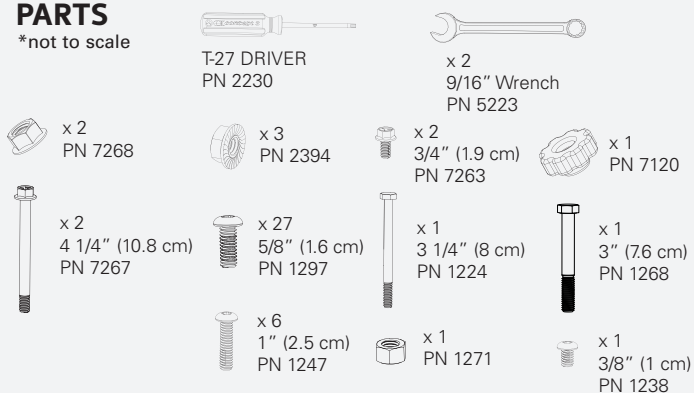


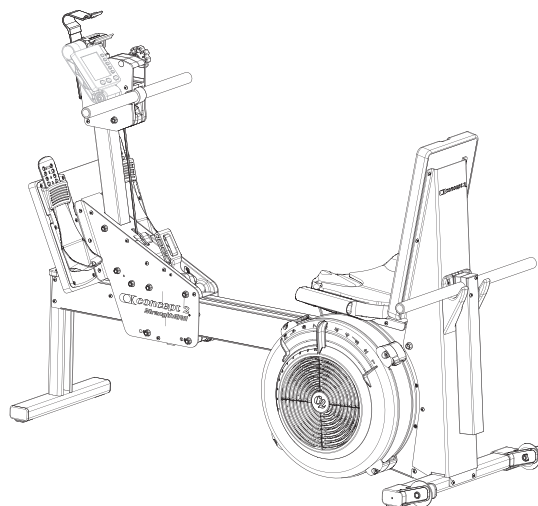
## PARTS

\*not to scale

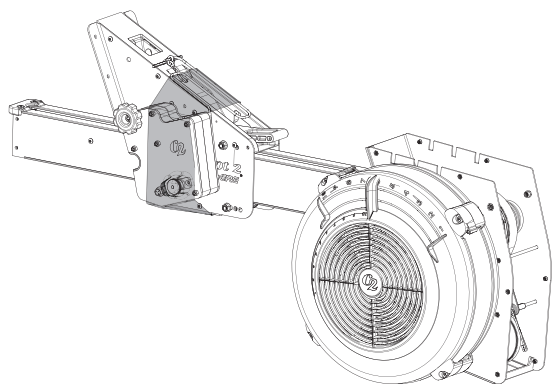


StrengthErg weight: 92 lb (42 kg)

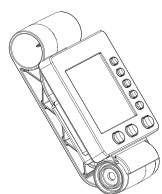
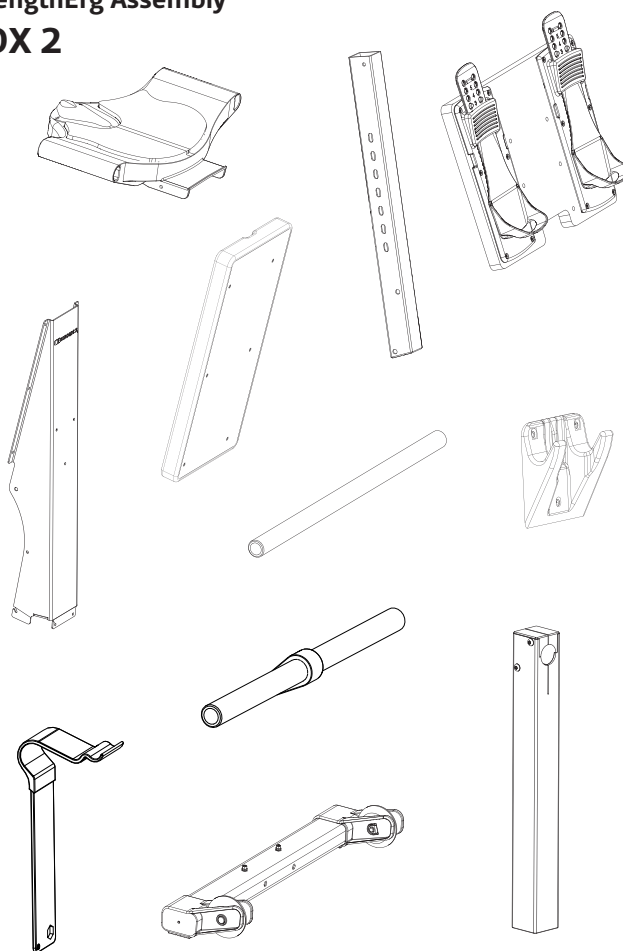
Space required for use (training area): 38 in x 80 in (97 cm x 203 cm)



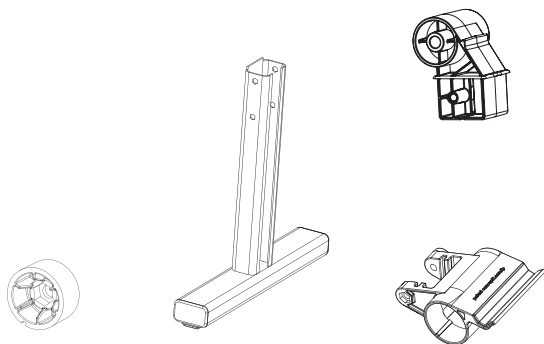
## StrengthErg Assembly BOX 1



## StrengthErg Assembly BOX 2



\*Optional



### Questions? Comments? Problems?

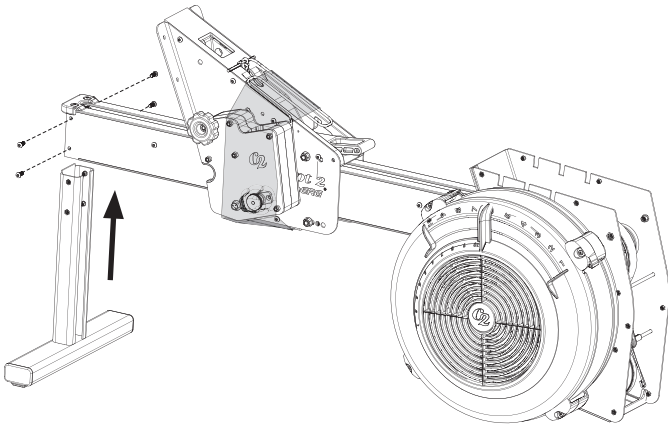
Contact Concept2 directly at 800.245.5676

(US and Canada)

Or visit us online: [concept2.com](http://concept2.com)

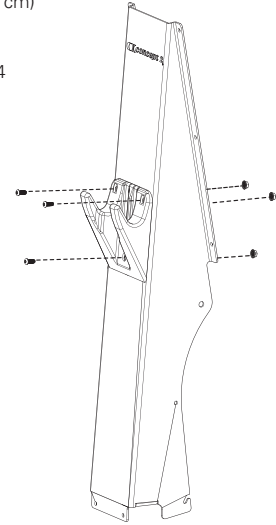


**1** (4) 5/8" (1.6 cm)  
PN 1297

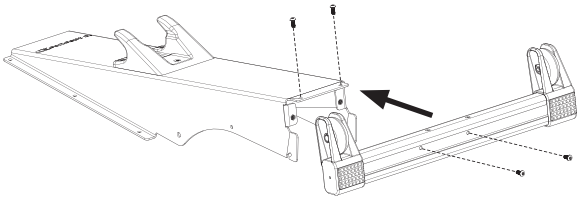


**2** (3) 5/8" (1.6 cm)  
PN 1297

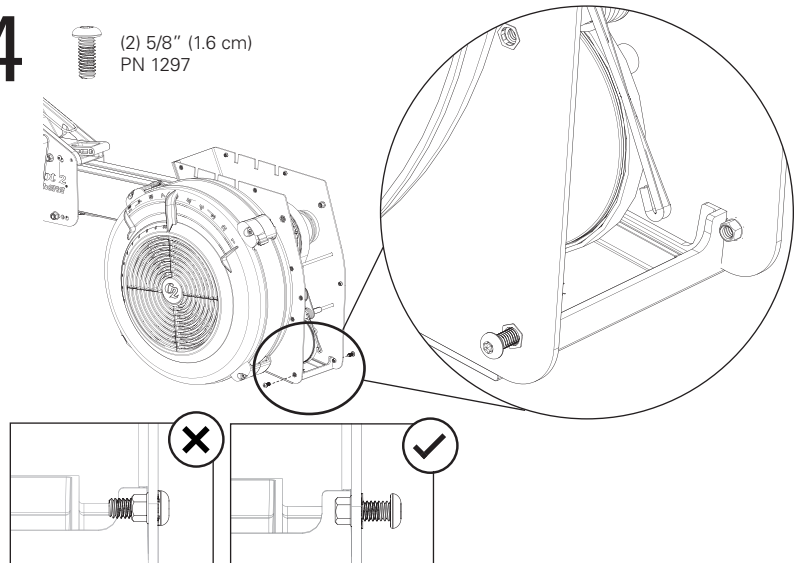
(3) PN 2394



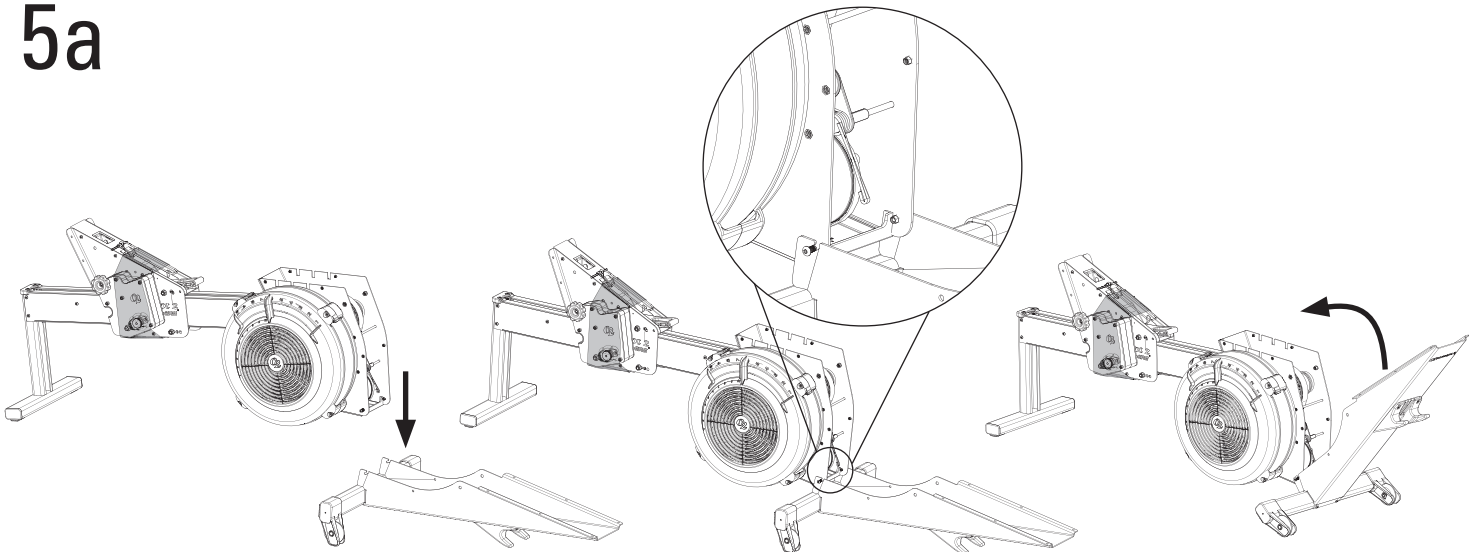
**3** (4) 5/8" (1.6 cm)  
PN 1297



**4** (2) 5/8" (1.6 cm)  
PN 1297



**5a**



# 5b

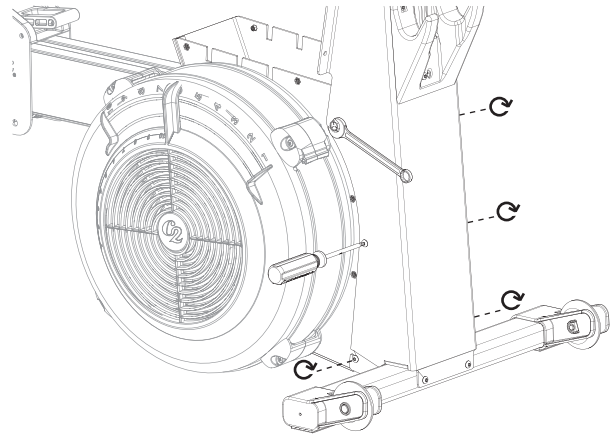
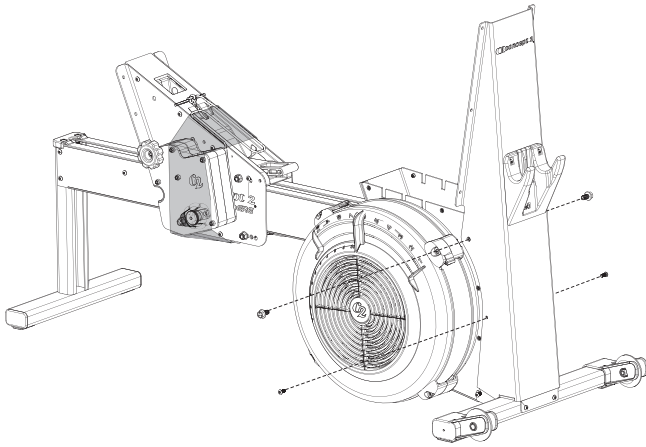


(2) 5/8" (1.6 cm)  
PN 1297



(2) 3/4" (1.9 cm)  
PN 7263

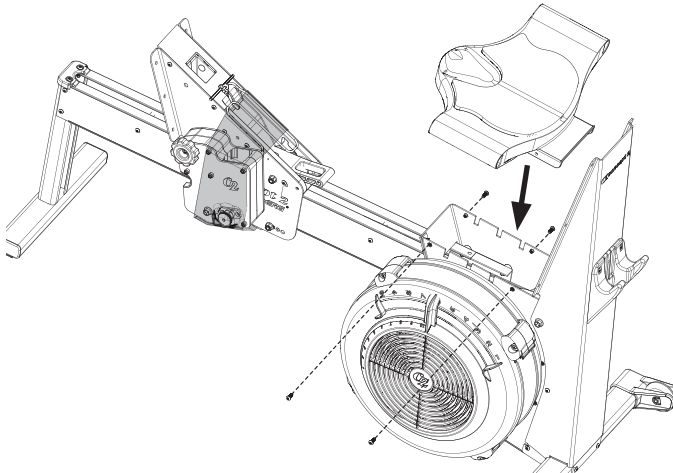
**IMPORTANT:** Confirm all 6 fasteners are tight.



# 6



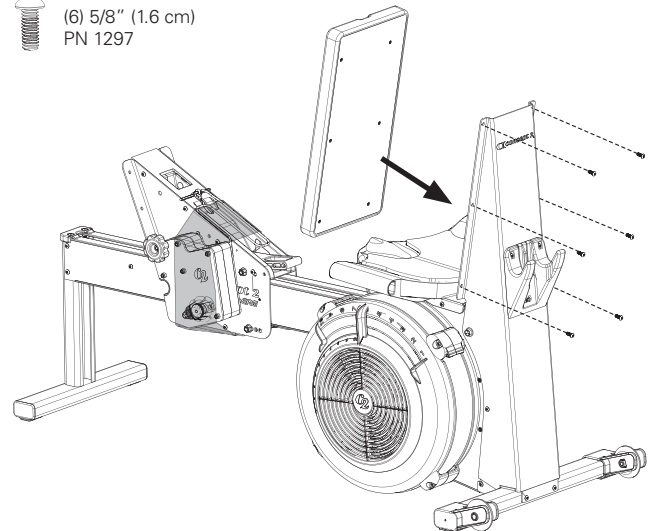
(4) 5/8" (1.6 cm)  
PN 1297



# 7



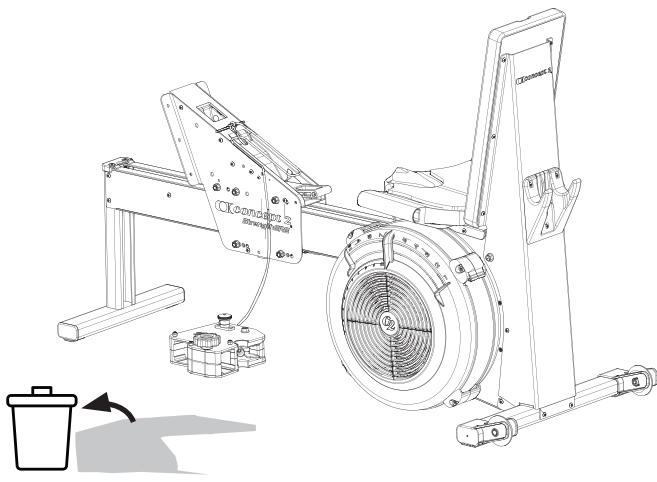
(6) 5/8" (1.6 cm)  
PN 1297



# 8



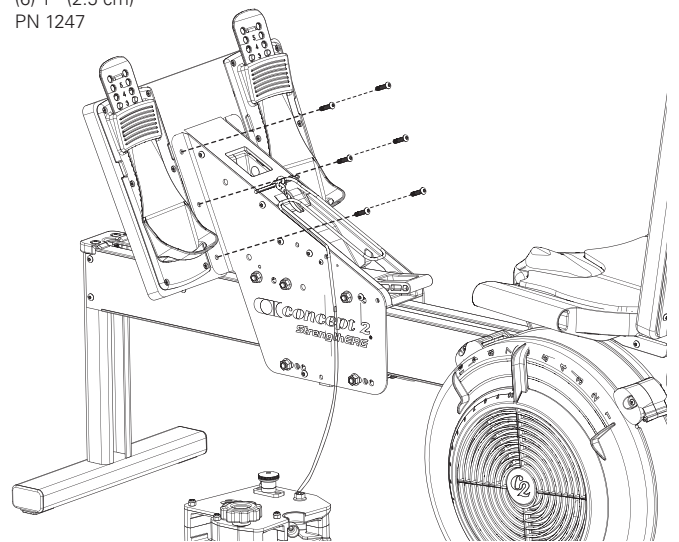
Caution cutting off wrap.  
Use scissors. Not a knife.



# 9

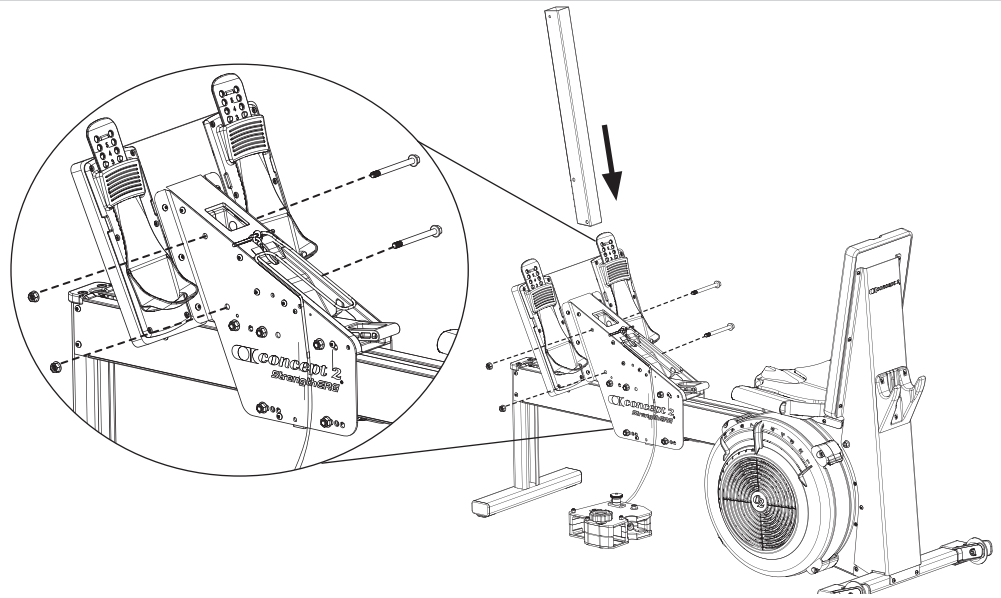


(6) 1" (2.5 cm)  
PN 1247

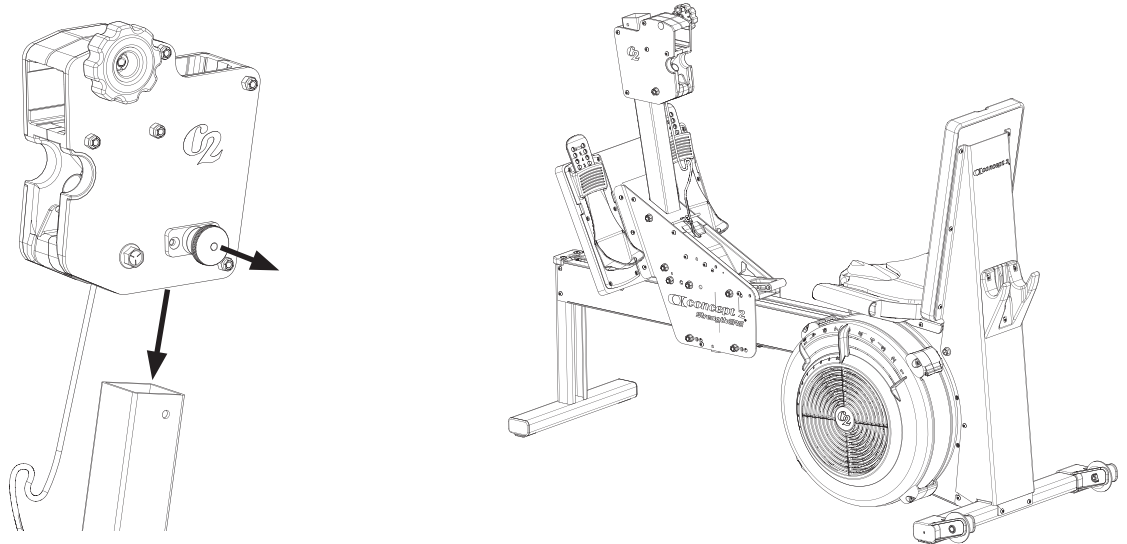


# 10

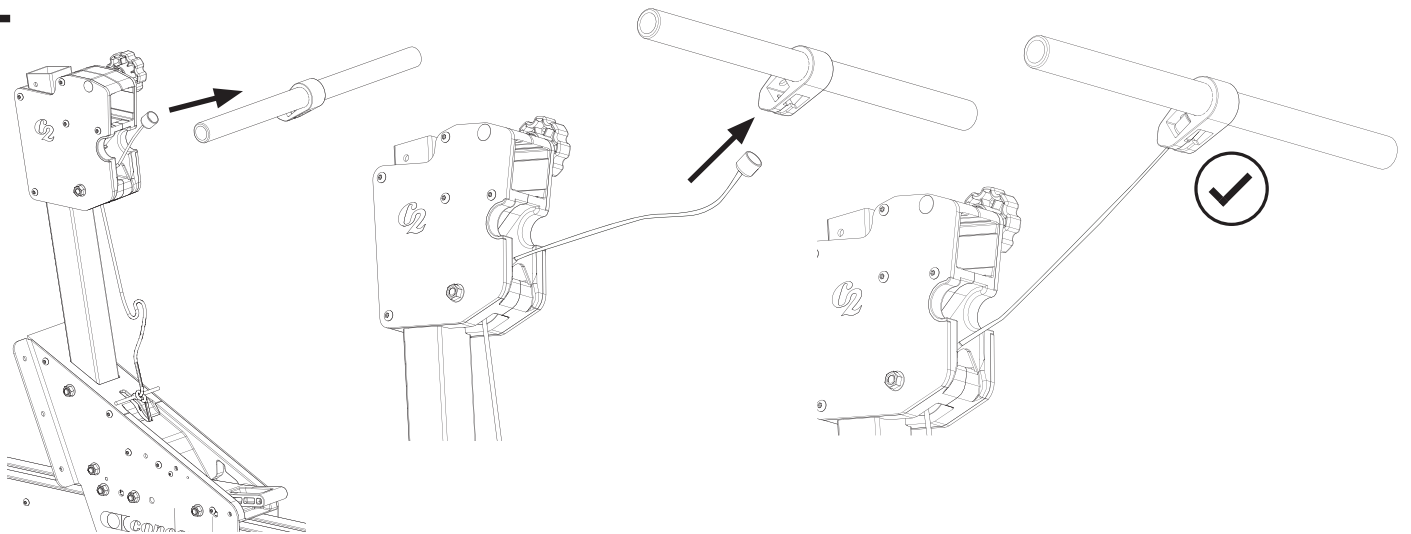
- (2) PN 7268
- (2) 4 1/4" (10.8 cm) PN 7267



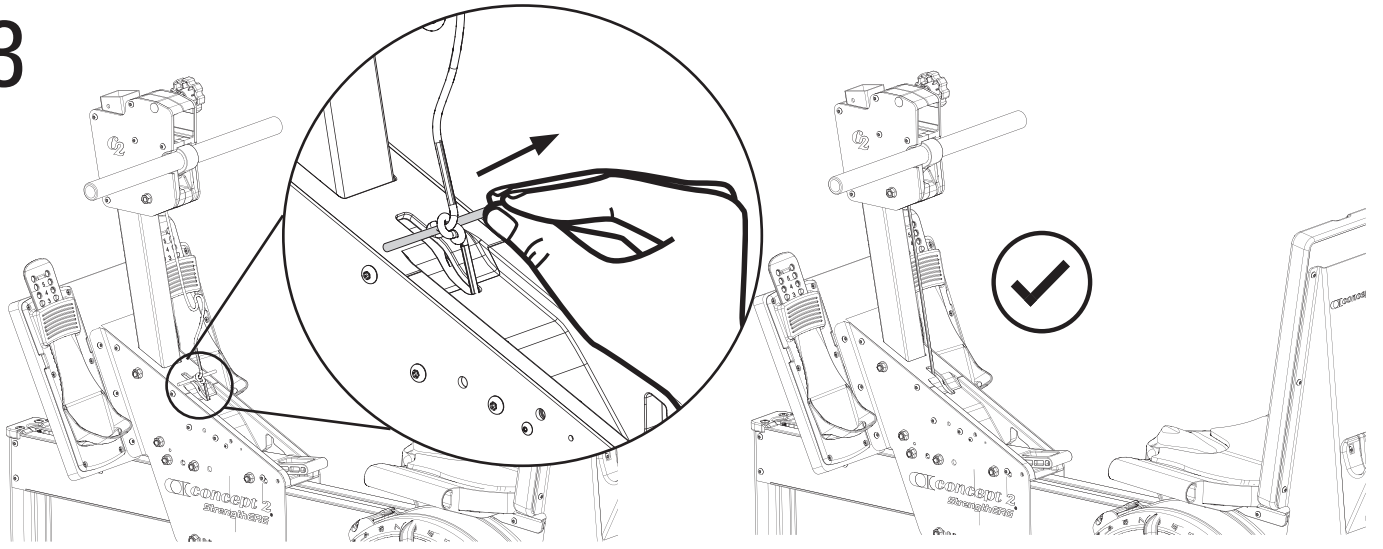
# 11



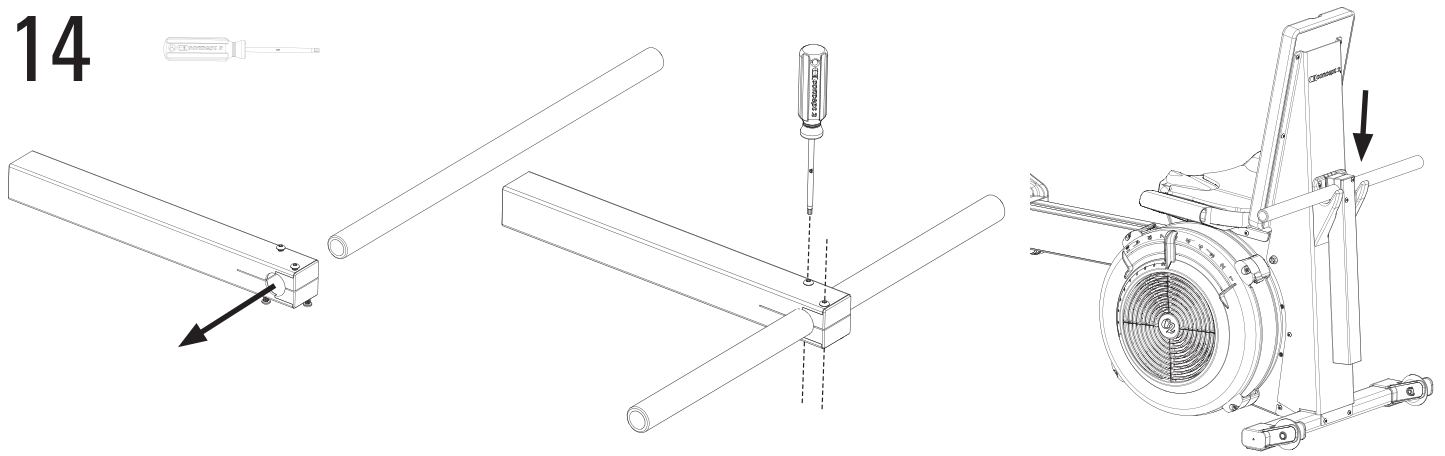
# 12



# 13

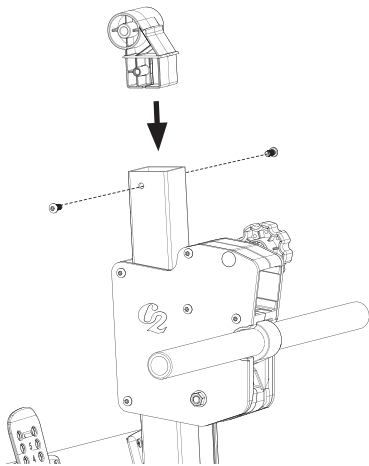


# 14



# 15


(2) 5/8" (1.6 cm)  
PN 1297

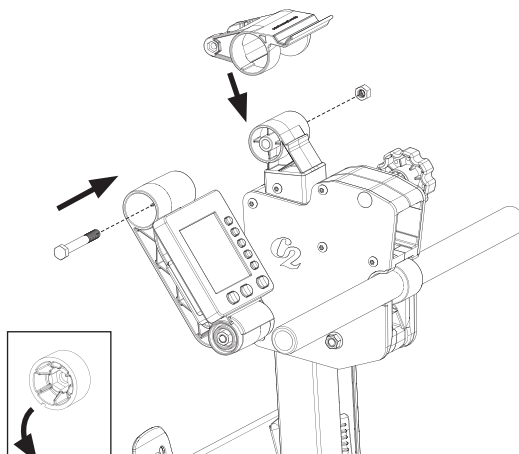


# 16

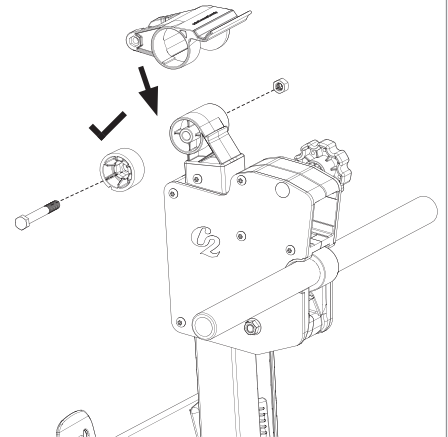
(1) 3" (7.6 cm)  
PN 1268

(1) PN 1271

 With Optional PM5  
 Without PM5



With Optional PM5



Without PM5

# 17



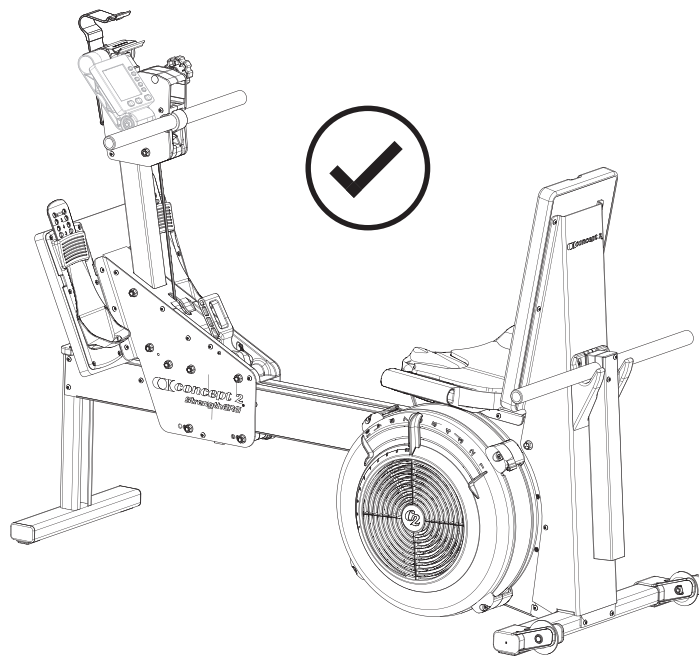
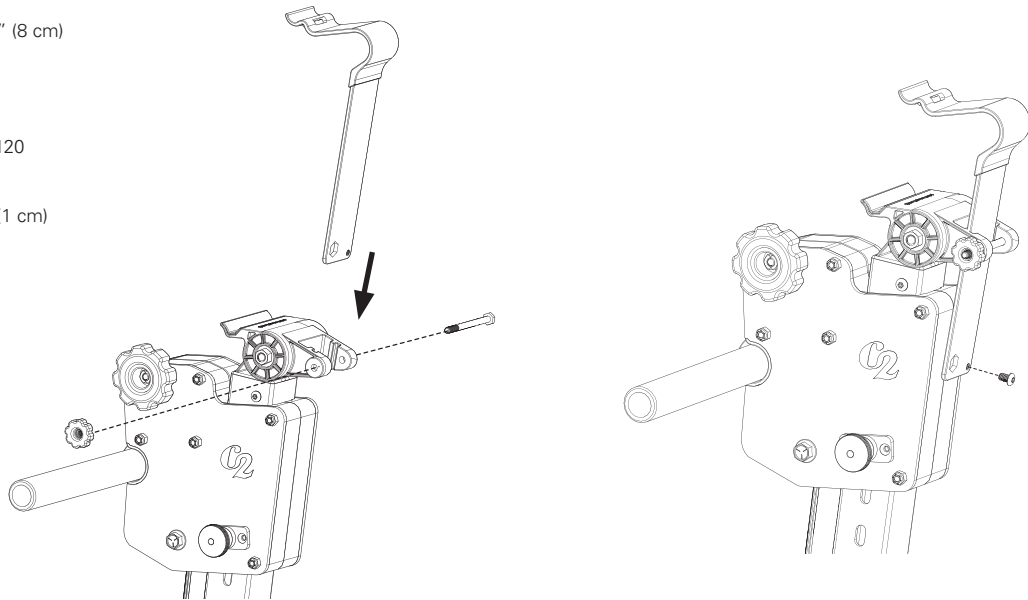
(1) 3 1/4" (8 cm)  
PN 1224



(1) PN 7120



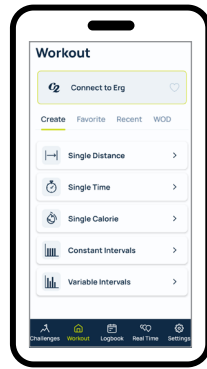
(1) 3/8" (1 cm)  
PN 1238



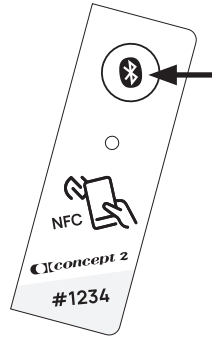
## HOW TO USE ERGDATA WITH THE STRENGTHERG WITHOUT A PM5



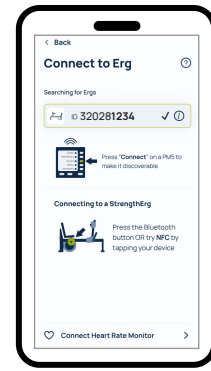
1



2

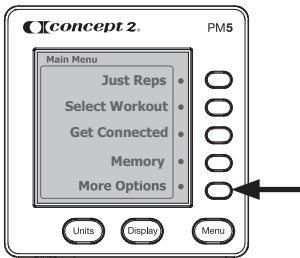


3

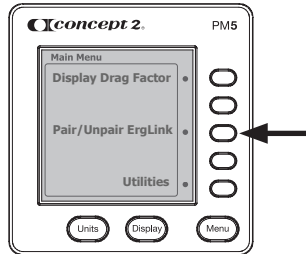


4

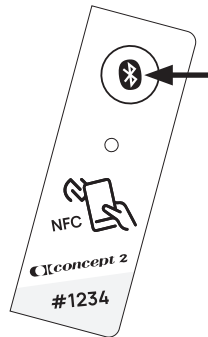
## HOW TO CONNECT TO ERGLINK WITH A PM5



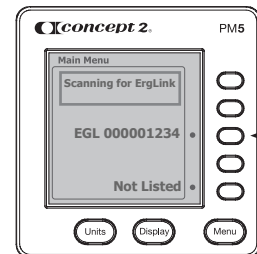
1



2



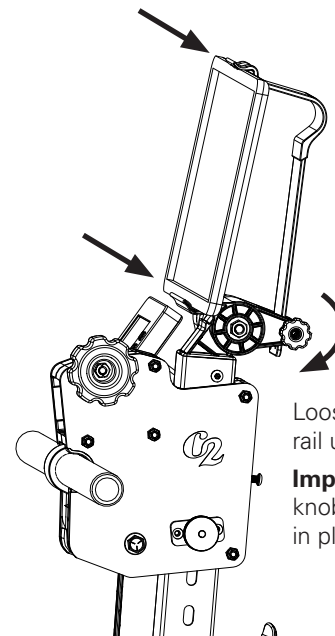
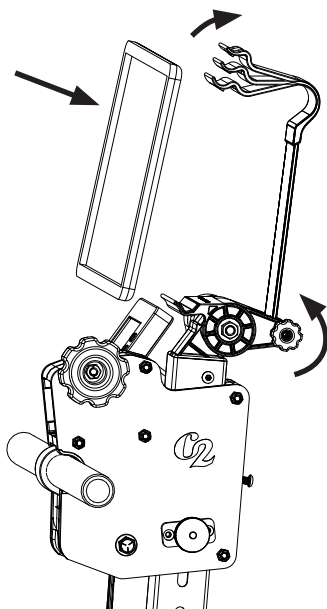
3



4

## How to Use the Device Holder

Insert device



Loosen knob to slide rail up or down.

**Important:** Tighten knob when device is in place.

