

SkiErg2 Handle Cord Extensions Installation

(for seated position use)

MATERIALS NEEDED

- (2) 32 inch handle cord extensions (for seated position use)
- (2) SkiErg handles with 6 inch handle cord extensions (for standing position use)
- (1) Craft stick
- (1) #1 Phillips screwdriver (NOT included)

PROCEDURE OVERVIEW

- Remove SkiErg handles
- Attach handle cord extensions
- Reinstall SkiErg handles

PROCEDURE

1. Relieve tension on the handle cord by pulling the green handle down approximately 3 to 4 feet. Wrap the handle cord around the craft stick 3 to 4 times. See photo A. Gently let it go until the craft stick rests against the box. See photo B.

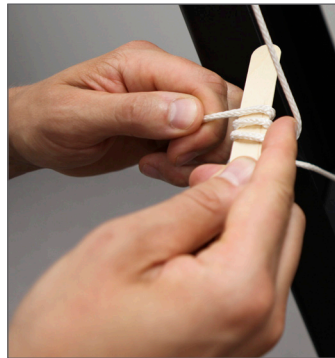


photo A



photo B

2. Remove the handle from the handle cord. If the plug on the underside of the grip is screwed in place, remove the two screws with a #1 Phillips screwdriver.



photo C

3. Pry the plug out from the handle. Unwrap the handle cord from the plug. See photo D. Pull the handle cord out of the handle.

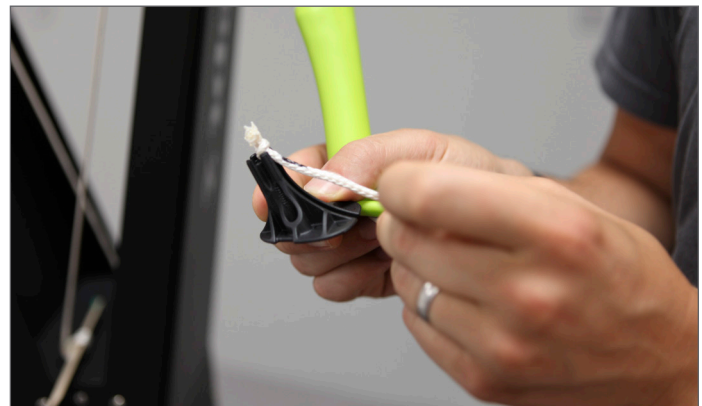


photo D

SkiErg2 Handle Cord Extensions Installation (for seated position use)

- Using the 32 inch handle cord extension, tie the free end of the handle cord to the stainless steel connecting link that is preinstalled on the extension. Use a double half-hitch knot. See photo E. Tighten the knot and be sure the connecting link is screwed closed. See photo F.

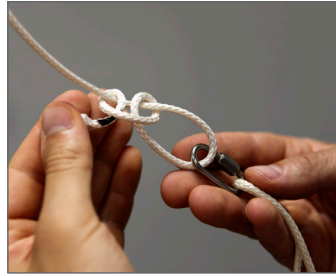


photo E

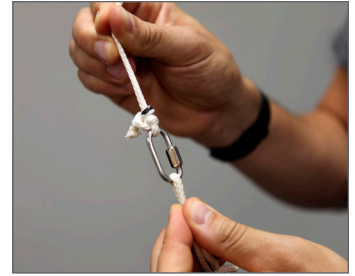


photo F

- Attach the end of the 32 inch handle cord extension to the green grip removed in step 2. Using a screwdriver or pen, push the knot through the top of the handle. See photo G.

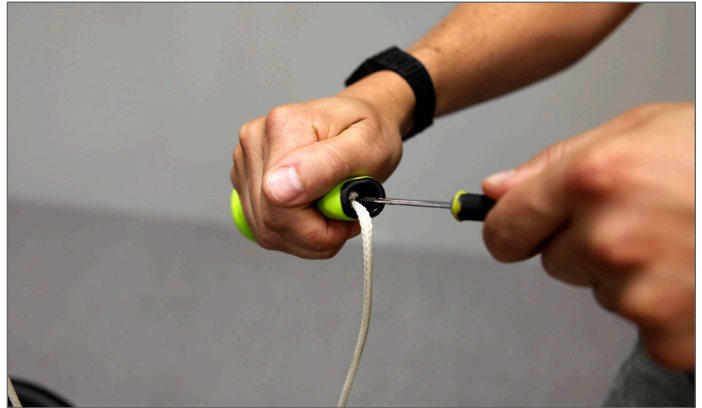


photo G

- Wrap the handle cord around the plug and place the knot in the top of the plug. See photo H.



photo H

- Push the plug into the handle and reinstall the plug screws (if present originally). See photo I.

Repeat this procedure for the other handle.

Note: To change from the 6 inch to the 32 inch extensions, unscrew the connecting link and attach your desired handle. Close the threaded connecting link. Make sure the connecting link is ALWAYS screwed closed when in use.



photo I