

REPLACING THE SKIERG SHOCK CORD

Materials Needed	Procedure Overview
<ul style="list-style-type: none">• ½” wrench• 5/32” allen wrench• Replacement shock cord	<ul style="list-style-type: none">• Remove SkiErg from wall or floor stand• Remove rear cover plates• Attach replacement shock cord to handle cord• Thread shock cord on pulleys• Replace SkiErg on wall or floor stand

If your SkiErg is mounted to a wall:

Starting with the bottom bracket, use a ½” wrench to remove the fasteners securing the top and bottom brackets to the wall.

If your SkiErg is mounted on a floor stand:

Using a 5/32” allen wrench, remove the two screws attaching the bottom bracket of the SkiErg to the floor stand base. With one hand supporting the SkiErg, carefully remove all of the fasteners attaching the top bar bracket to the SkiErg.

Procedure

1. Once the fasteners are removed, carefully pull the SkiErg away from the wall or floor stand and lay it down with the flywheel facing the ground.
2. Using a 5/32” allen wrench, remove the top and bottom rear cover plates. See photo A.
3. Remove the broken shock cord from the SkiErg. If necessary, cut away the looped end of the broken shock cord. This will enable you to untie the knot in the blue cord.
4. Pull the short blue cord that is wrapped around the drive spool all the way out so that the two handles are pulled all the way in.
5. Check the number of full wraps of the blue cord around the drive spool. There should be no less than two and no more than three. Add or subtract wraps if needed. See photo B.
6. Pull ten inches of the short blue cord through the crimped loop on one end of the replacement shock cord. See photo C.



photo A

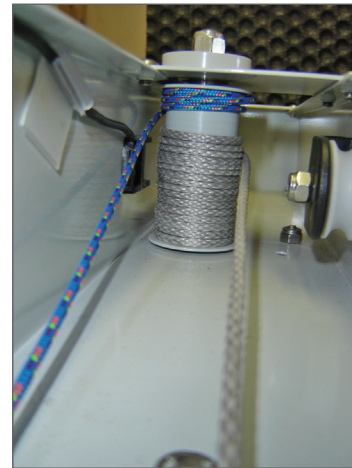


photo B

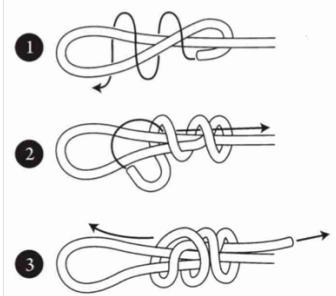


photo C

Procedure continued

7. Tie a scaffold knot in the blue cord. See illustration D.

illustration D



Leave ½” of the blue cord protruding out of the knot. See photo E.

photo E



8. Hold the knot and pull the remaining cord through the loop so that the knot tightens around the shock cord. See photo F.

photo F



9. Thread the shock cord around the shock cord pulleys by pushing the shock cord through the inner side of the top shock cord pulley. Thread back through the outer side of the shock cord pulley. See photos G and H.

photo G

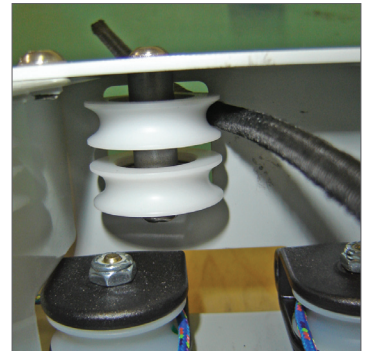
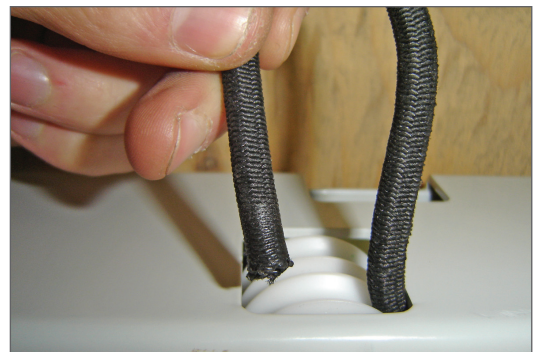


photo H



Procedure continued

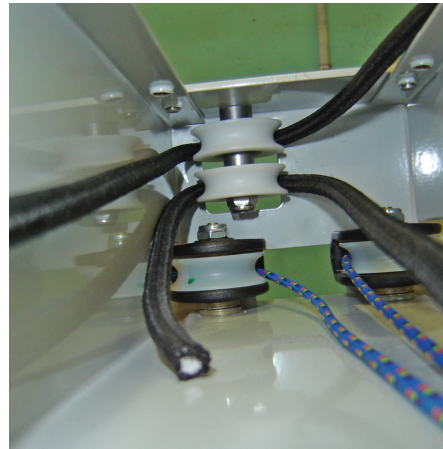
10. Pass the shock cord through the bottom shock cord pulley from bottom to the top.
See photo I.

photo I



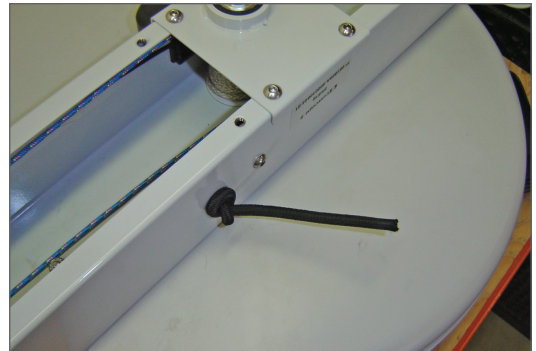
11. Pass the shock cord around the remaining top pulley from the inner side to the outer side.
See photo J.

photo J



12. Pass the shock cord through the exit hole just above the bottom pulley and tie an overhand knot about six inches from the end of the shock cord. See photo K.

photo K



13. Once the shock cord is installed, make sure the connection between the shock cord and the blue cord is three to four inches from the top shock cord pulley.

14. Reinstall the top and bottom rear cover plates.