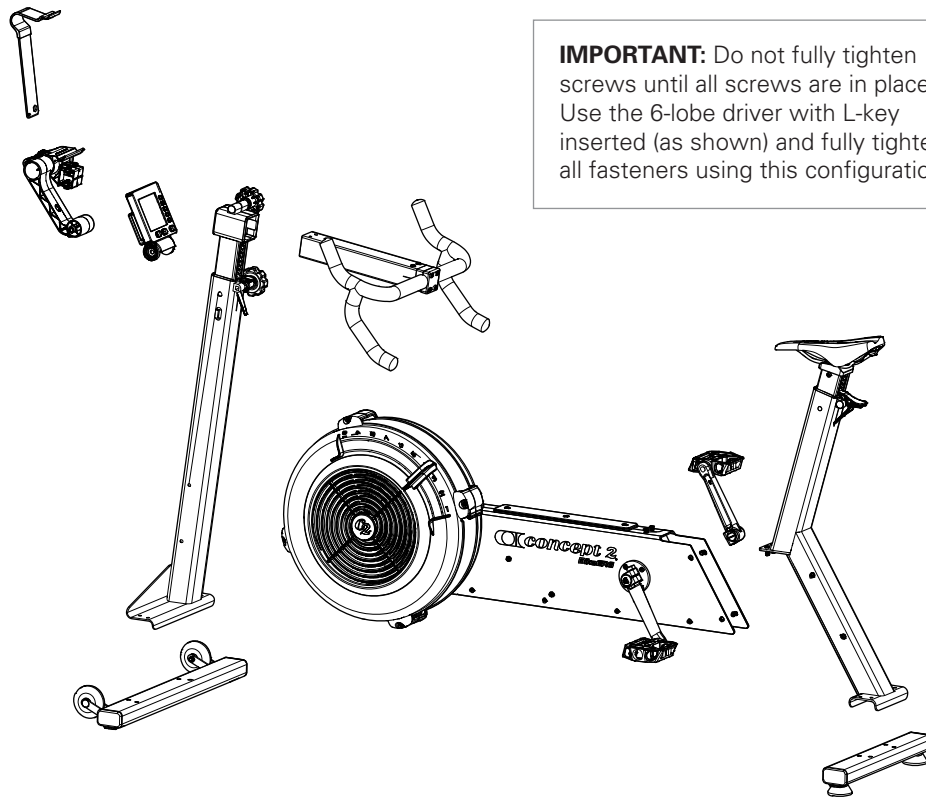
concept 2 *BikeERG* ASSEMBLY INSTRUCTIONS

PARTS

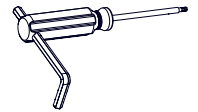
*not to scale



BikeErg weight: 58 lb (26 kg)
 Space required for use (training area): 48 in x 60 in (122 cm x 152 cm)



IMPORTANT: Do not fully tighten screws until all screws are in place. Use the 6-lobe driver with L-key inserted (as shown) and fully tighten all fasteners using this configuration.

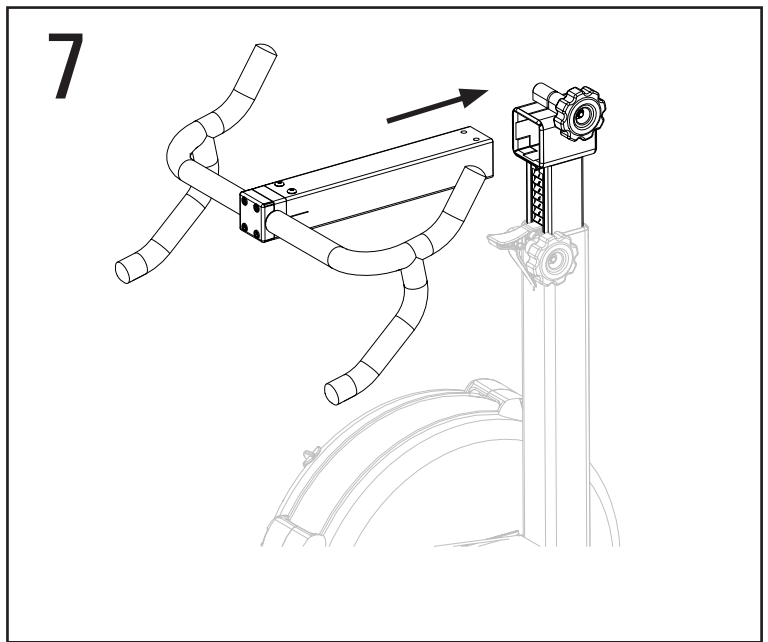
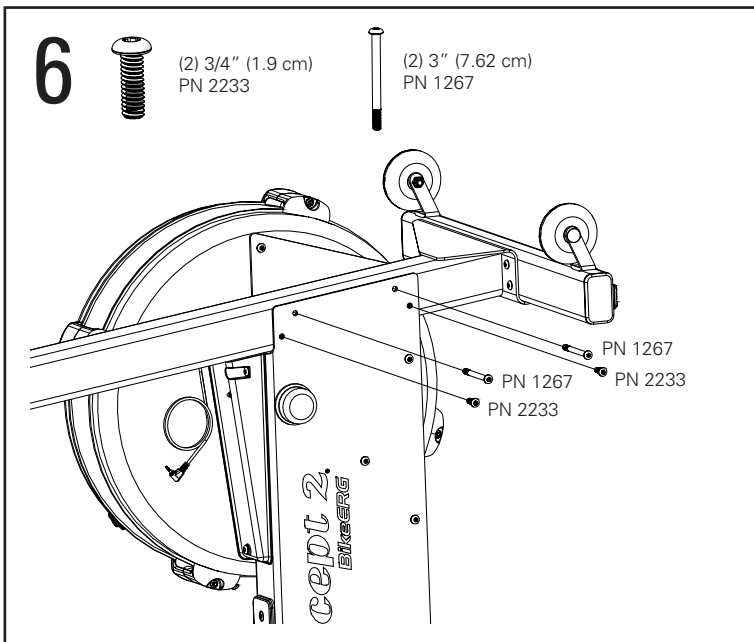
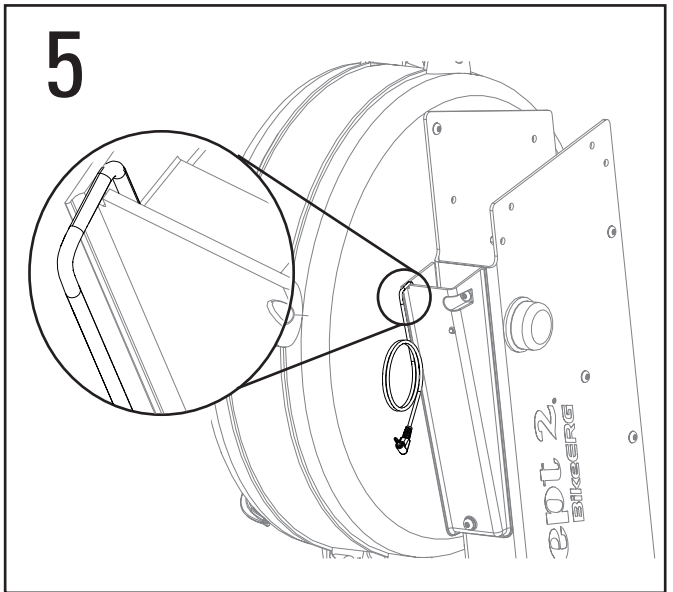
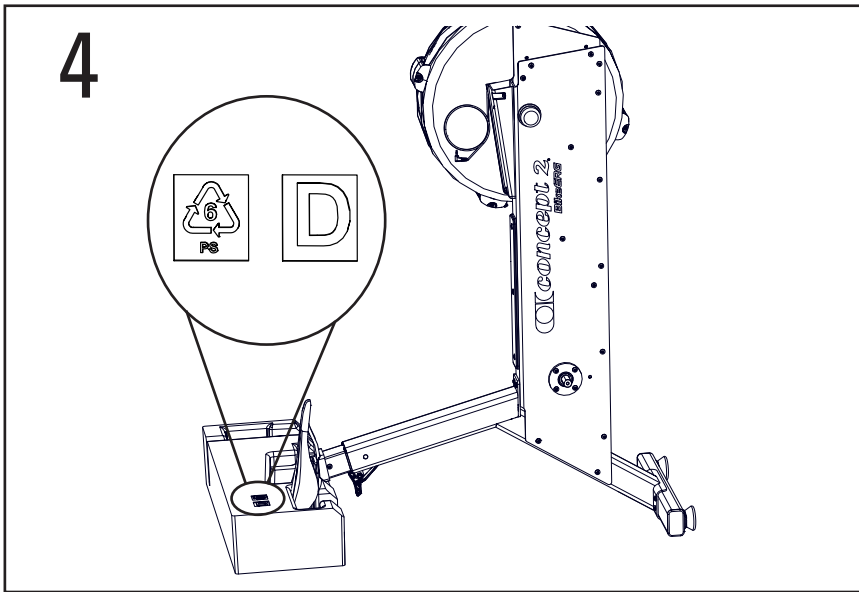
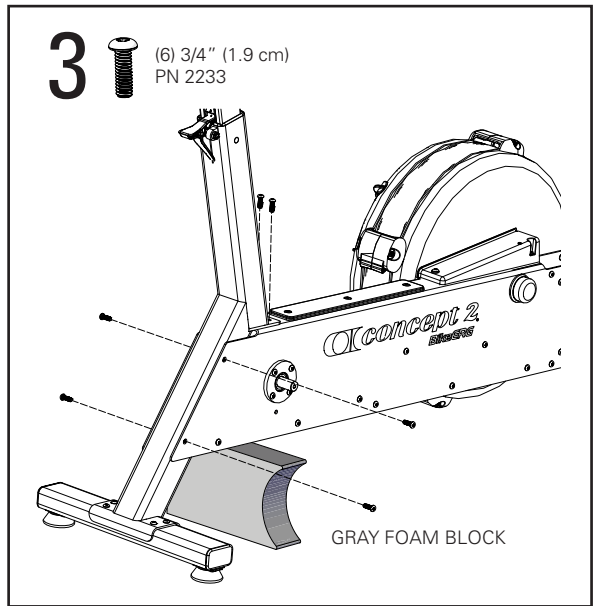
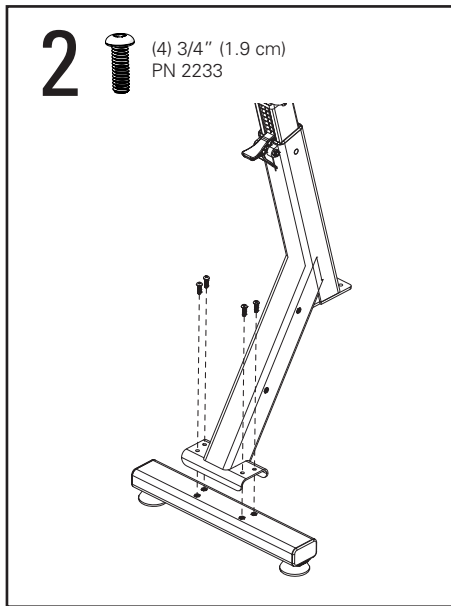
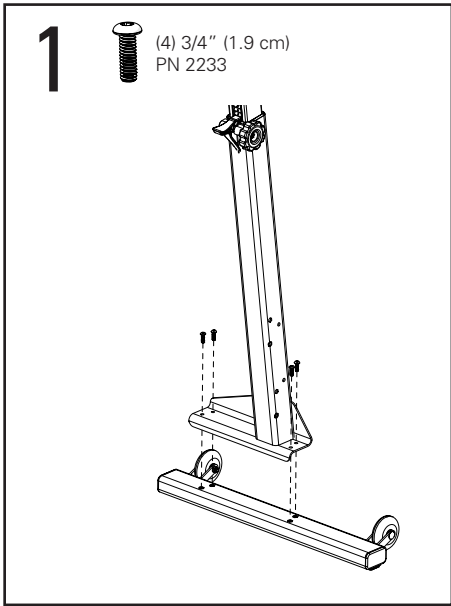


Questions? Comments? Problems?

Contact Concept2 directly at 800.245.5676 (US and Canada)

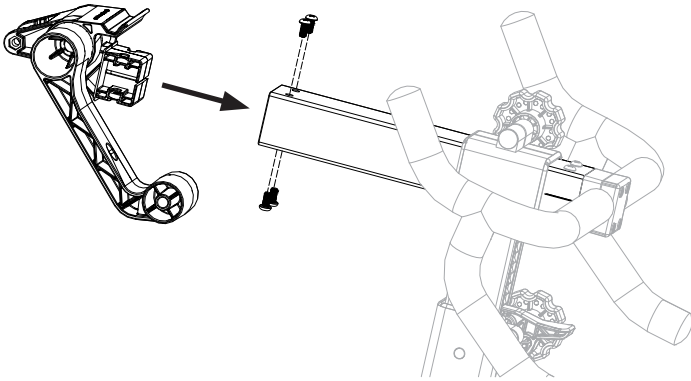
Or visit us online: concept2.com

Concept2, Inc. 105 Industrial Park Drive Morrisville, Vermont USA 05661 concept2.com/contact



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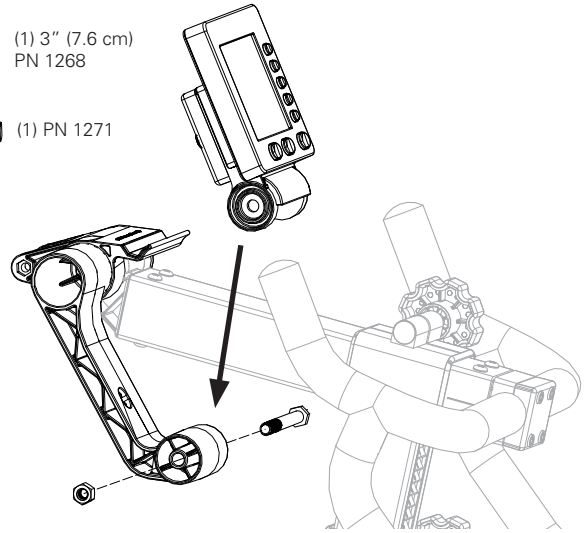
(4) 1/2" (1.3 cm)
PN 1299



9

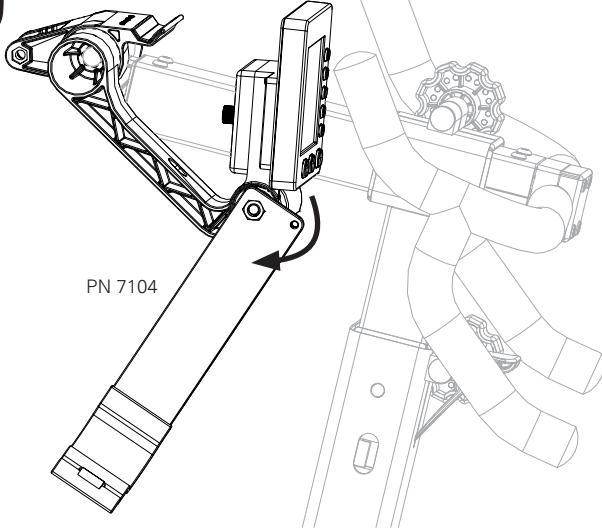
(1) 3" (7.6 cm)
PN 1268

(1) PN 1271



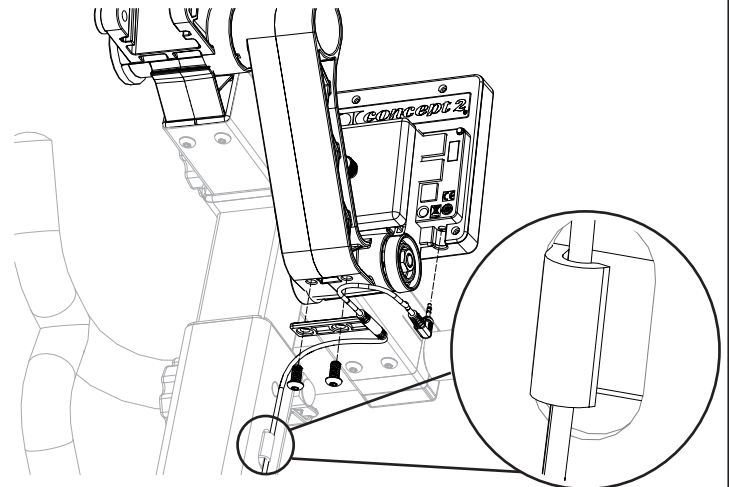
10

PN 7104



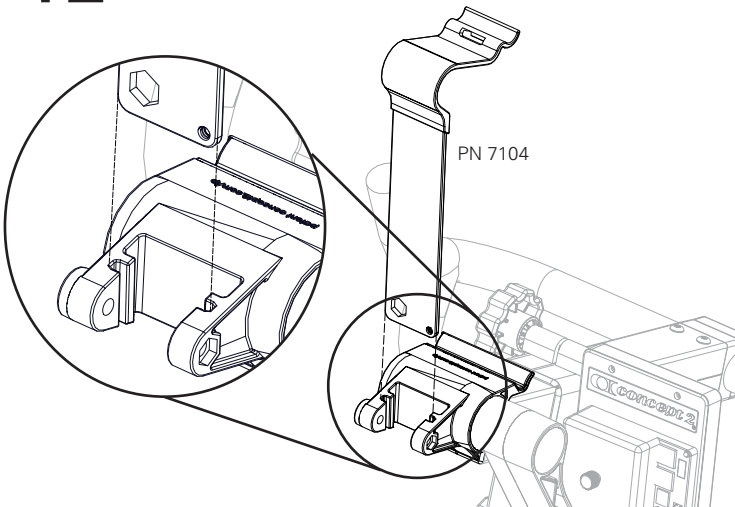
11

(2) 1/2" (1.3 cm)
PN 1299



12

PN 7104

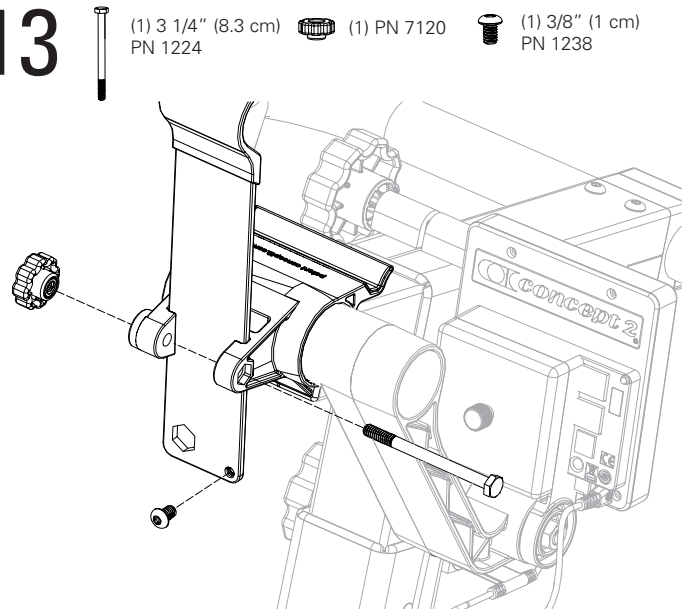


13

(1) 3 1/4" (8.3 cm)
PN 1224

(1) PN 7120

(1) 3/8" (1 cm)
PN 1238



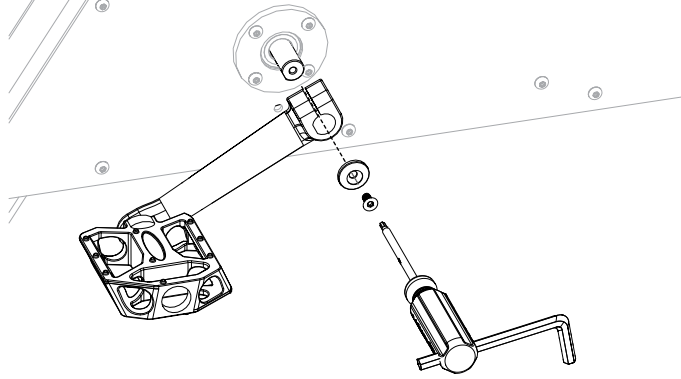
14



(1) 1/2" (1.9 cm)
PN 2293



(1) PN 7030

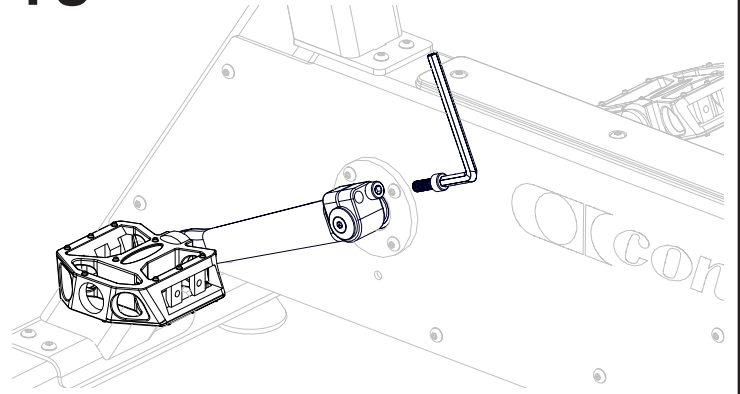


15

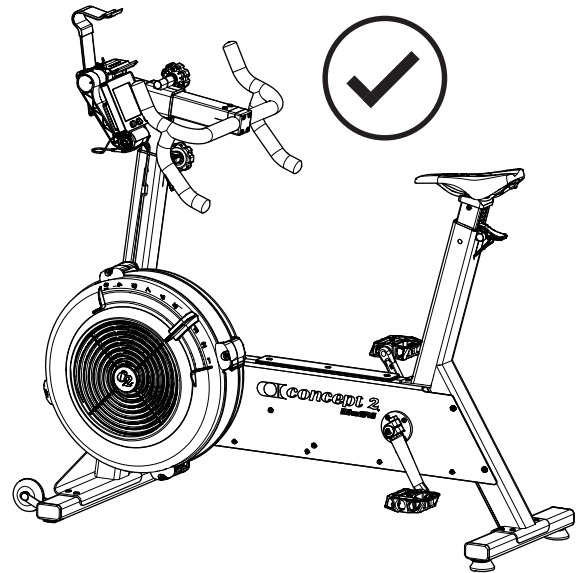
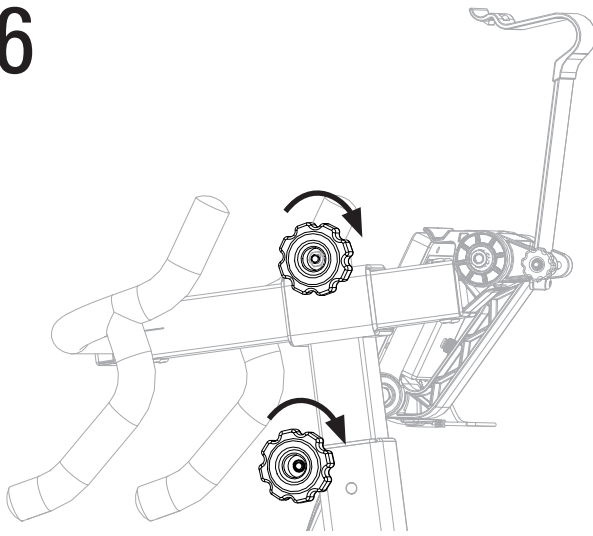


(2) 1" (2.5 cm)
PN 2276

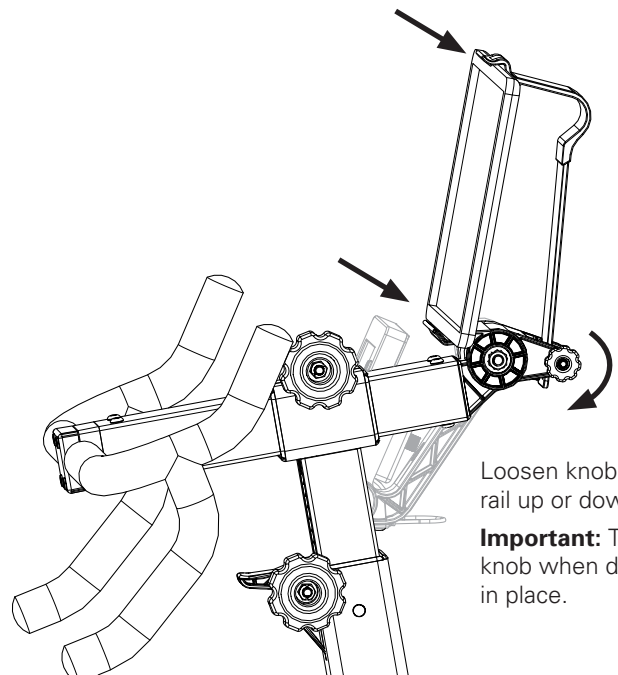
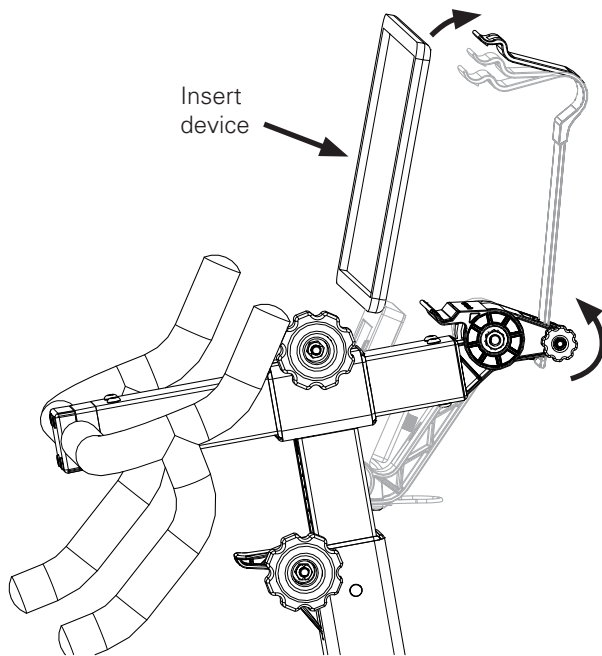
Note: Alternate tightening the fasteners 3 times each.



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How to Use the Device Holder



Loosen knob to slide rail up or down.

Important: Tighten knob when device is in place.