**Floor Stand Assembly Instructions**

**Parts Bag**

- (8) PN 2205 1 3/4” (44mm)
- PN 2230
- PN 1291 wrench 7/16” (11mm)
- (8) PN 1235
- (8) PN 1253 5/8” (16mm)

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**Helpful Hint:** Read through instructions before beginning assembly. It will be helpful to have another person help with assembly and installation.

1. **Install the short tubes at the caster wheel end of the base.**

2. **Install the long tubes at the other end of the base.**

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

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4. Install screws where indicated. Finger tighten only.

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

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

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