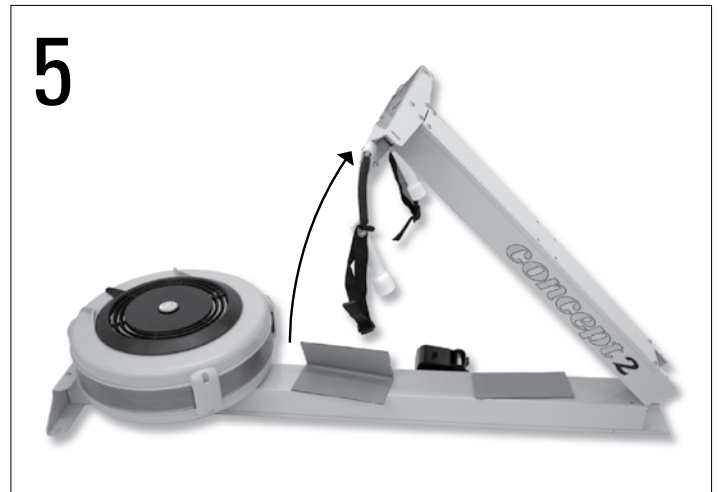
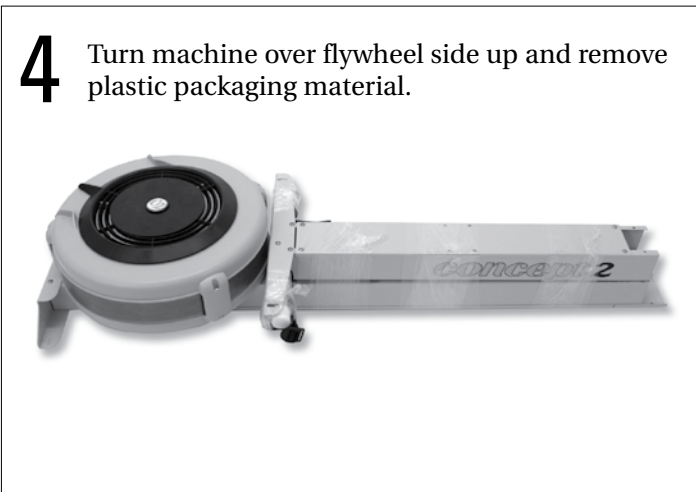
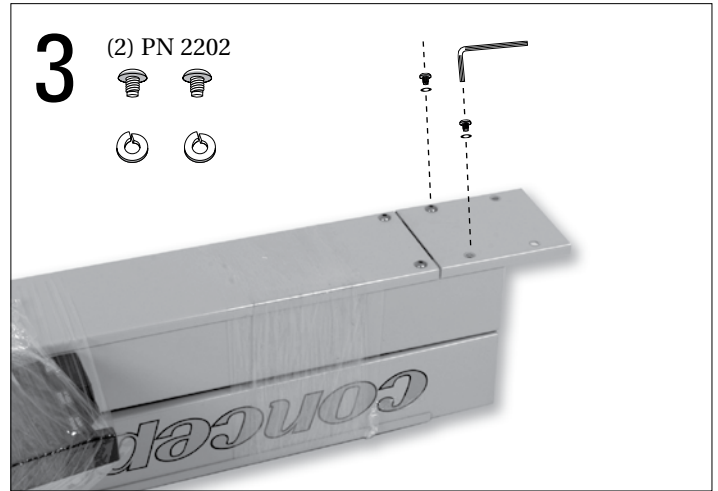
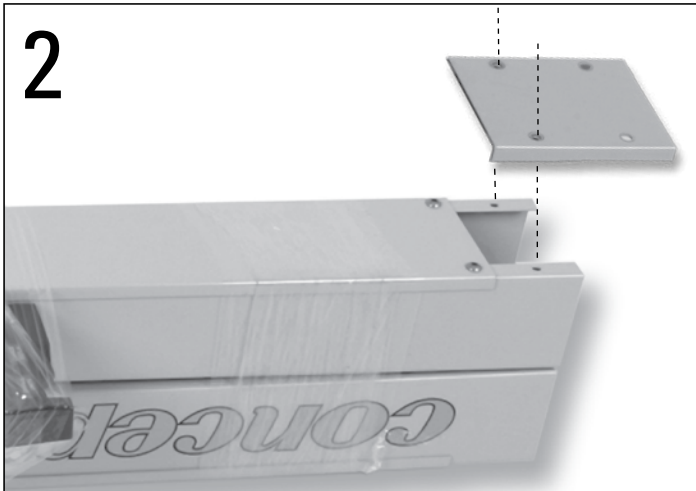
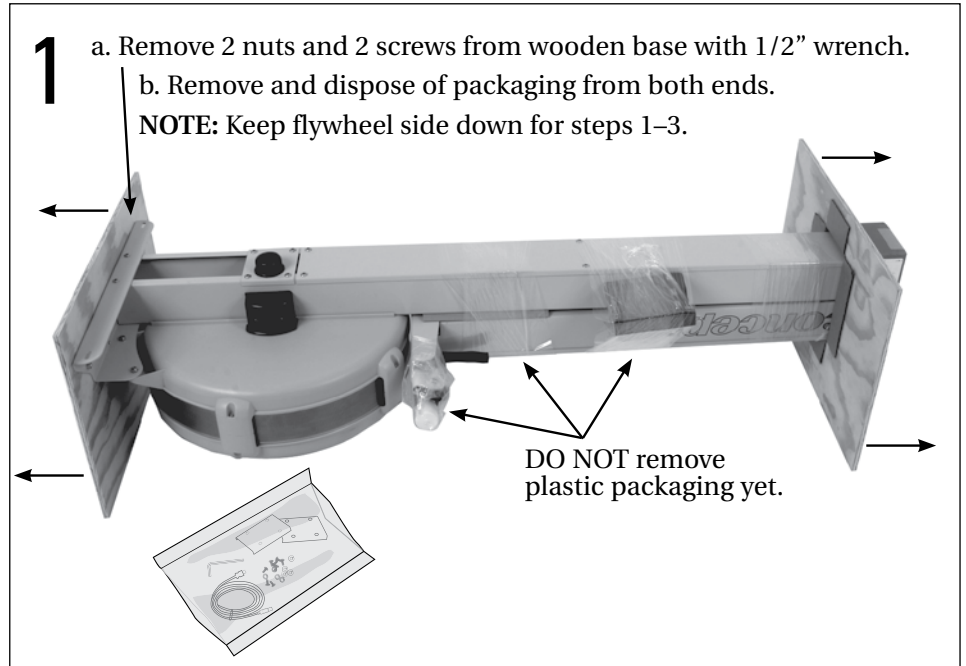
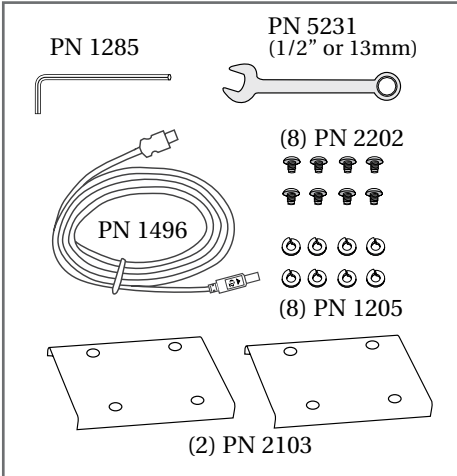
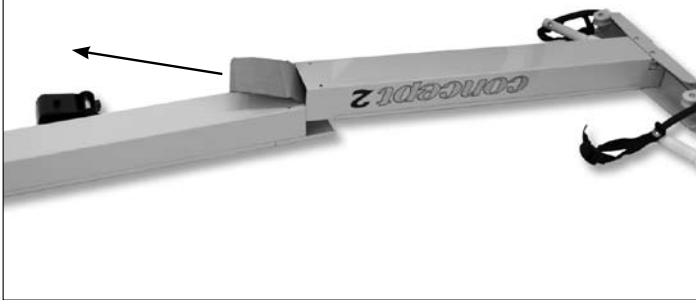


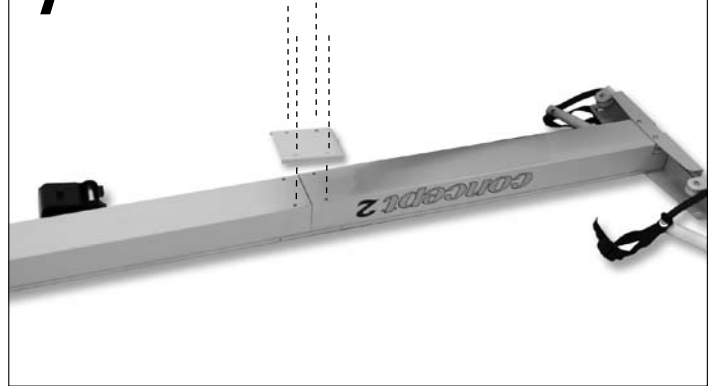
Parts Bag



6 Remove cardboard packaging.

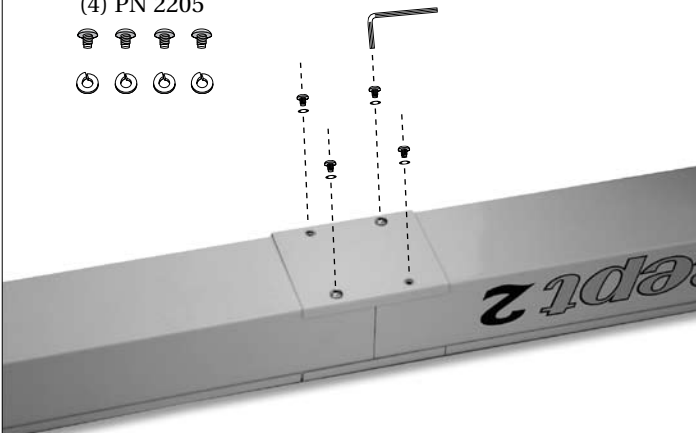


7

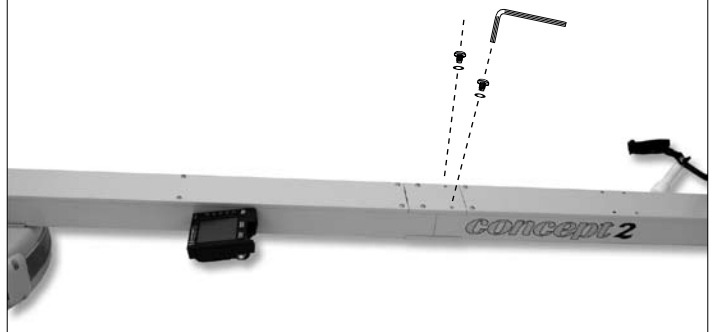


8 Assembly Tip: Finger tighten each screw in place before tightening fully.

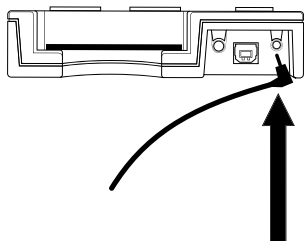
(4) PN 2205



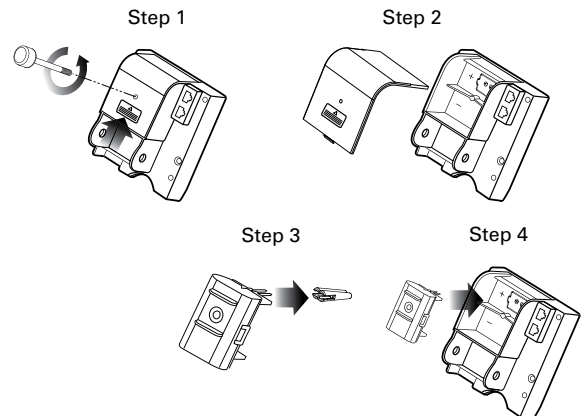
9 Turn machine over.
(2) PN 2205



10 Plug cable into Performance Monitor as shown.



11 If you have a PM4 install rechargeable battery.



Wall mounted: Hardware is included for attaching the SkiErg to a wall with 16" wooden stud spacing. For other types of wall construction, it will be necessary to purchase appropriate hardware. See below for installation recommendations. Footprint (without user): 19" x 10" x 87" H.

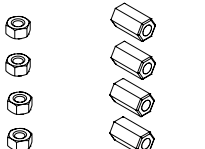
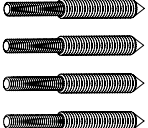

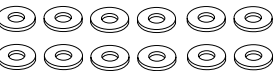
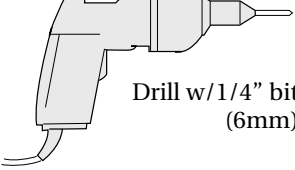
Free standing: The optional floor stand with built-in caster wheels allows for use on any level surface. Some assembly is required. Footprint: 29" x 48.5" x 88" H.

Hint: Read through the instructions before beginning. It will be helpful to have another person assist with the installation.

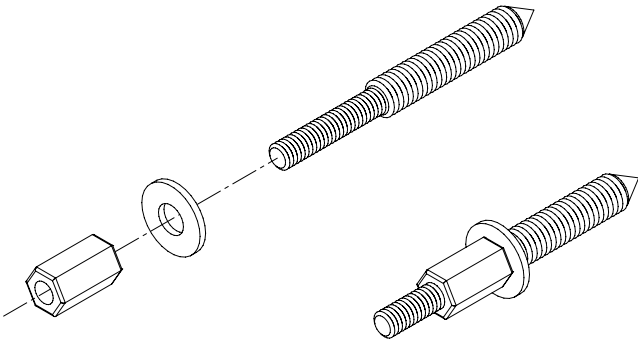
Wall Mounting Instructions for a Wall with 16" Wooden Stud Spacing

The SkiErg must be securely and reliably fastened to a solid wall. The SkiErg comes with pre-drilled holes for a standard 16" on center stud wall construction.

SAFETY NOTE: If you are unsure that your walls have wooden studs at 16" spacing, you should not continue installation until you determine the spacing of the studs. If the studs are spaced at a dimension other than 16," you must follow the alternate installation instructions on page 4. If you are still unsure about the spacing of the studs do not continue installation until you have made the correct determination.

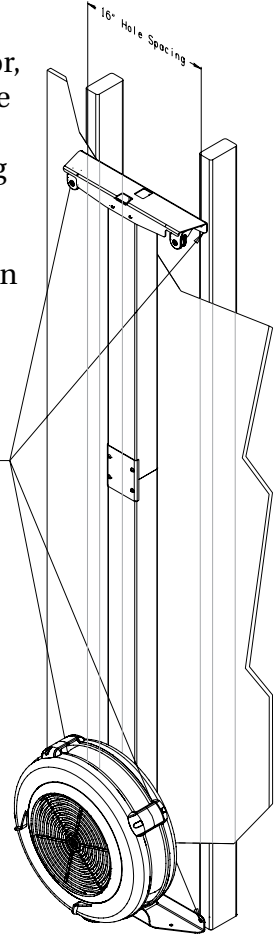
Parts		Tools Needed
 <p>(4) 5/16" nut (4) coupling nut</p>	 <p>(4) hanger screws</p>	 <p>1/2" (13 mm)</p>
 <p>(12) 5/16" washer</p>	 <p>Drill w/1/4" bit (6mm)</p>	

1 Assemble washer and coupling nut on hanger screw.



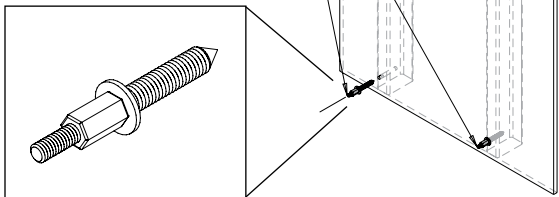
2 Hold SkiErg up against wall and resting on the floor, being sure that the four (4) mounting holes in the SkiErg are lined up with the wall studs. Mark each position on the wall.

Mark four (4) hole locations on wall.



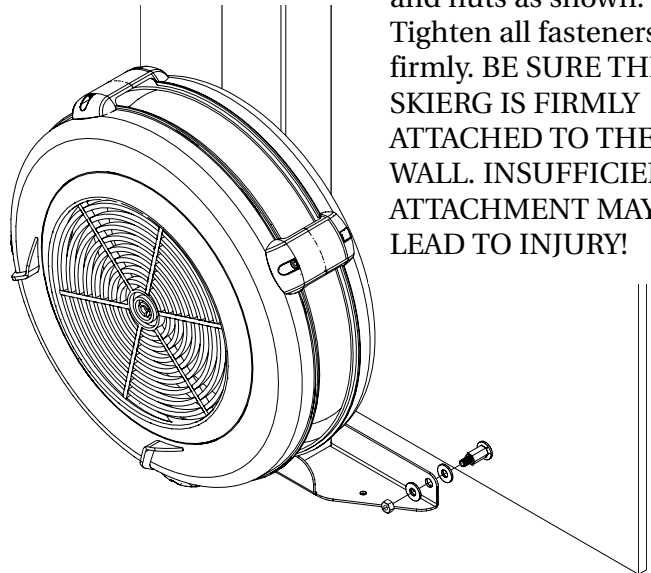
- 3** Drill a 1/4" diameter hole 2" deep at each mark. **BE SURE YOU ARE DRILLING INTO SOLID MATERIAL.**

Screw the washer/nut/screw assemblies into each hole until the washer firmly contacts the wall.



4

Position SkiErg on the four fasteners, using the washers and nuts as shown. Tighten all fasteners firmly. **BE SURE THE SKIERG IS FIRMLY ATTACHED TO THE WALL. INSUFFICIENT ATTACHMENT MAY LEAD TO INJURY!**



Wall Mounting Instructions for a Wall with Wooden Stud Spacing other than 16"

Prior to mounting your SkiErg to a wall with stud spacing other than 16" you must provide a solid attachment point by first securing a wooden mounting plate to the wall. This wooden plate should be 1.5" thick and suitable for receiving the hanger screws (provided in parts bag) which will hold the SkiErg. You will need to provide lag screws and washers to attach this mounting plate to the wall.

1. Determine the location of the studs in your wall. Mark the center of the studs. Measure the distance between them.
2. Make 4 marks on each piece of wood 1" from the top, 1" up from the bottom, and separated by the stud spacing in your wall.
3. Drill through holes at each of these locations.
4. Install the pieces of wood such that the center line of the top piece is 86" above the floor, and the lower piece is resting on the floor. (Note, if you have a wooden baseboard, you may attach the SkiErg directly to the baseboard.)
5. You may now follow steps 2-4 from the previous SkiErg mounting instructions using the mounting hardware provided and the 1/2" wrench from the SkiErg Assembly Parts Bag.