

concept 2 **StrengthERG**™ ASSEMBLY INSTRUCTIONS



Scan the QR code to watch our Assembly Video,
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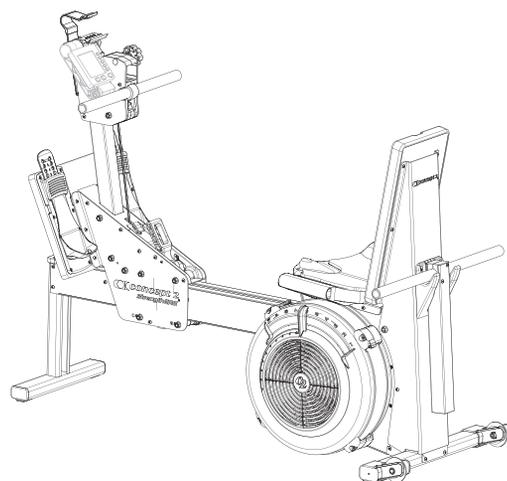
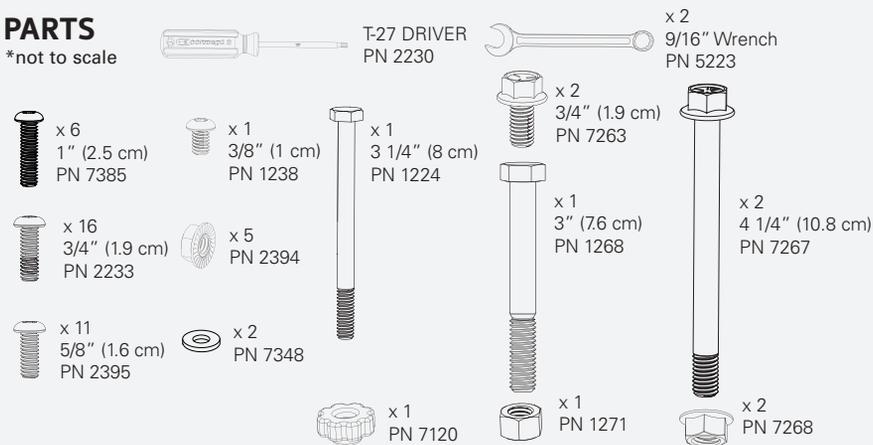
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PARTS

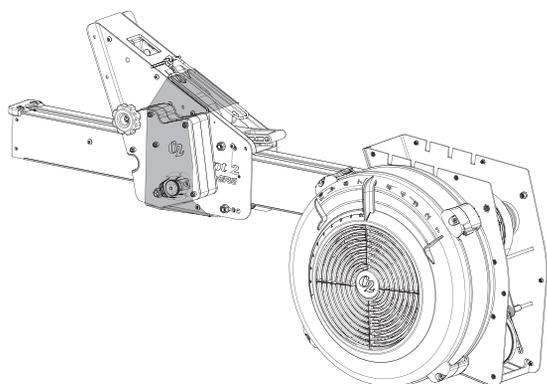
*not to scale



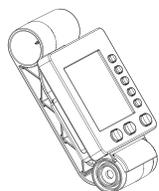
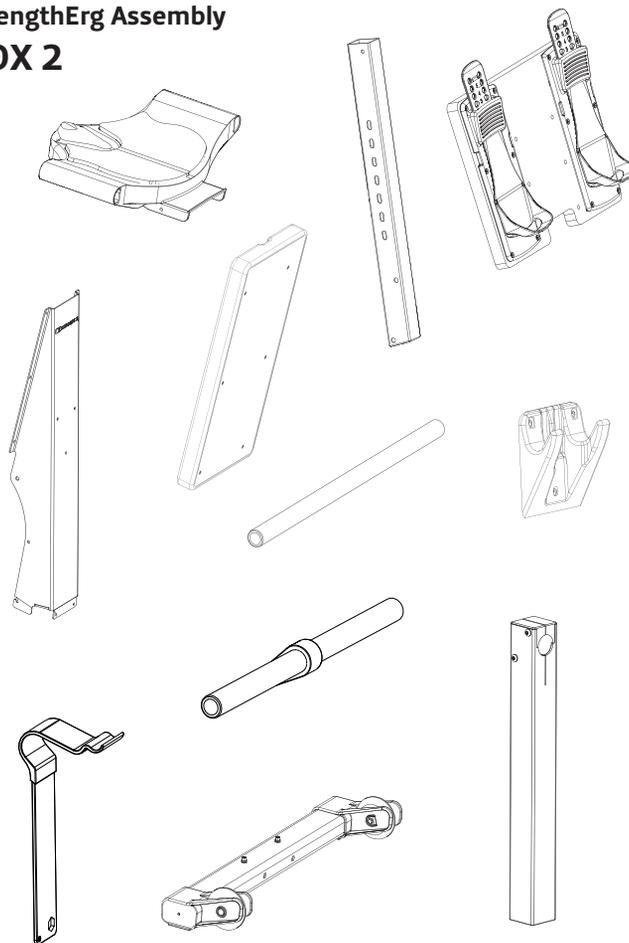
StrengthErg weight: 92 lb (42 kg)

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

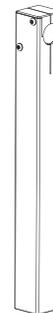
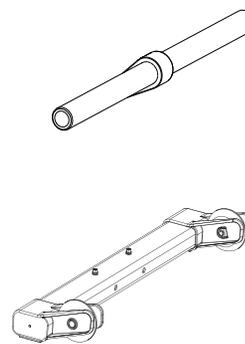
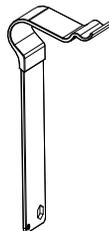
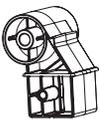
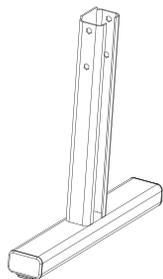
StrengthErg Assembly BOX 1



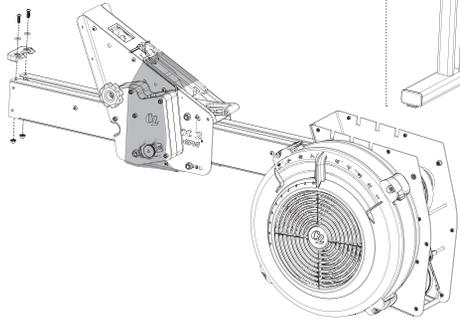
StrengthErg Assembly BOX 2



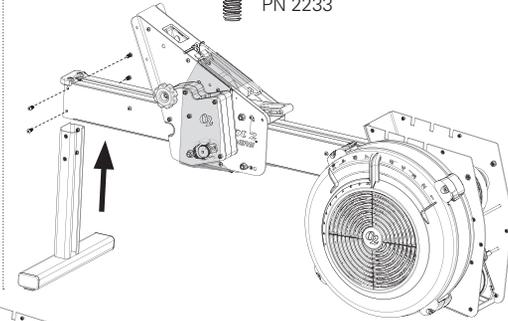
*Optional



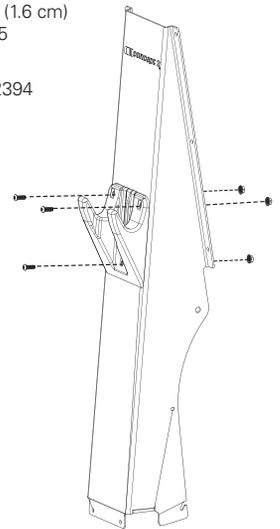
- 1** **1a**  (2) 5/8" (1.6 cm)
PN 2395
-  (2) PN 7348
-  (3) PN 2394



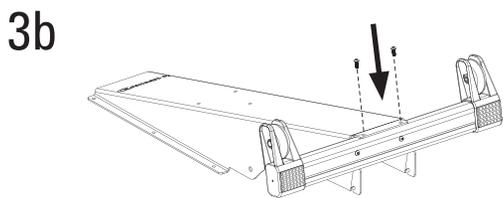
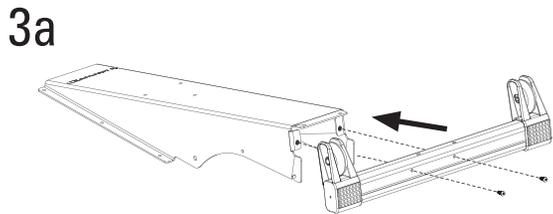
- 1b**  (4) 3/4" (1.9 cm)
PN 2233



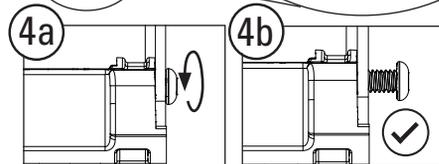
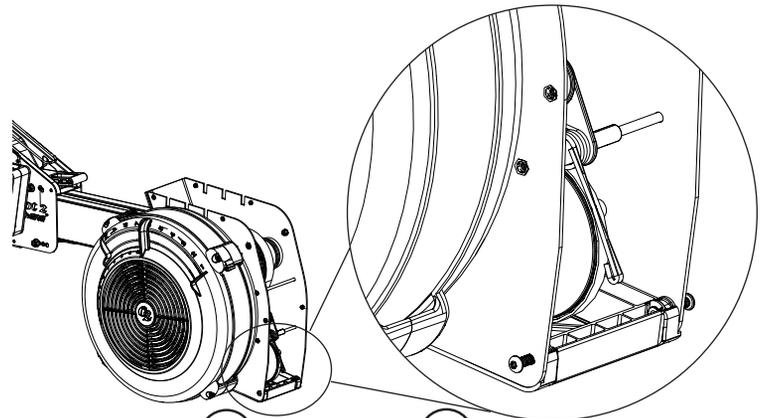
- 2**  (3) 5/8" (1.6 cm)
PN 2395
-  (3) PN 2394



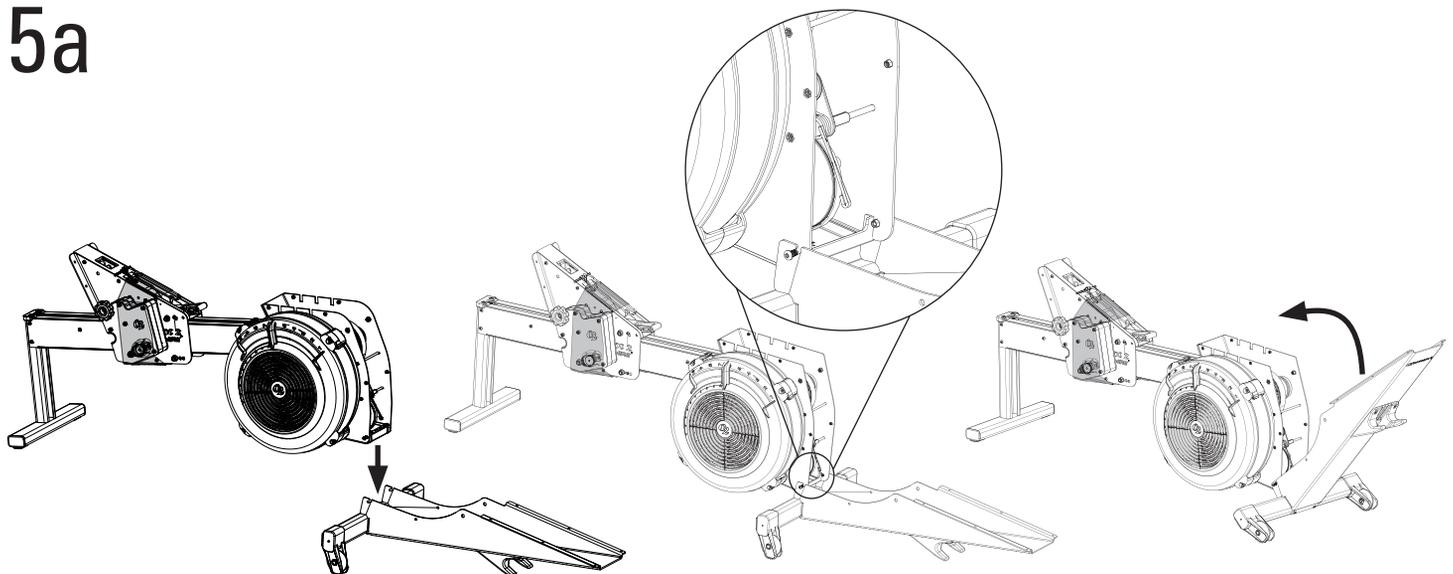
- 3**  (4) 3/4" (1.9 cm)
PN 2233



4



5a



5b

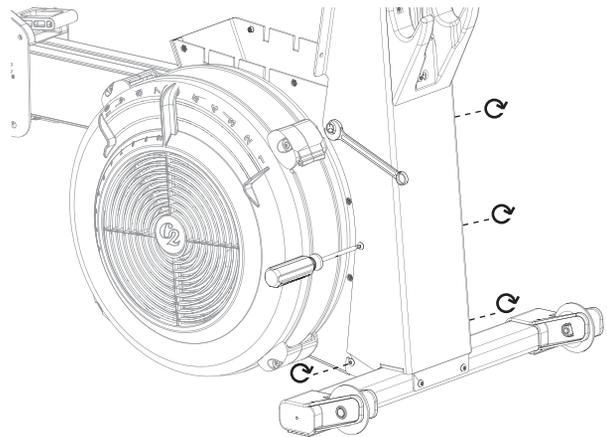
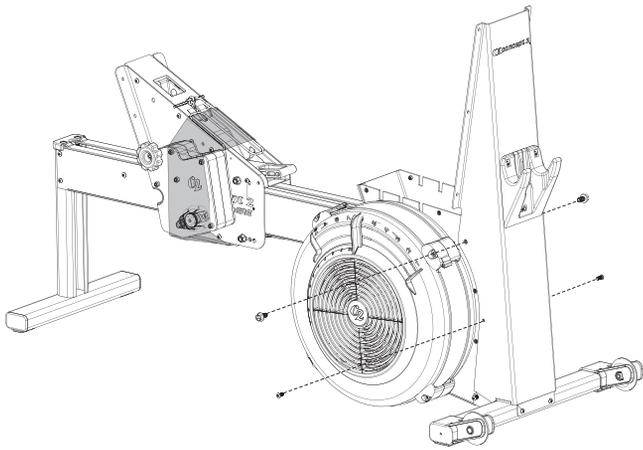


(2) 3/4" (1.9 cm)
PN 2233



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

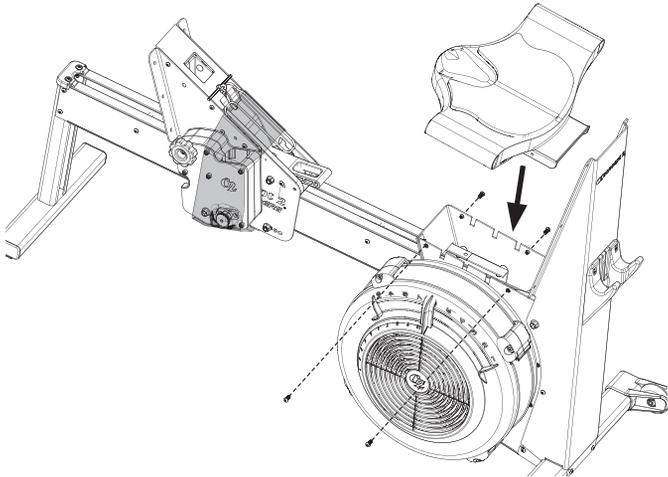
IMPORTANT: Confirm all 6 fasteners are tight.



6



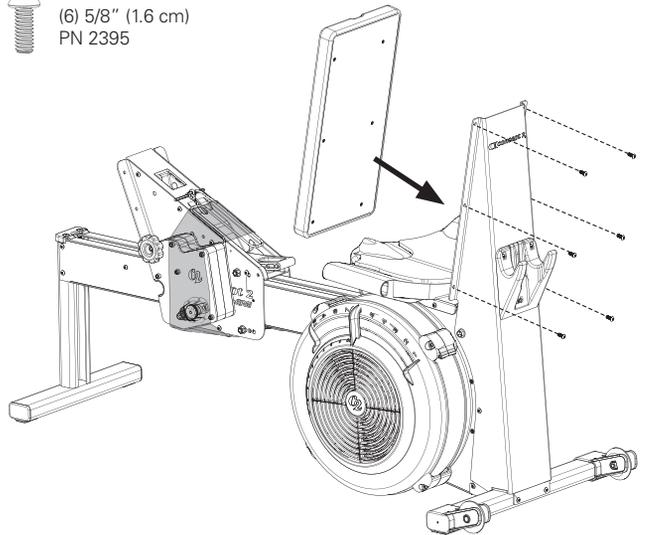
(4) 3/4" (1.9 cm)
PN 2233



7



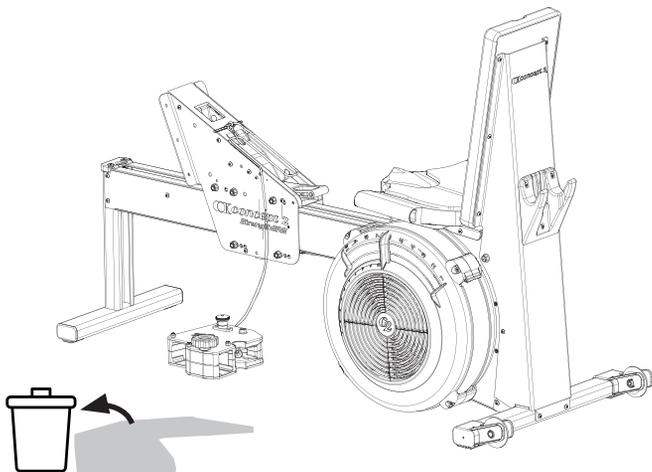
(6) 5/8" (1.6 cm)
PN 2395



8



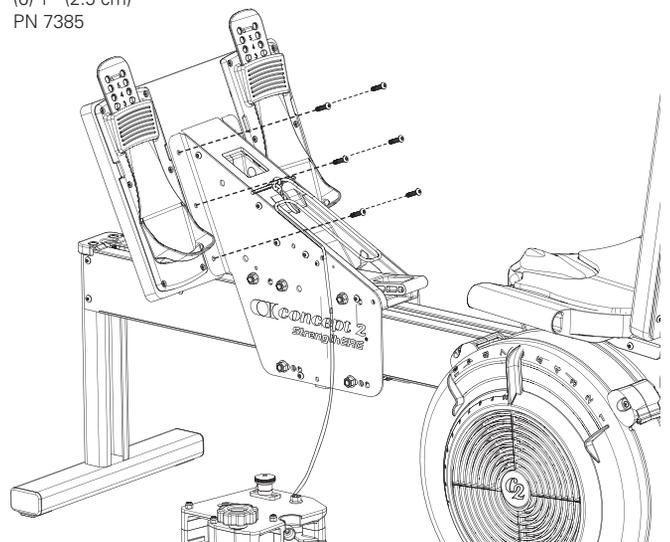
Caution cutting off wrap.
Use scissors. Not a knife.



9



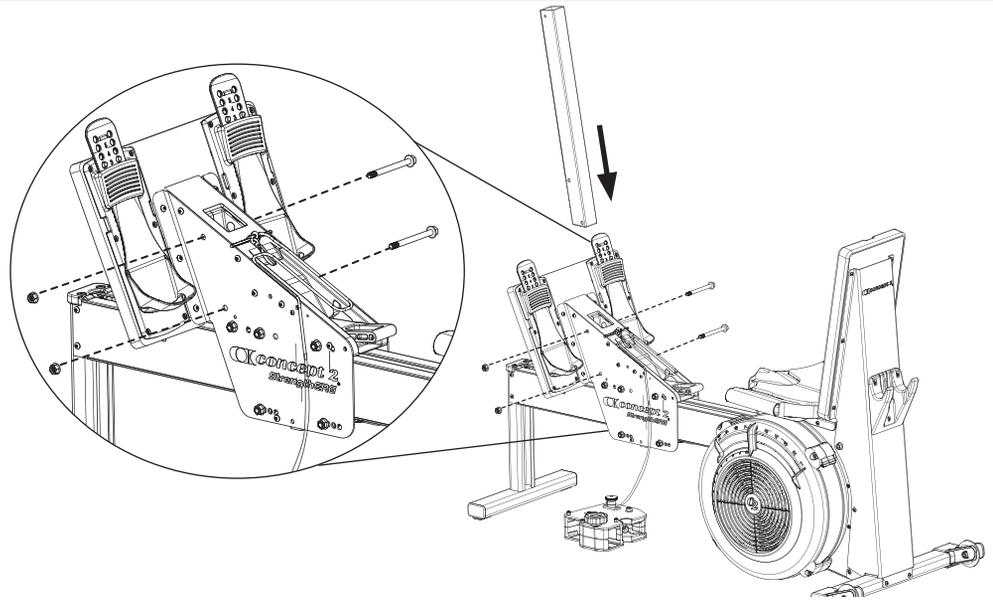
(6) 1" (2.5 cm)
PN 7385



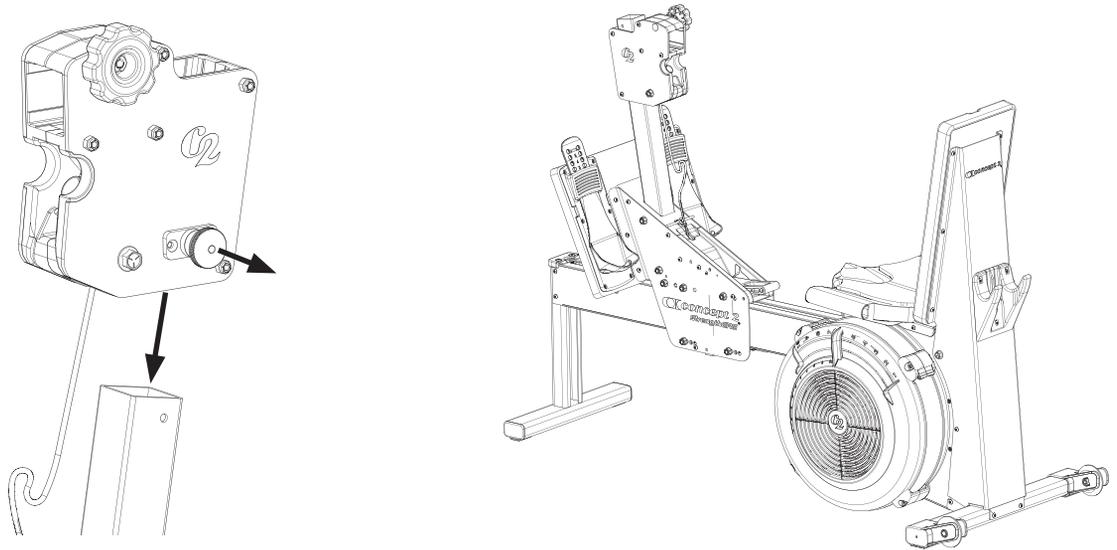
10

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

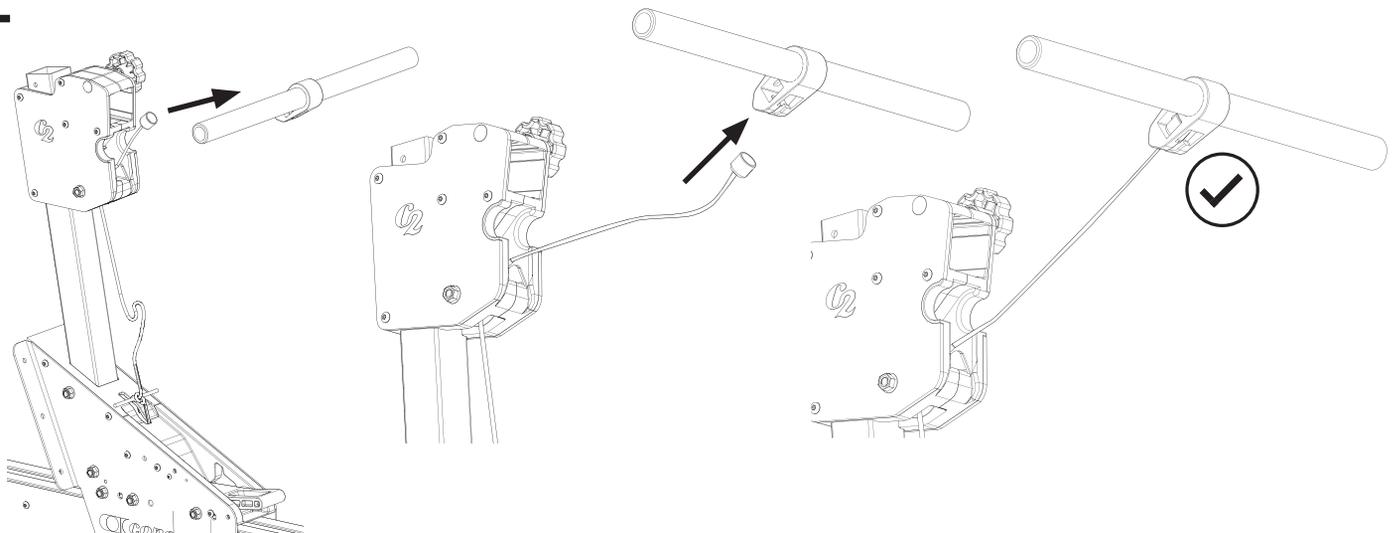
(2)
PN 7268



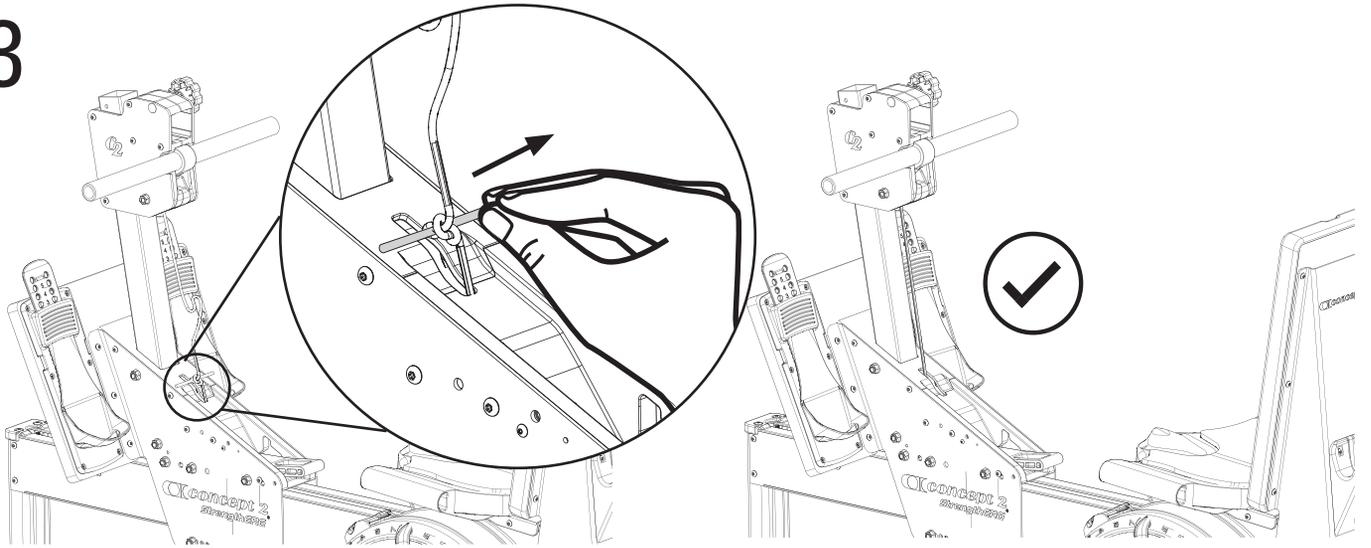
11



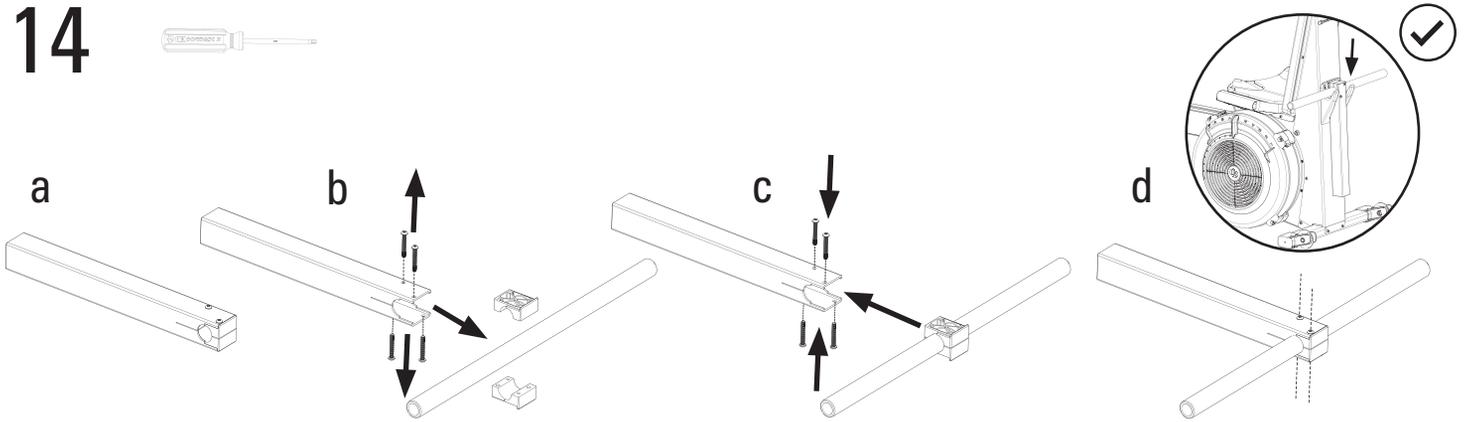
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13

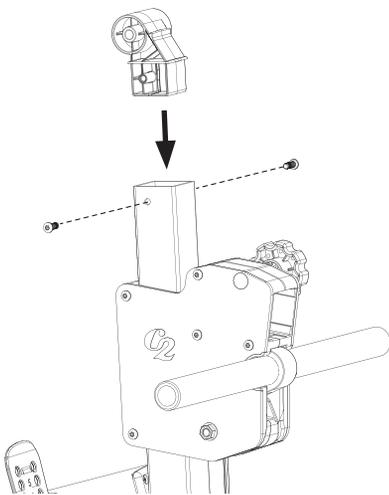


14



15

(2) 3/4" (1.9 cm)
PN 2233

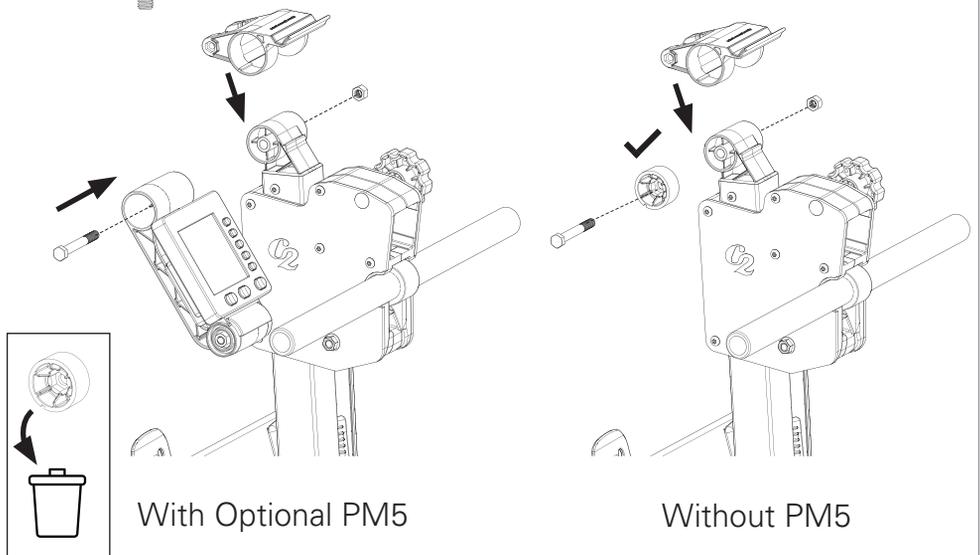


16

(1) 3" (7.6 cm)
PN 1268

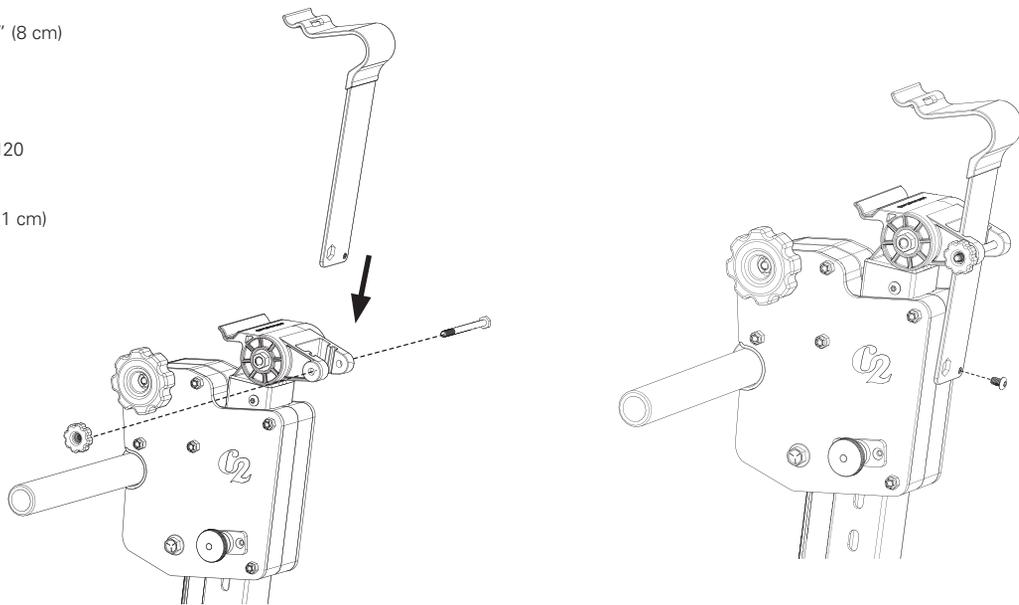
(1) PN 1271

 With Optional PM5
 Without PM5

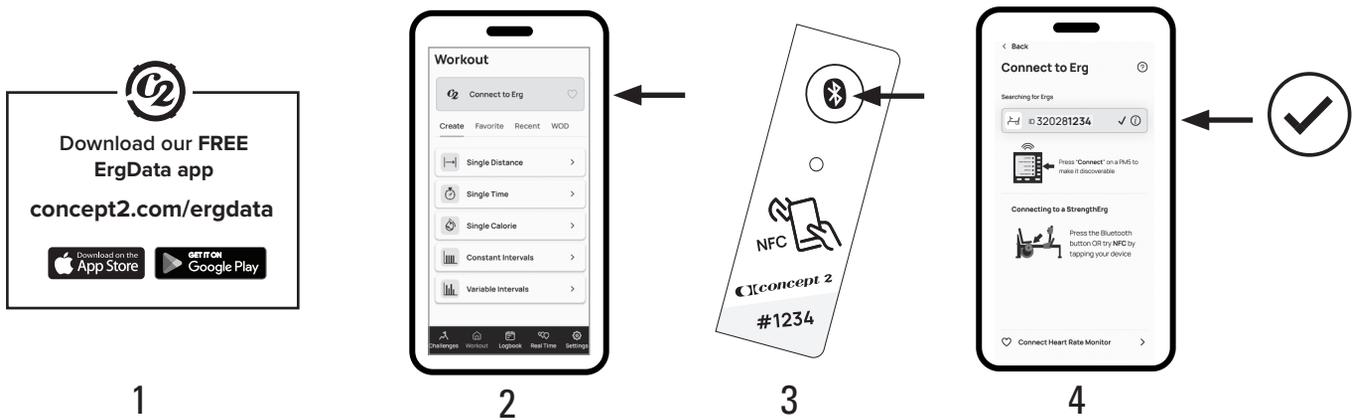


17

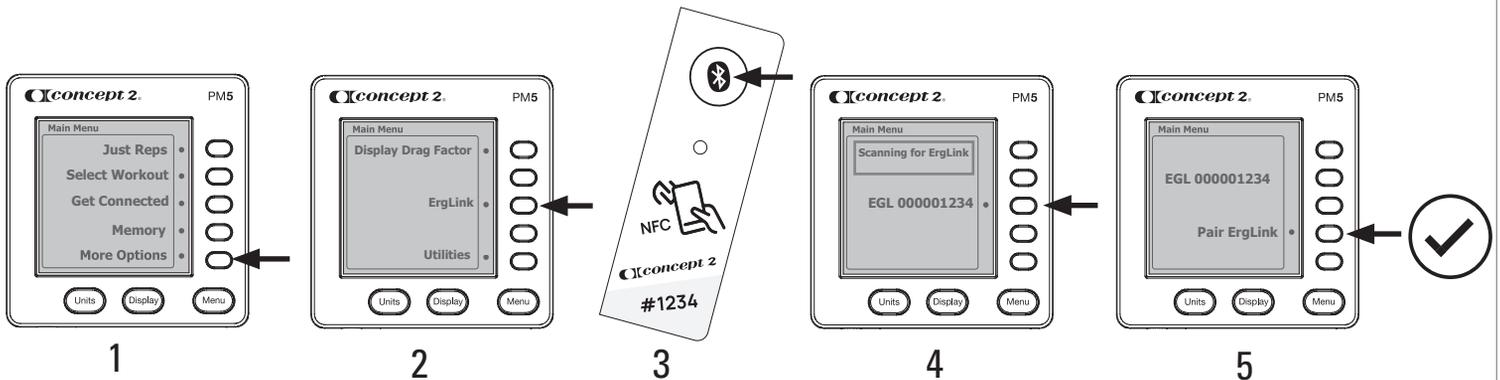
-  (1) 3 1/4" (8 cm)
PN 1224
-  (1) PN 7120
-  (1) 3/8" (1 cm)
PN 1238



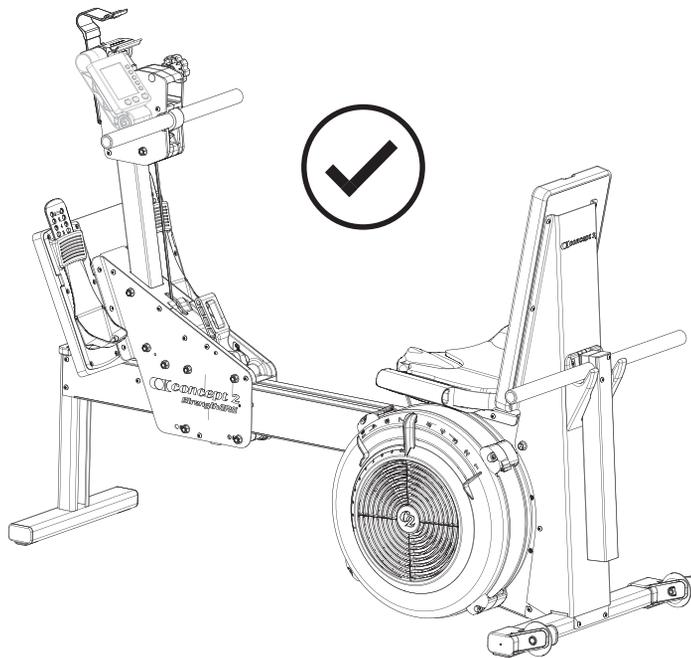
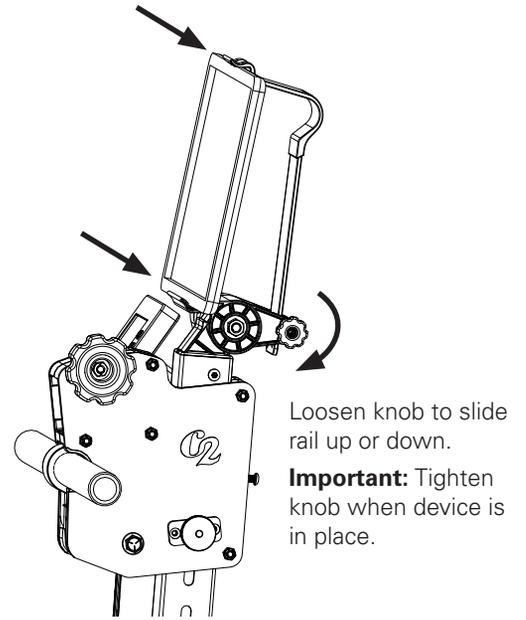
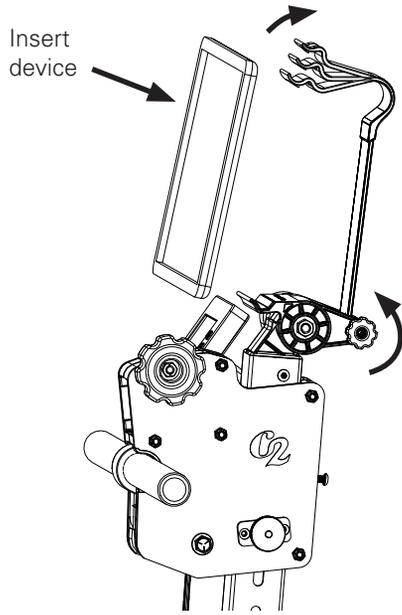
HOW TO USE ERGDATA WITH THE STRENGTHERG WITHOUT A PM5



HOW TO CONNECT TO ERLINK WITH A PM5



How to Use the Device Holder



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