

Installing SkiErg Handle Cord Extensions

Materials Needed	Procedure Overview
<ul style="list-style-type: none"> • Handle cord extensions 	<ul style="list-style-type: none"> • Remove handles • Attach handle cord extensions to handle cord • Replace handles

Procedure

1. Pull the black rubber bumper up so that the handle cord knot is exposed.
See photo A.
2. Pull the handle cord off the handle.
See photo B.
Note: If you can't remove the handle cord from the handle, slightly loosen the handle strap and try again. Be sure to retighten the handle strap before using the SkiErg.
3. Thread the handle cord extension through the loop of the handle cord.
See photo C.
4. Send the looped end of the extension back through the two lengths of the extension.
See photo D.
Cinch down on the knotted end, leaving the looped end hanging.
5. Attach the handle to the looped end of the extension and pull the black rubber bumper down and over the knots until the bumper meets the extension.
See photo E.
6. Repeat the process for the other handle cord extension.

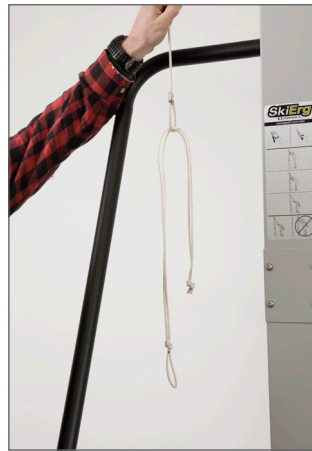
Note: The handle cord extensions are removable. To remove the extensions, reverse these instructions.



A



B



C



D



E



completed installation