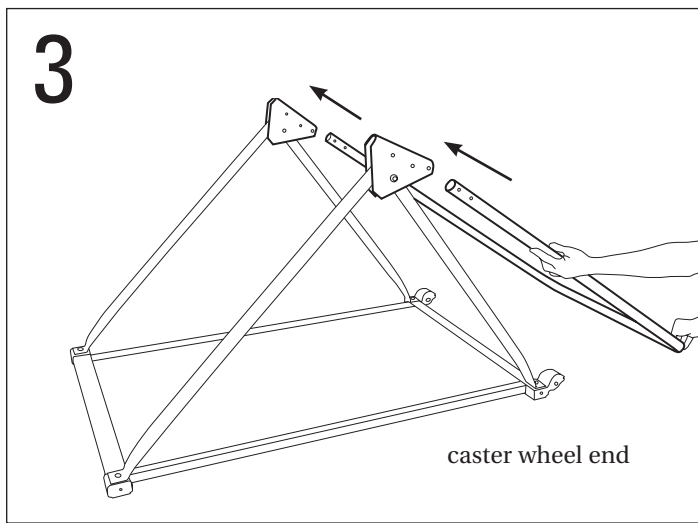
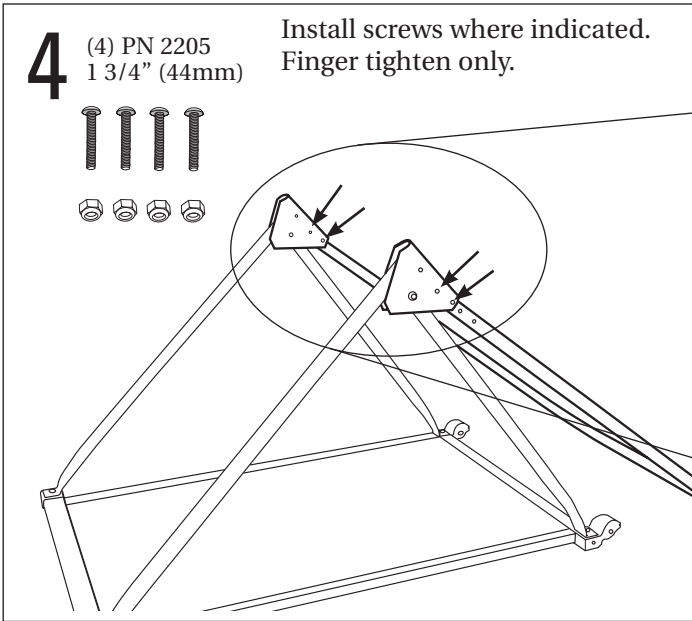


Install nuts to the outside of the floor stand.  
Finger tighten only.



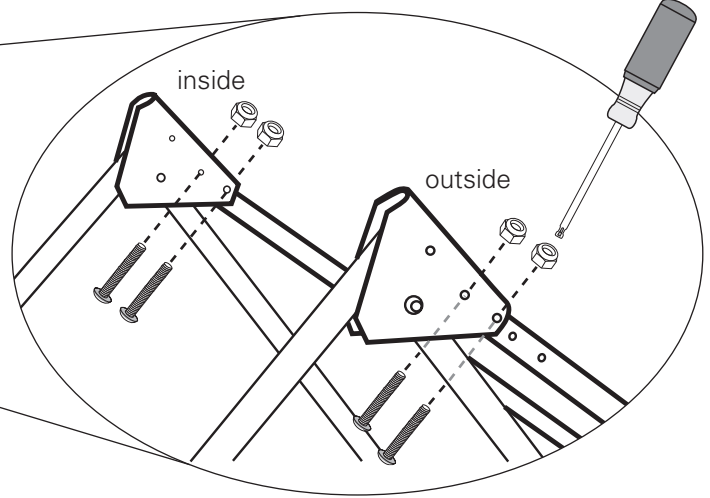
**4** (4) PN 2205  
1 3/4" (44mm)

Install screws where indicated.  
Finger tighten only.



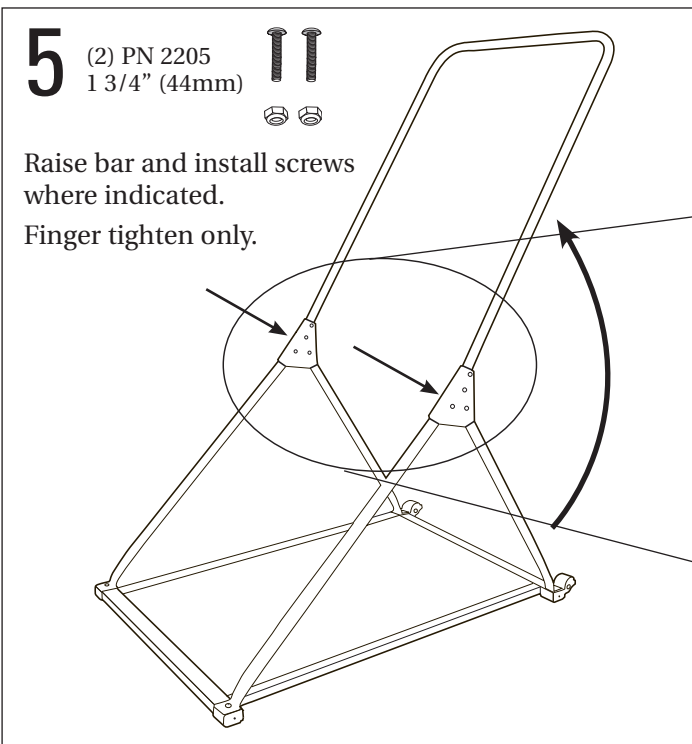
The diagram shows a perspective view of the floor stand's upper section. Four screws are being inserted into the top of the legs. A callout circle highlights the top of the legs, and a larger callout circle provides a detailed view of the screw installation. The detailed view shows the screws being inserted from the inside of the stand. A screwdriver is shown tightening one of the screws. The detailed view also shows the nuts being installed on the outside of the stand.

**Note:** Nuts should be installed on the outside of the floor stand.



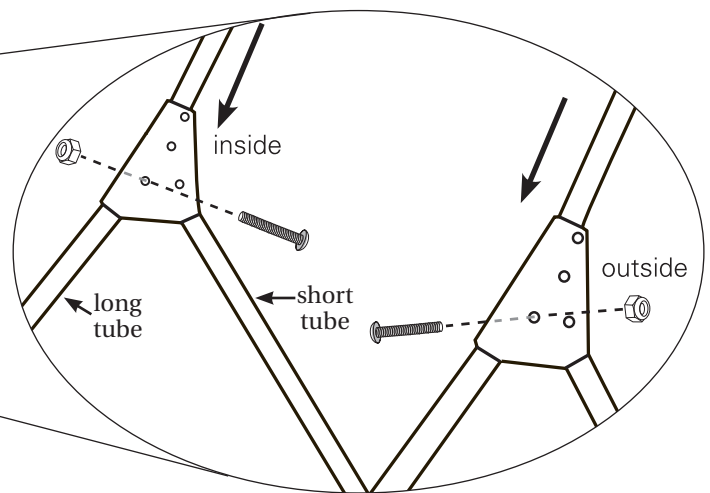
**5** (2) PN 2205  
1 3/4" (44mm)

Raise bar and install screws where indicated.  
Finger tighten only.



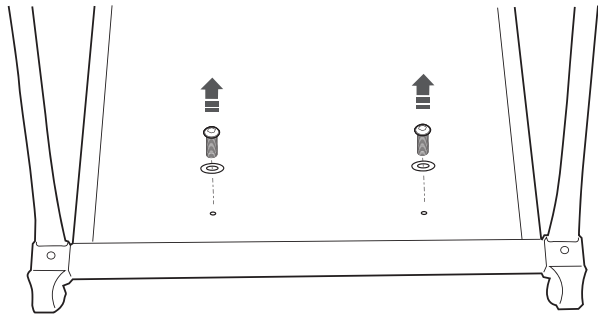
The diagram shows the floor stand with the bar raised. Two screws are being inserted into the top of the legs. A callout circle highlights the top of the legs, and a larger callout circle provides a detailed view of the screw installation. The detailed view shows the screws being inserted from the inside of the stand. The labels 'long tube' and 'short tube' indicate the orientation of the stand.

**Note:** Nuts should be installed on the outside of the floor stand.

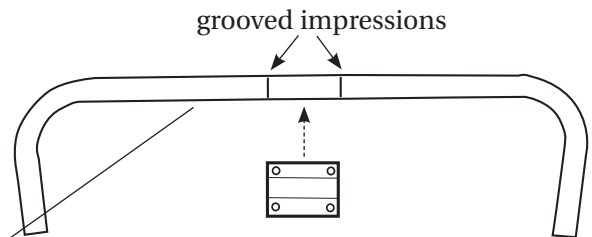


**Helpful Hint:** It will be helpful to have another person hold the SkiErg in place during the following steps.

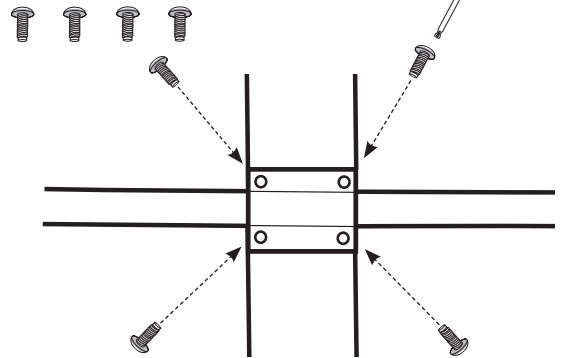
**6** Remove two screws and washers (before SkiErg is put into place on the floor stand).



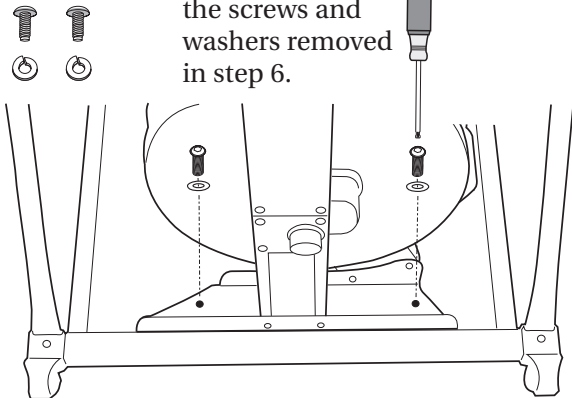
**7** Center bracket between the grooved impressions circling the bar.



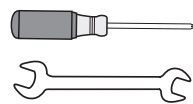
**8** (4) PN 1253 5/8" (16mm)



**9** (2) PN 1248 3/4" (19mm) Install SkiErg on floor stand using the screws and washers removed in step 6.



**10** Completely tighten all fasteners.



SkiErg:  
65 lbs/29.5 kg

Floor Stand:  
60 lbs/27 kg

