



Scan the QR code to watch our Assembly Video,
or visit concept2.com/support/strengtherg/how-to-videos

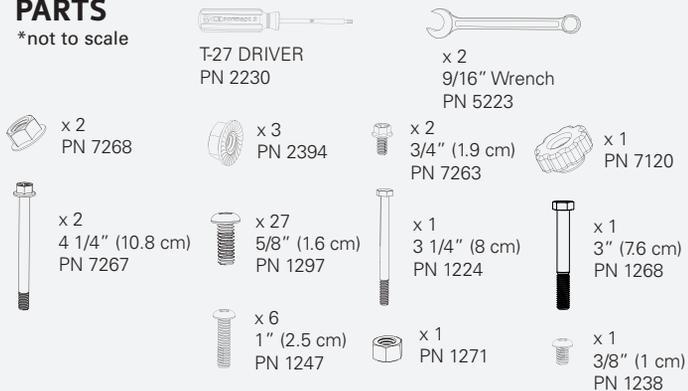
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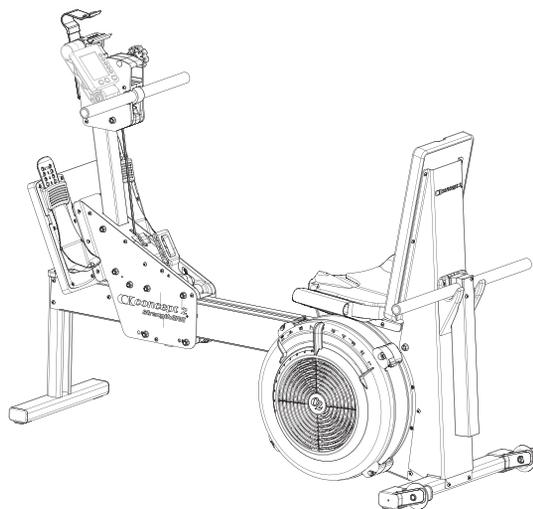
PARTS

*not to scale

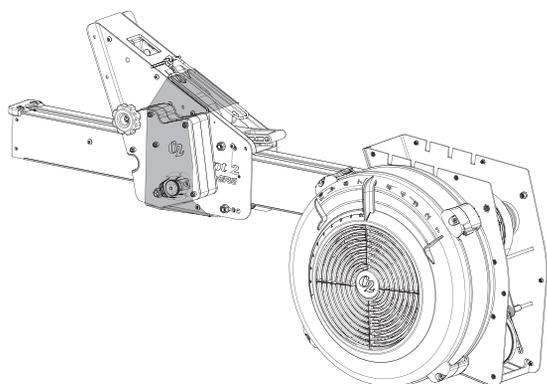


StrengthErg weight: 92 lb (42 kg)

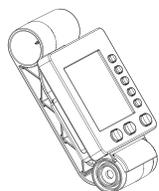
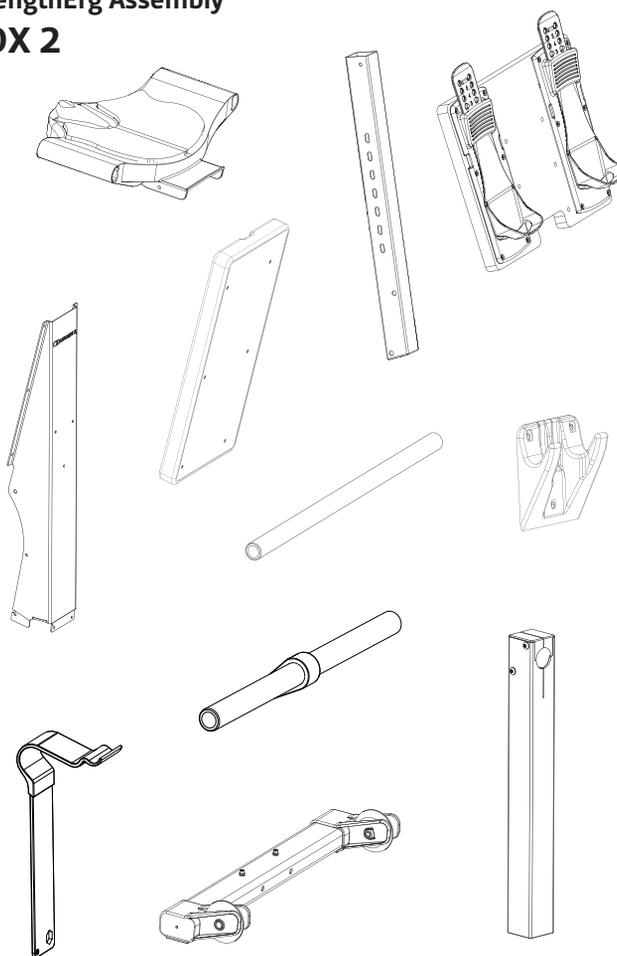
Space required for use (training area): 38 in x 80 in (97 cm x 203 cm)



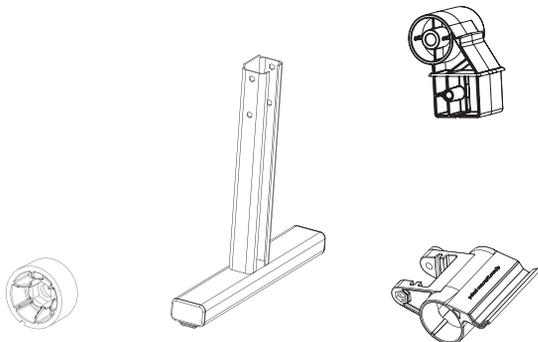
StrengthErg Assembly BOX 1



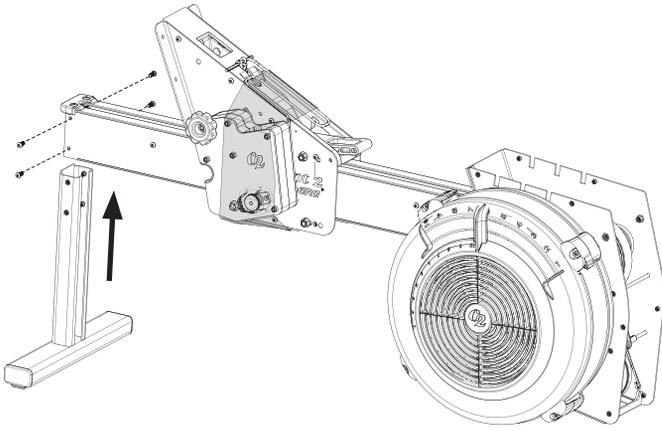
StrengthErg Assembly BOX 2



*Optional

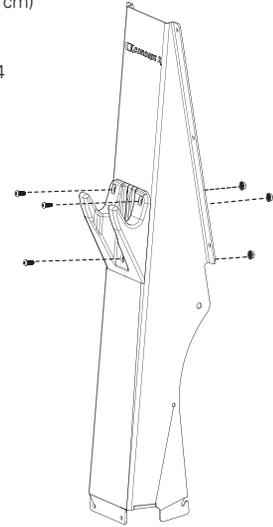


1 (4) 5/8" (1.6 cm)
PN 1297

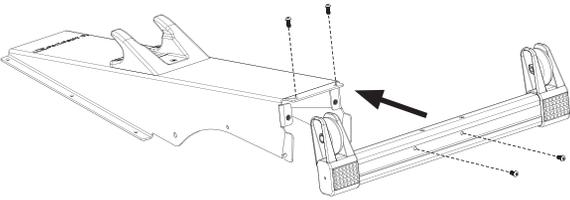


2 (3) 5/8" (1.6 cm)
PN 1297

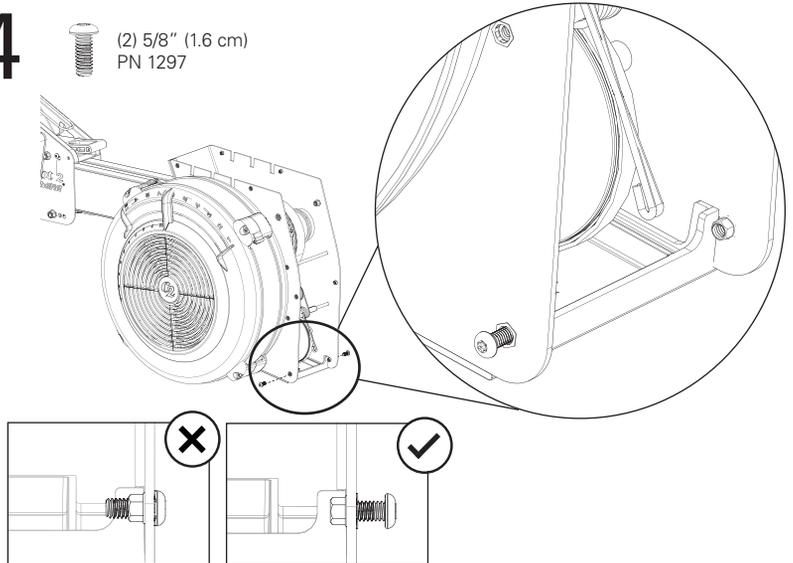
(3) PN 2394



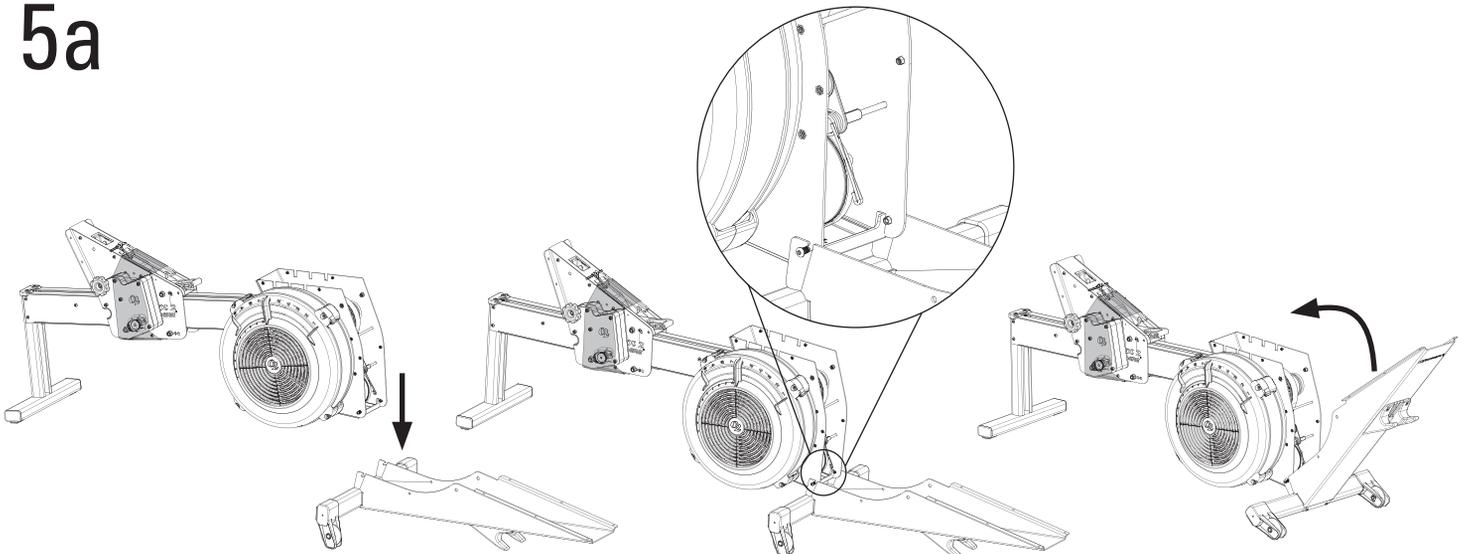
3 (4) 5/8" (1.6 cm)
PN 1297



4 (2) 5/8" (1.6 cm)
PN 1297



5a



5b

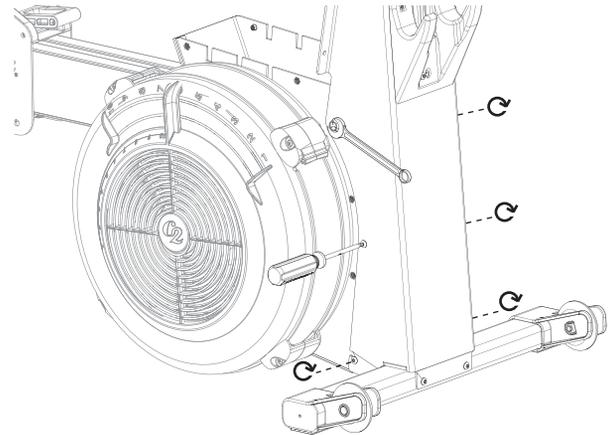
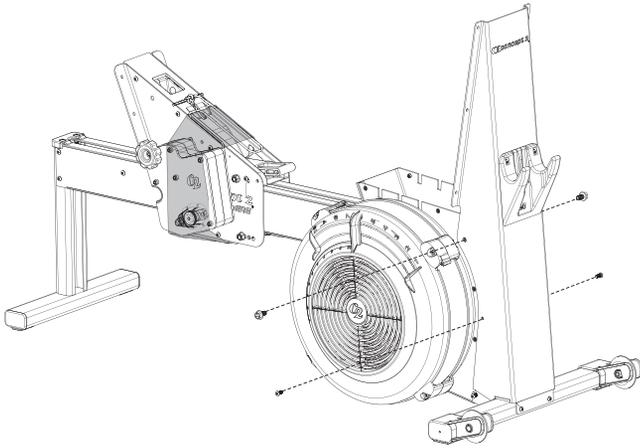


(2) 5/8" (1.6 cm)
PN 1297



(2) 3/4" (1.9 cm)
PN 7263

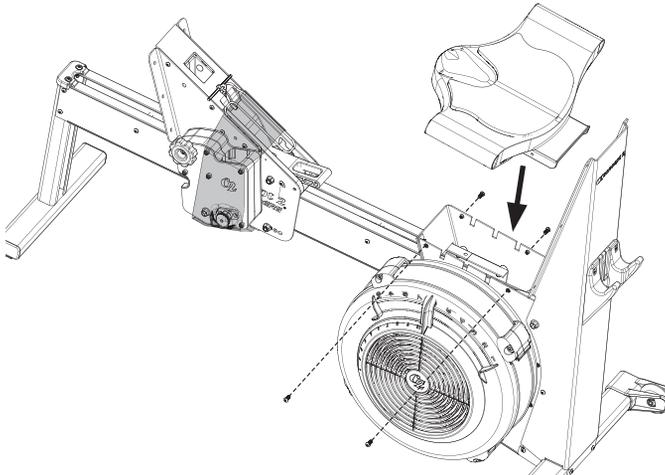
IMPORTANT: Confirm all 6 fasteners are tight.



6



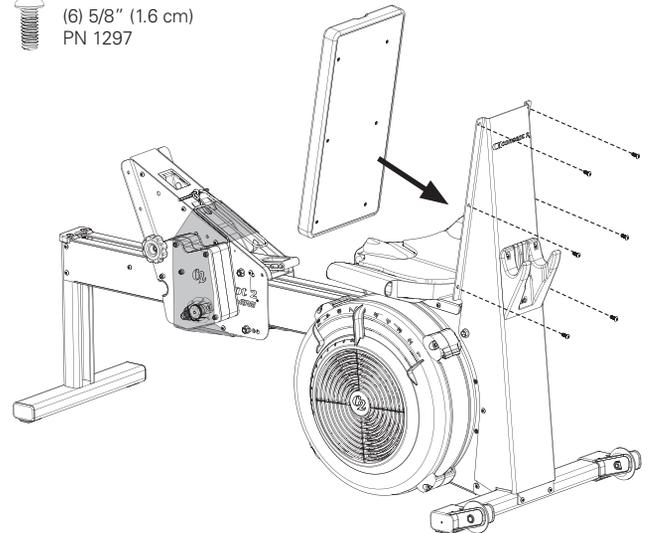
(4) 5/8" (1.6 cm)
PN 1297



7



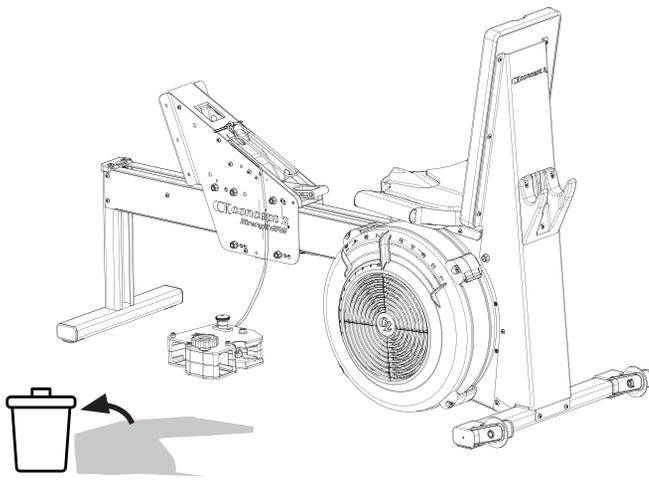
(6) 5/8" (1.6 cm)
PN 1297



8



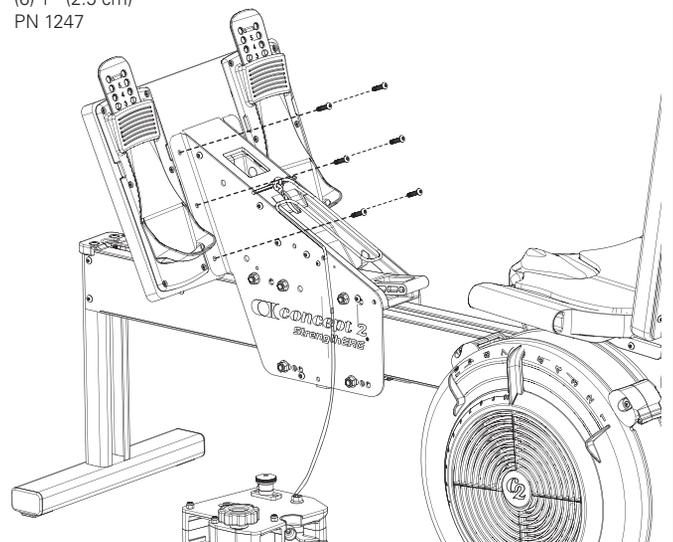
Caution cutting off wrap.
Use scissors. Not a knife.



9

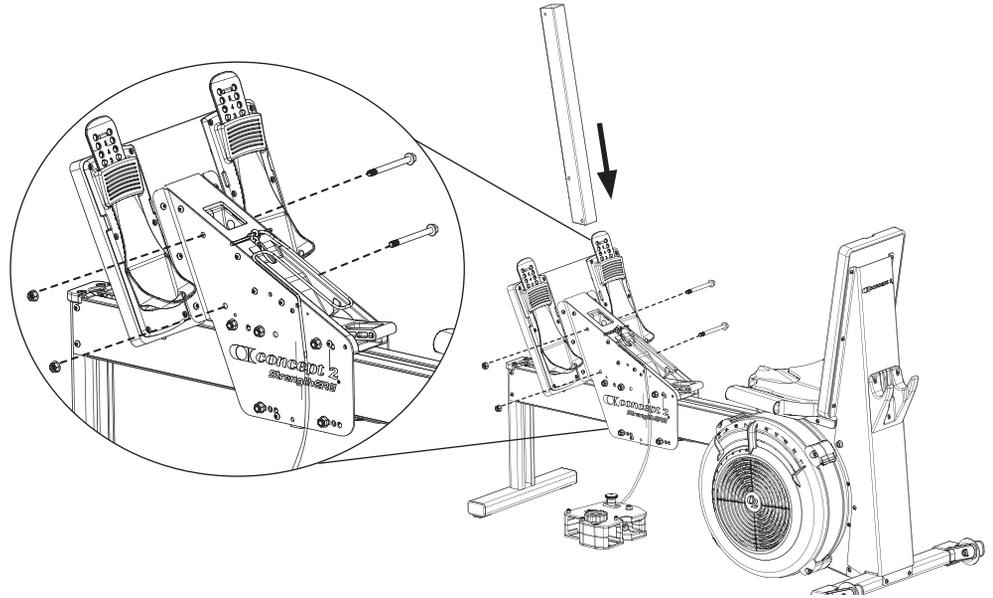


(6) 1" (2.5 cm)
PN 1247

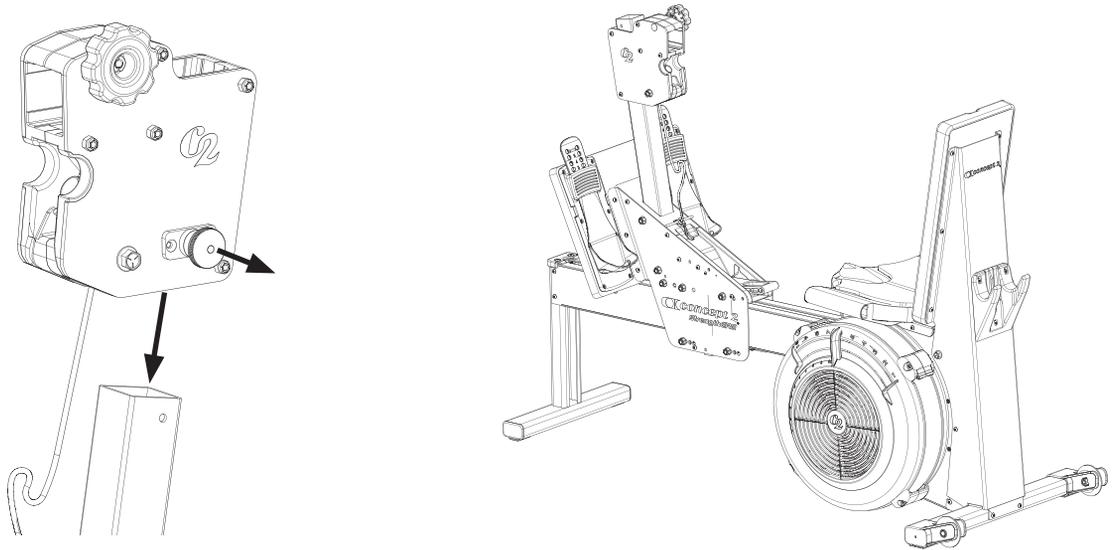


10

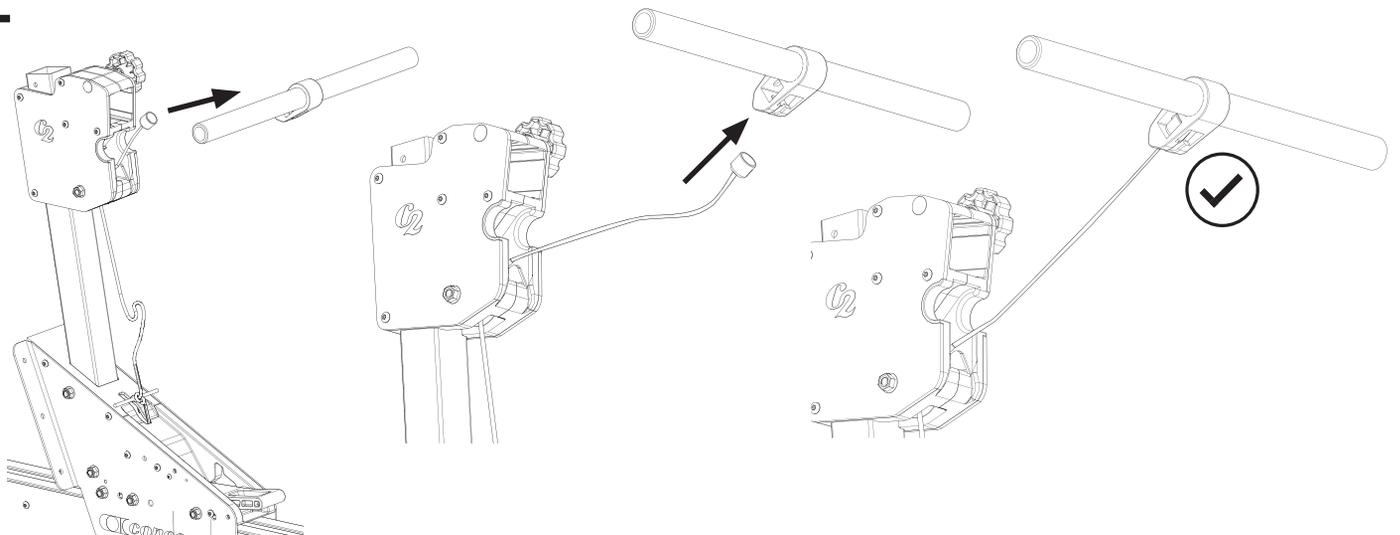
- (2) PN 7268
- (2) 4 1/4" (10.8 cm) PN 7267



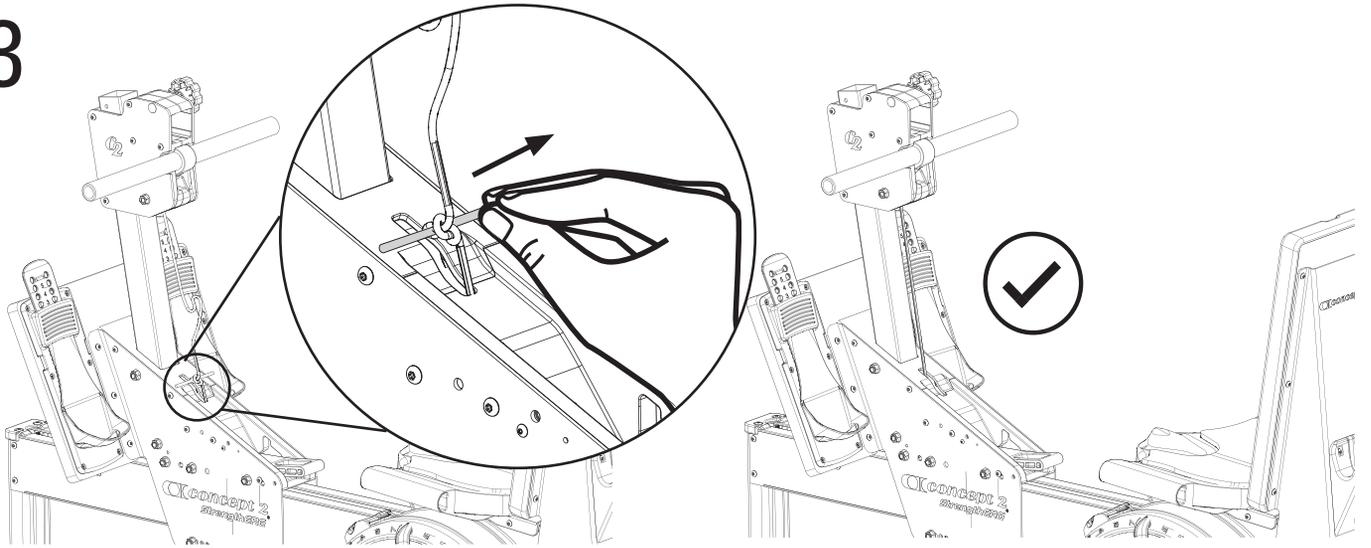
11



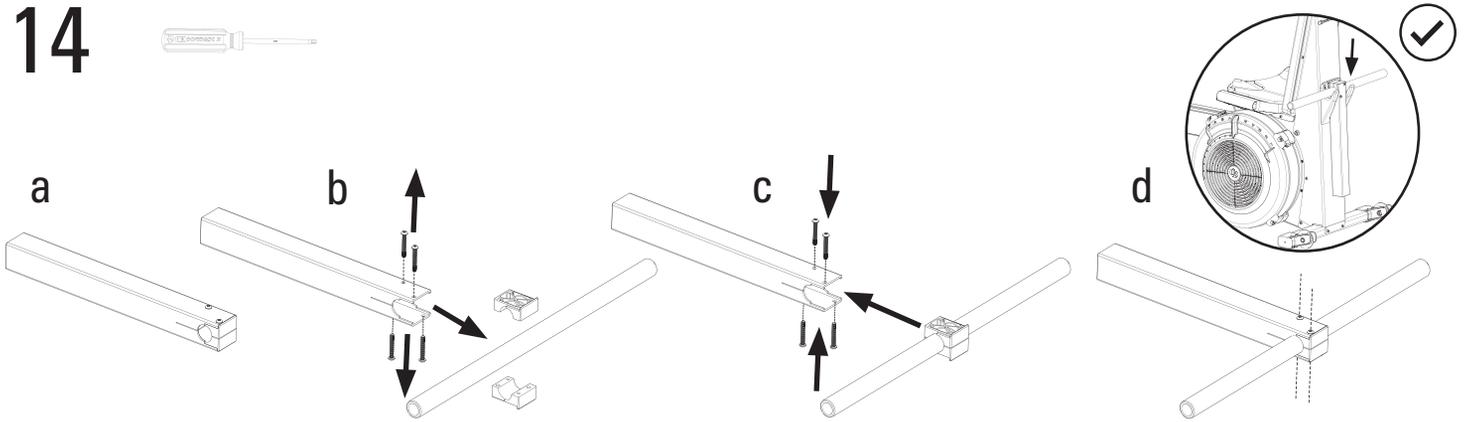
12



13

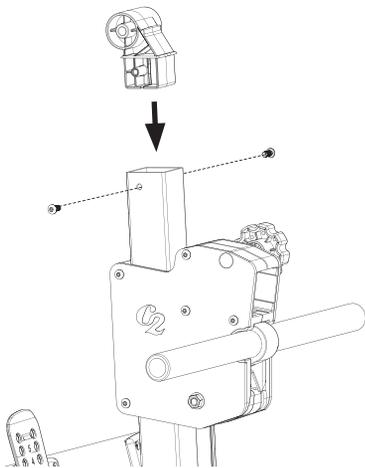


14



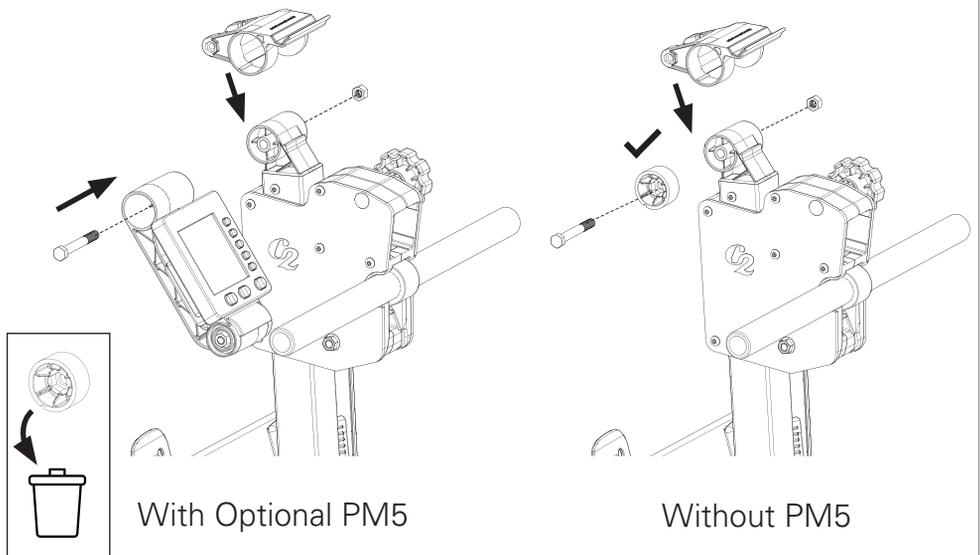
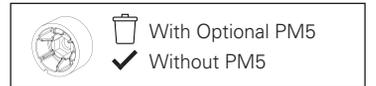
15

(2) 5/8" (1.6 cm)
PN 1297



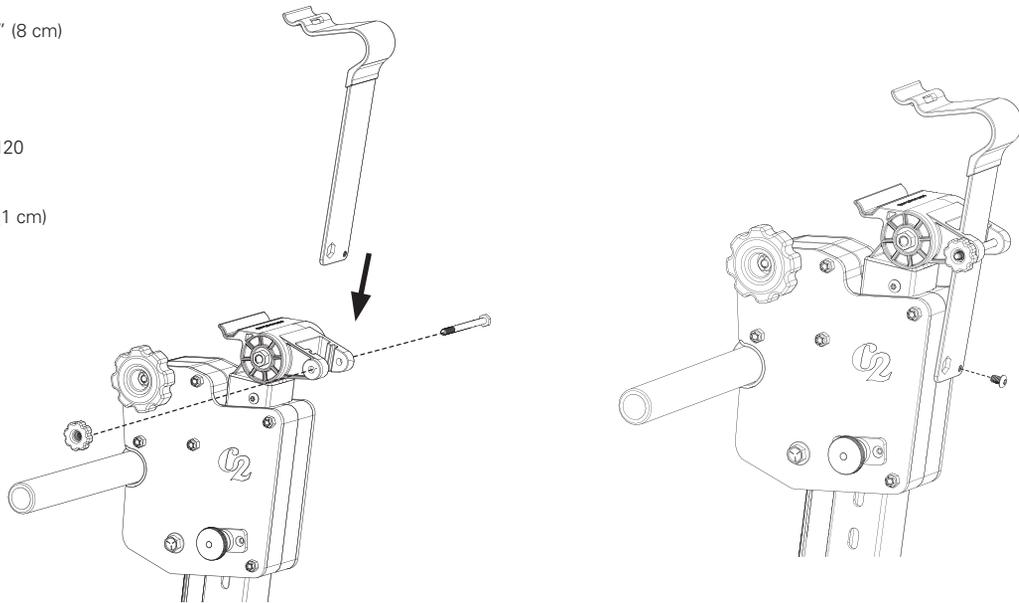
16

(1) 3" (7.6 cm) PN 1268
(1) PN 1271

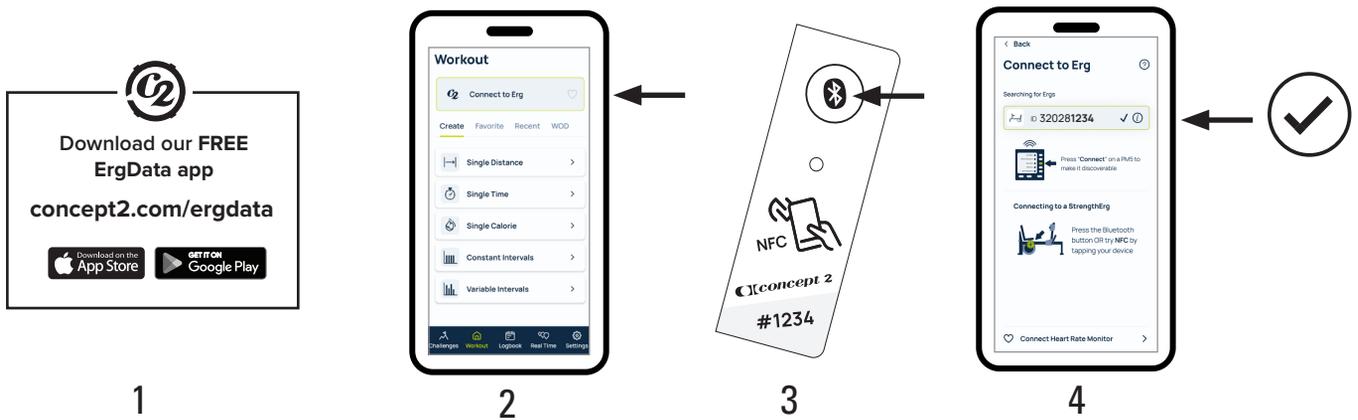


17

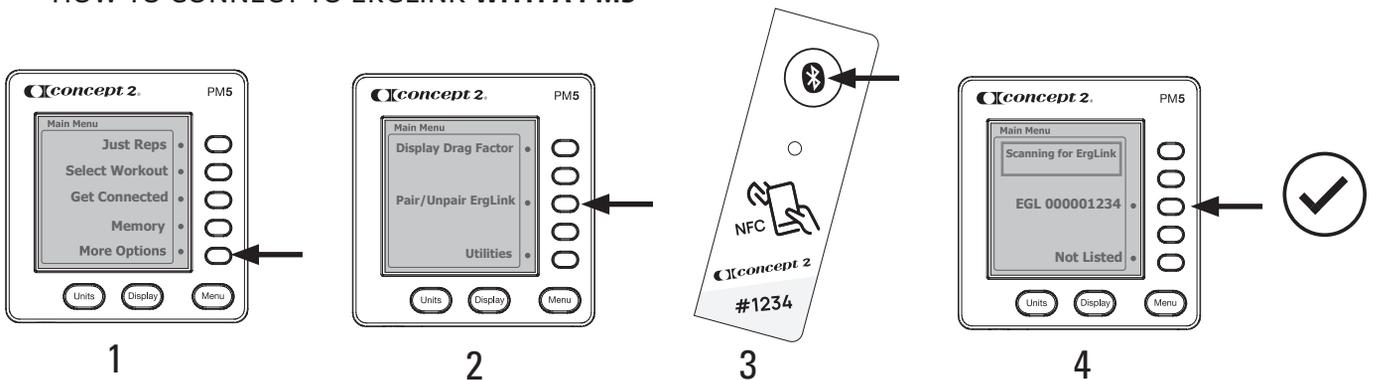
-  (1) 3 1/4" (8 cm)
PN 1224
-  (1) PN 7120
-  (1) 3/8" (1 cm)
PN 1238



HOW TO USE ERGDATA WITH THE STRENGTHERG WITHOUT A PM5

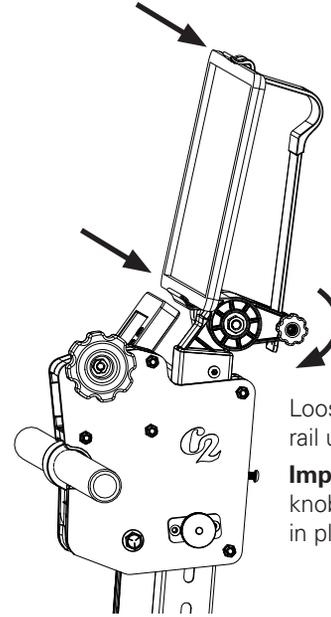
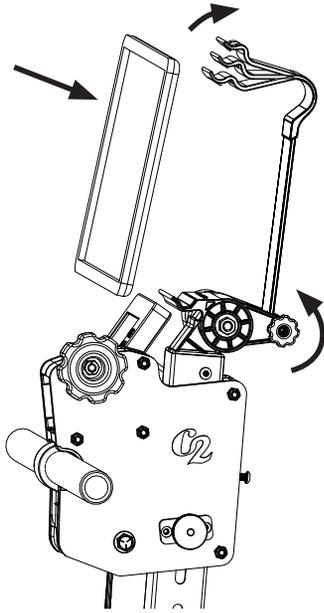


HOW TO CONNECT TO ERGLINK WITH A PM5



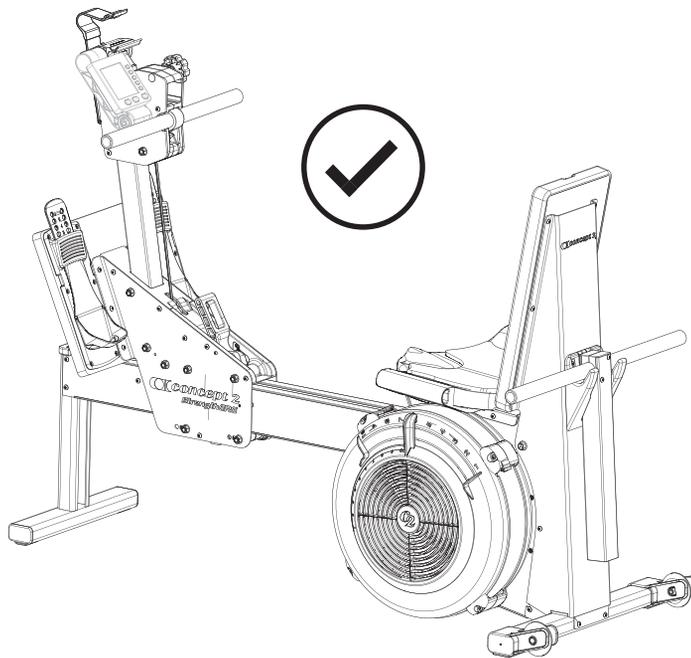
How to Use the Device Holder

Insert device



Loosen knob to slide rail up or down.

Important: Tighten knob when device is in place.



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