

HANDLE CORD REPLACEMENT INSTRUCTIONS

| Materials Needed | Procedure Overview |
|--|---|
| <ul style="list-style-type: none"> • 1 replacement cord* • 1 Bulldog clip • Measuring tape or ruler • Scissors <p style="text-align: right;">*Contains lanolin</p> | <ul style="list-style-type: none"> • Remove the SkiErg from the wall or floor stand • Remove cover plates • Remove old cord • Install and inspect new cord • Reinstall cover plates • Remount SkiErg to wall or floor stand <p>Read through the instructions before starting the procedure.</p> |

Procedure

1. Remove SkiErg from wall/floor stand using one of the following instructions, depending on your installation. Once the fasteners are removed, carefully pull the SkiErg away from the wall or floor stand and lay it down with the flywheel facing the ground. See photo A.

- **If your SkiErg is mounted to a wall:**

Starting with the bottom bracket, use a 1/2" wrench to remove the fasteners securing the top and bottom brackets to the wall.

- **If your SkiErg is mounted on a floor stand:**

Using a 5/32" Allen wrench, remove the two screws attaching the bottom bracket of the SkiErg to the floor stand base. With one hand supporting the SkiErg, carefully remove all the fasteners attaching the top bar bracket to the SkiErg.

2. Using the 5/32" Allen wrench, remove the top and bottom rear covers. See photos B and C.

3. Pull one handle out 2-3 feet and use the bulldog clip to clamp the two middle runs of the shock cord together an inch from the top bracket. This will relieve tension from the cords and make it easier for you to finish the replacement. See photo D.



photo A



photo B



photo C



photo D

Procedure continued

- Slide the black rubber bumpers (located above each handle) up so that the knots on either end of the cord are exposed. Remove the handles by pulling them through the exposed loops on each end of the cord, taking care to note which handle came off which side of the machine. This will be important in step 14 when you reattach the handles. See photo E.

photo E



- Cut the old cord on one side and remove the rest of it, along with the bumpers, from the machine. Set the bumpers aside, as you will need to install them on the replacement cord. See photo F.

photo F



- Once the cord is removed, inspect the inside of the machine (with attention to the traveling pulley) for any damage or wear. If you notice any damage, contact Concept2 for further assistance. See photo G.

photo G



- Tighten the drive cord on the spool so that all of the wraps are close and tight. Try to remove any twists from the unwrapped drive cord by pulling the cord taut and laying the traveling pulley down with the two nuts facing out. See photos H and I.

photo H

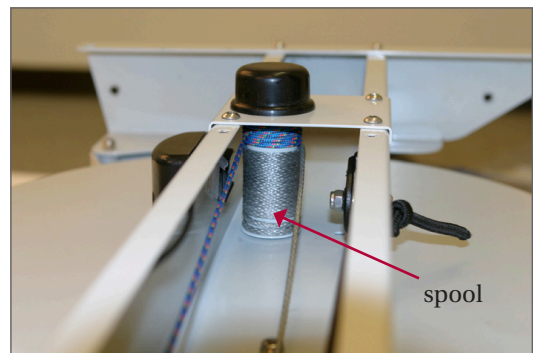
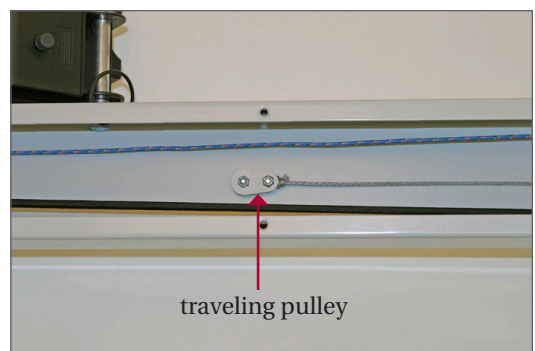


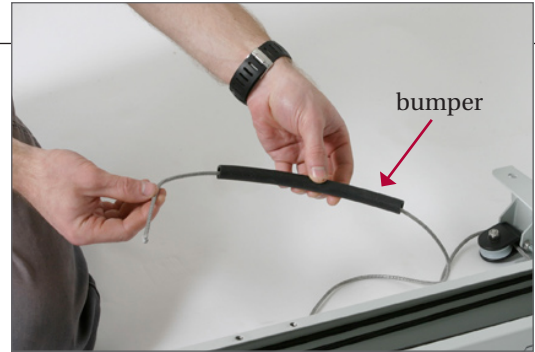
photo I



Procedure continued

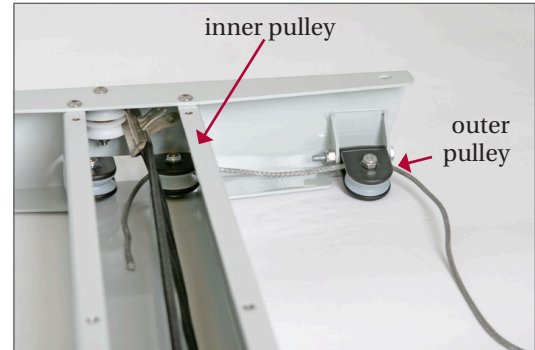
8. Thread the untied end of the replacement cord through one bumper and slide the bumper down the cord until it rests against the knot. See photo J.

photo J



9. Thread the end of the replacement cord into one side of the top bracket, making sure the cord travels over the top of both the outer and inner top pulleys. See photo K.

photo K



10. Pull the replacement cord down the length of the machine from the inner top pulley and thread it through the same side of the traveling pulley. See photo L.

photo L



11. Pull the replacement cord back up the length of the machine and thread it through the remaining inner and outer top pulleys, making sure the replacement cord is not twisted around itself or the shock cord. See photo M.

photo M



12. Slide the remaining bumper onto the end of the cord. See photo N.

photo N



Procedure continued

13. Tie an overhand knot just above the sealed end of the cord. This is the stop knot. See photo O.

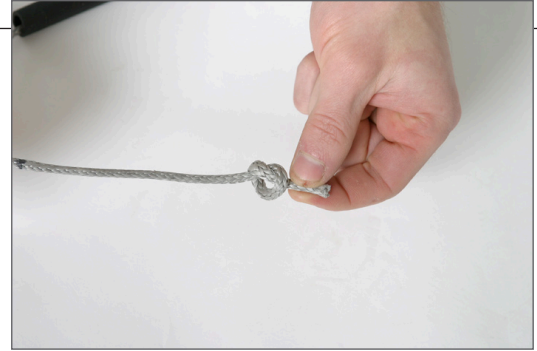


photo O

14. Begin to tie another overhand knot about an inch above the black mark located 8" from the end of the cord. Before you tighten the knot, thread the stop knot into the new overhand knot and then tighten it. This forms a loop through which the handles will reattach to the SkiErg. See photos P and Q.



photo P



photo Q

15. Reattach the handles on either end of the cord, taking care to reattach each handle on the same side you removed it from in step 4. (This is to ensure that, when the SkiErg is remounted on the wall or floor stand, the tails of the handle straps face in (towards each other) so that the straps are comfortable to wear and can be adjusted easily during use.) To reattach a handle, drop the handle through the loop (see photo R) so that the end of the loop slides under the strap and pulls against the screw that attaches the strap to the handle. See photo S.



photo R



photo S

Procedure continued

16. Slide the bumpers down over the knot until they are flush with the top of the handle. See photo T.



photo T

17. Remove the bulldog clip on the shock cord and allow the handles to retract. See photo U.



photo U

18. At the same time, slowly pull both handles all the way out while watching the spool to make sure the white and blue cords are wrapping smoothly on the spool. You may need to repeat this step several times or until the cord wraps and unwraps without any problems. At this time, check that all cords and the traveling pulley are moving freely. See photo V.

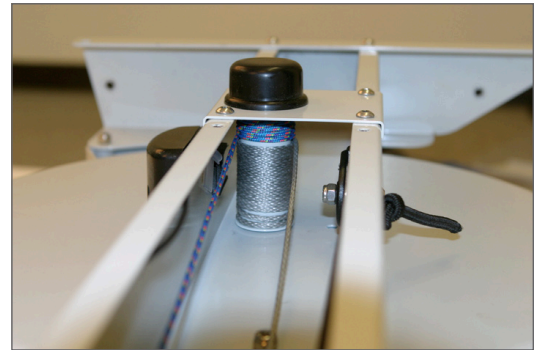


photo V

19. Check the cord lengths. The distance between the bottom of the traveling pulley and the top of the bearing mount bracket should be 4–5 inches. See photo W.

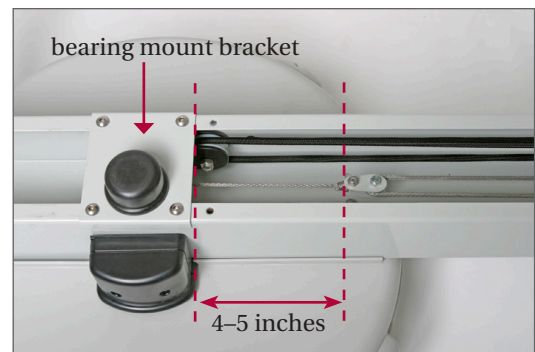


photo W

The distance between the shock cord connection and the top bracket should be 3–4 inches. See photo X. If the cords are not the correct length, you may need to adjust the size of one of the handle loops.

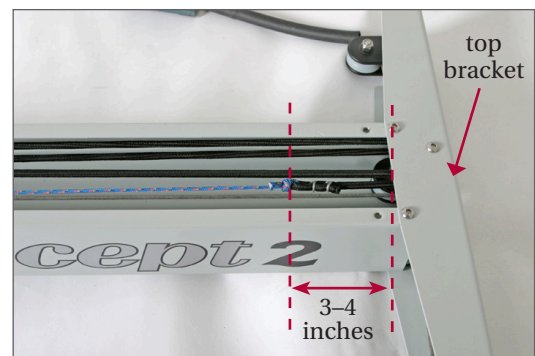


photo X

Procedure continued

20. Replace the top and bottom rear covers and tighten fasteners with the 5/32" Allen wrench. See photos Y and Z.



photo Y



photo Z

21. Remount the SkiErg on the wall or floor stand.