

concept 2 **StrengthERG**™ ASSEMBLY INSTRUCTIONS



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

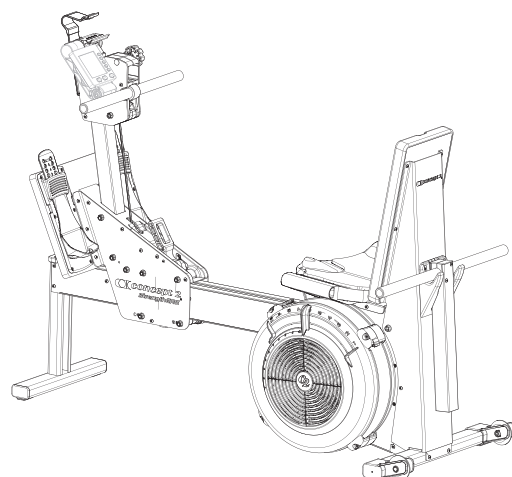
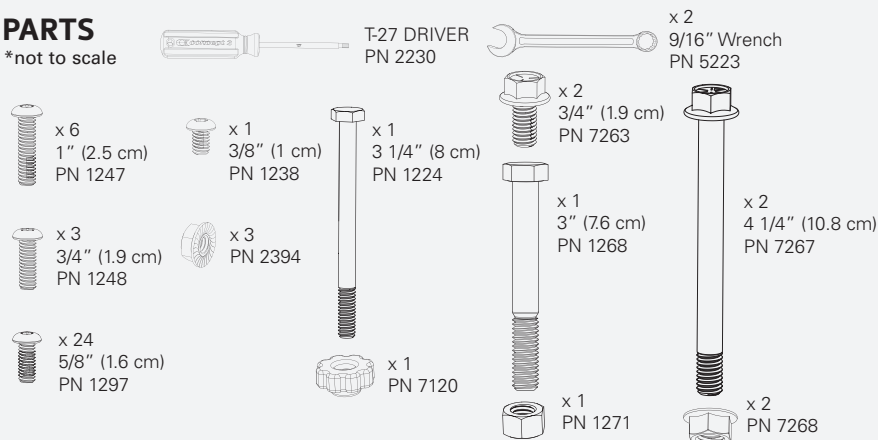
Questions? Comments? Problems?

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(US and Canada)

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PARTS

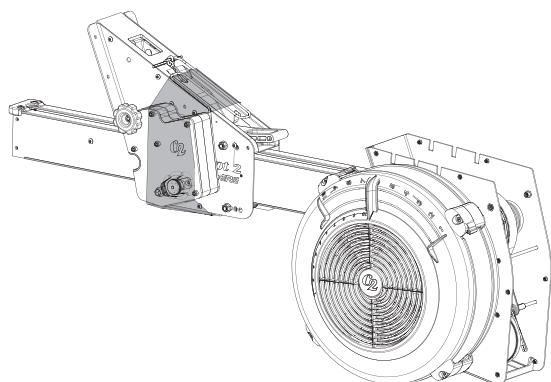
*not to scale



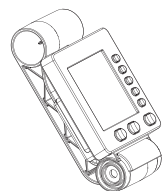
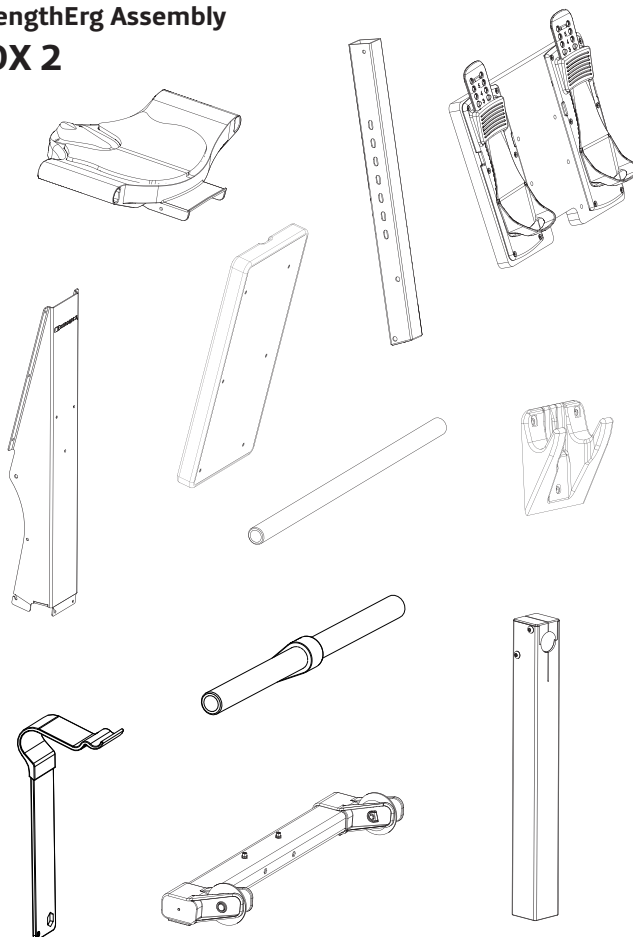
StrengthErg weight: 92 lb (42 kg)

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

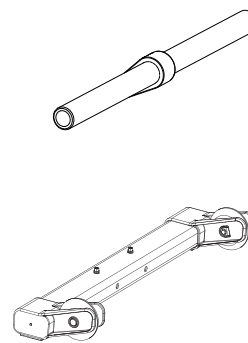
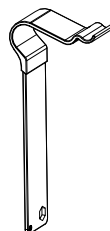
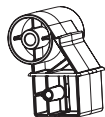
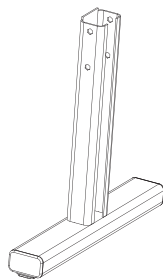
StrengthErg Assembly BOX 1



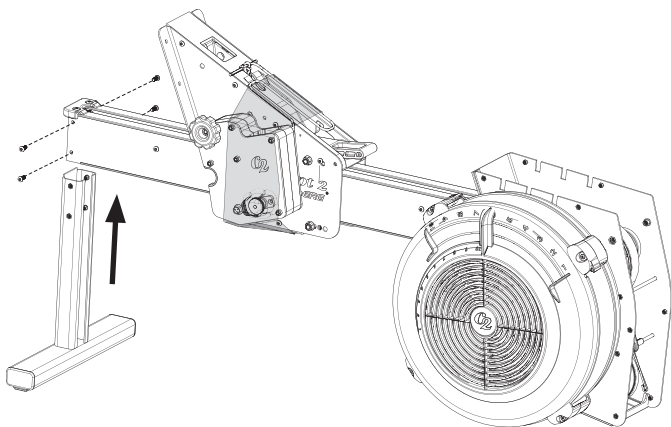
StrengthErg Assembly BOX 2



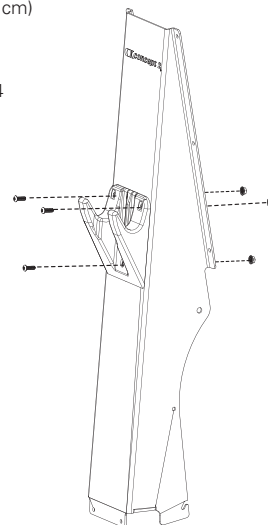
*Optional



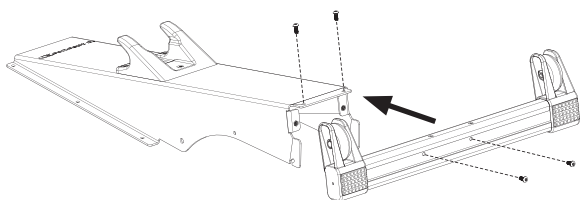
1 (4) 5/8" (1.6 cm)
PN 1297



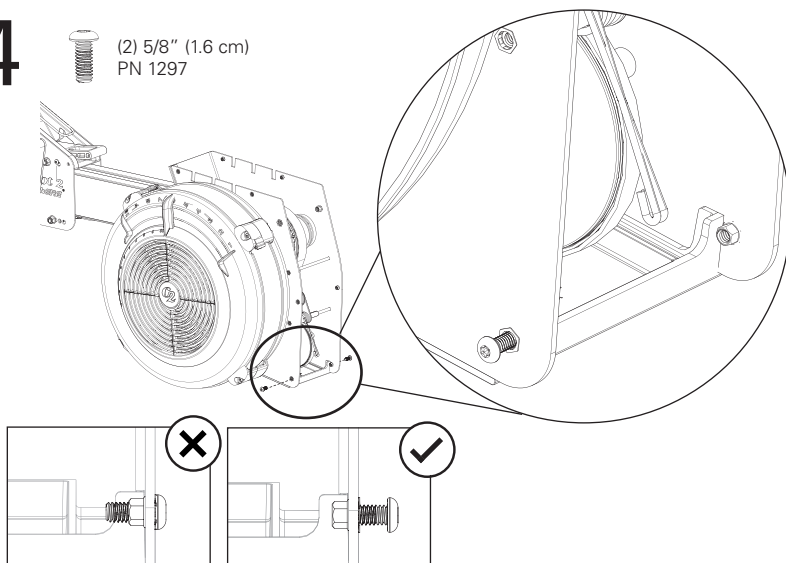
2 (3) 3/4" (1.9 cm)
PN 1248
(3) PN 2394



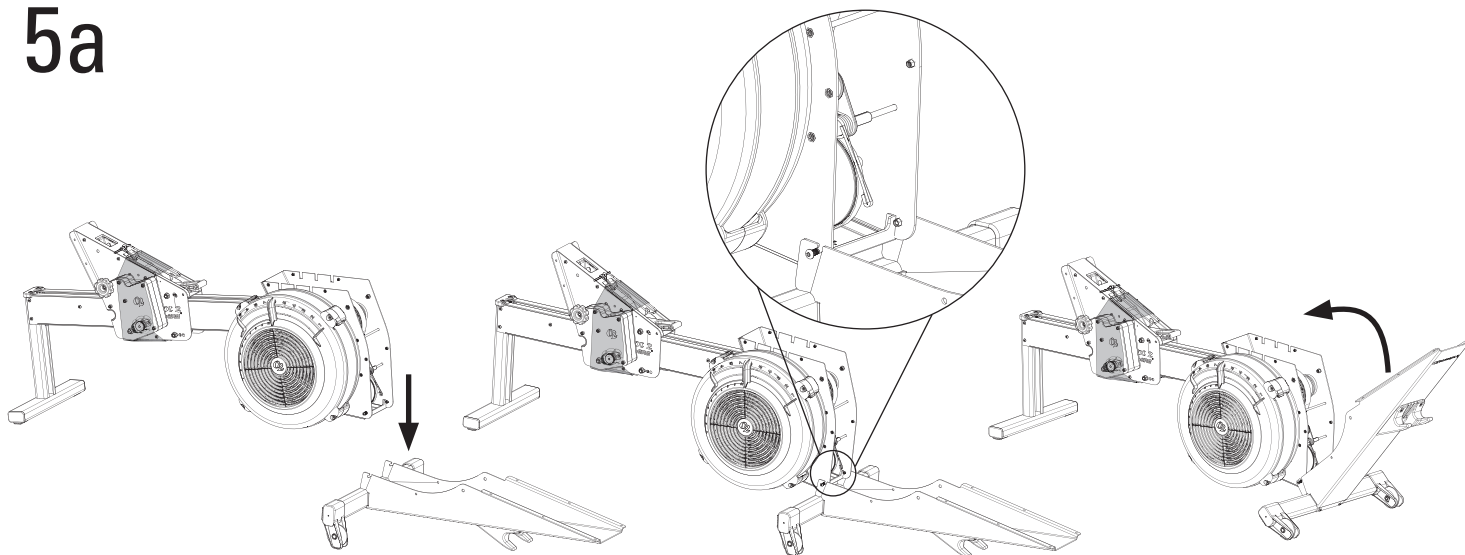
3 (4) 5/8" (1.6 cm)
PN 1297



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



5a



5b

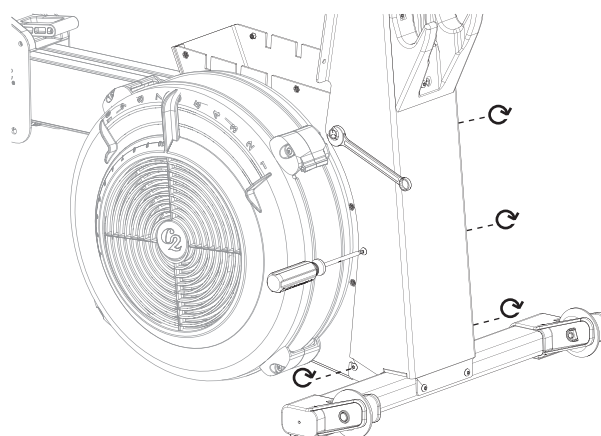
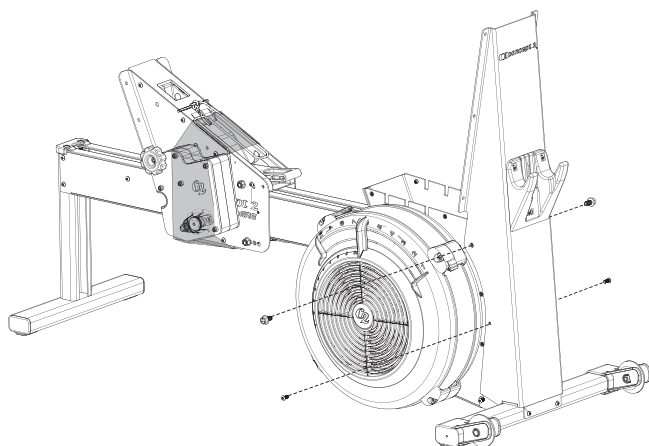


(2) 5/8" (1.6 cm)
PN 1297



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

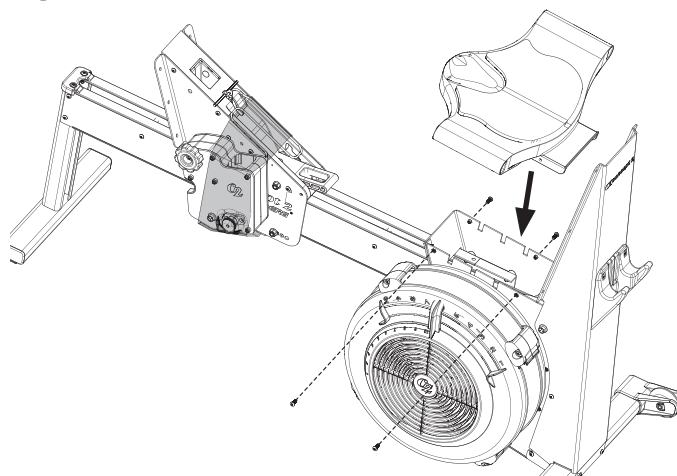
IMPORTANT: Confirm all 6 fasteners are tight.



6



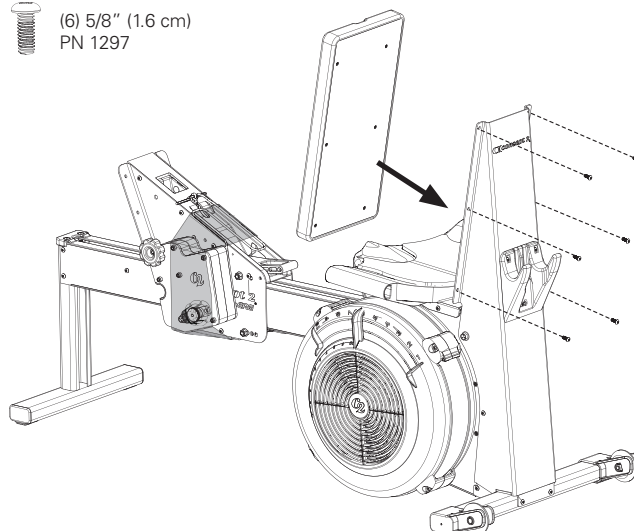
(4) 5/8" (1.6 cm)
PN 1297



7



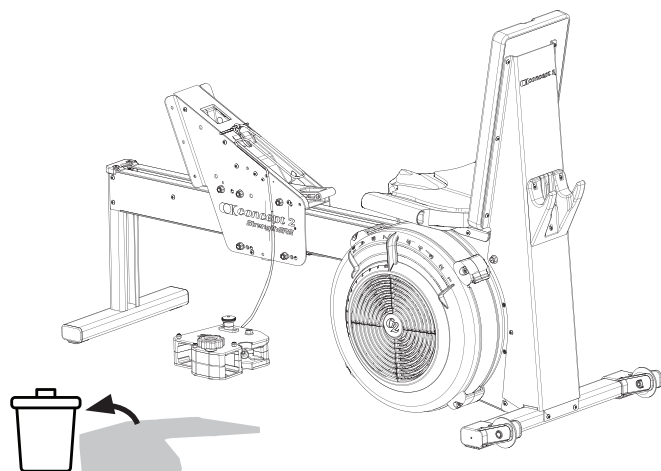
(6) 5/8" (1.6 cm)
PN 1297



8



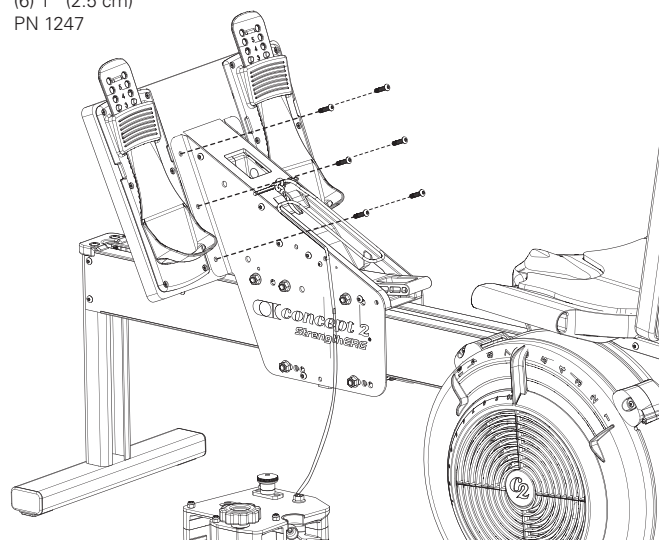
Caution cutting off wrap.
Use scissors. Not a knife.



9



(6) 1" (2.5 cm)
PN 1247



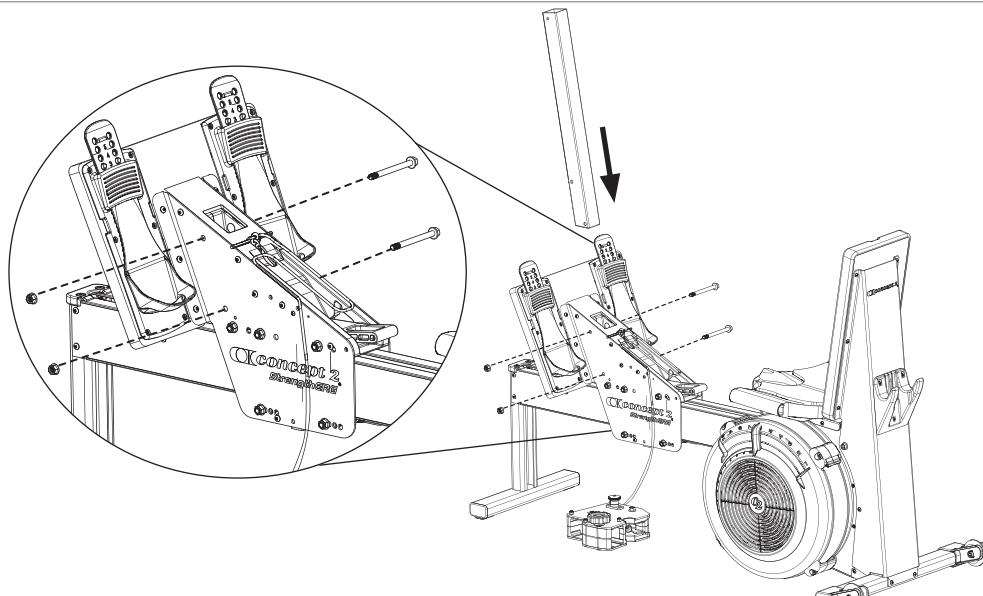
10



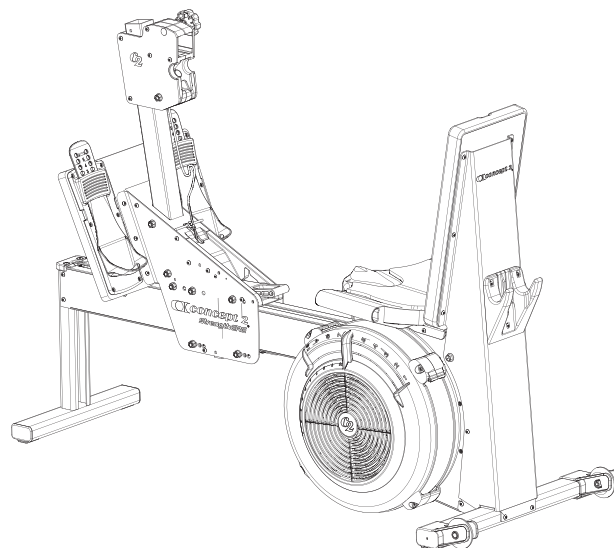
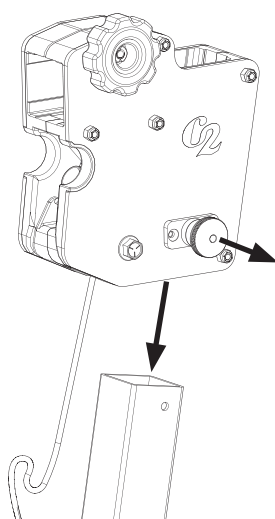
(2) 4 1/4" (10.8 cm)
PN 7267



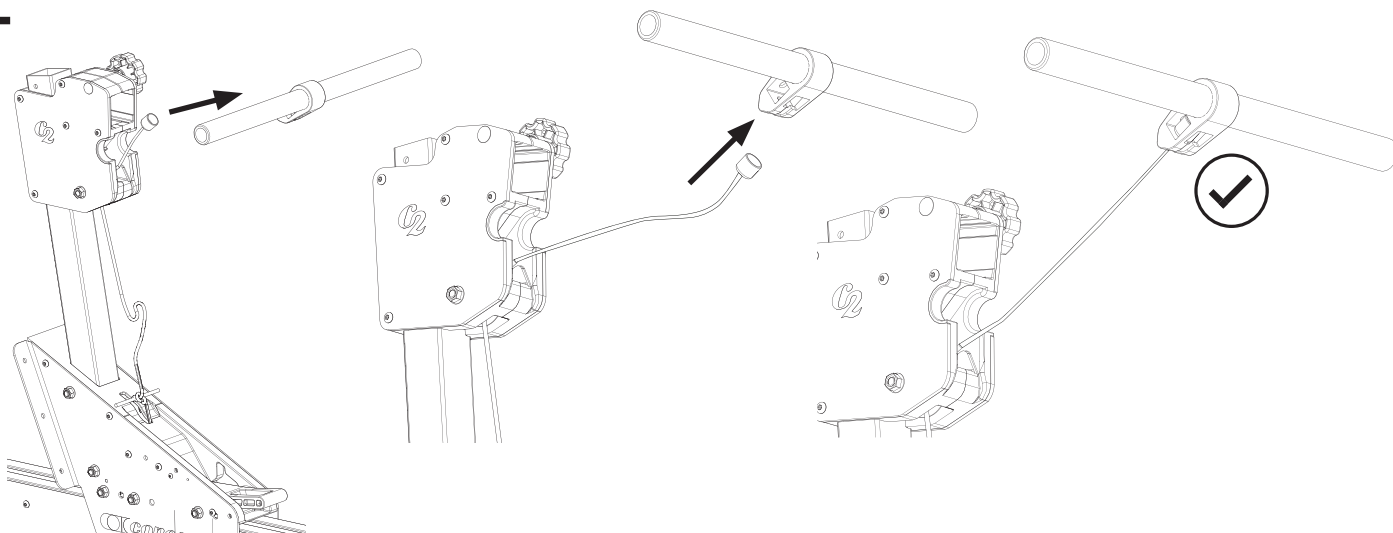
(2)
PN 7268



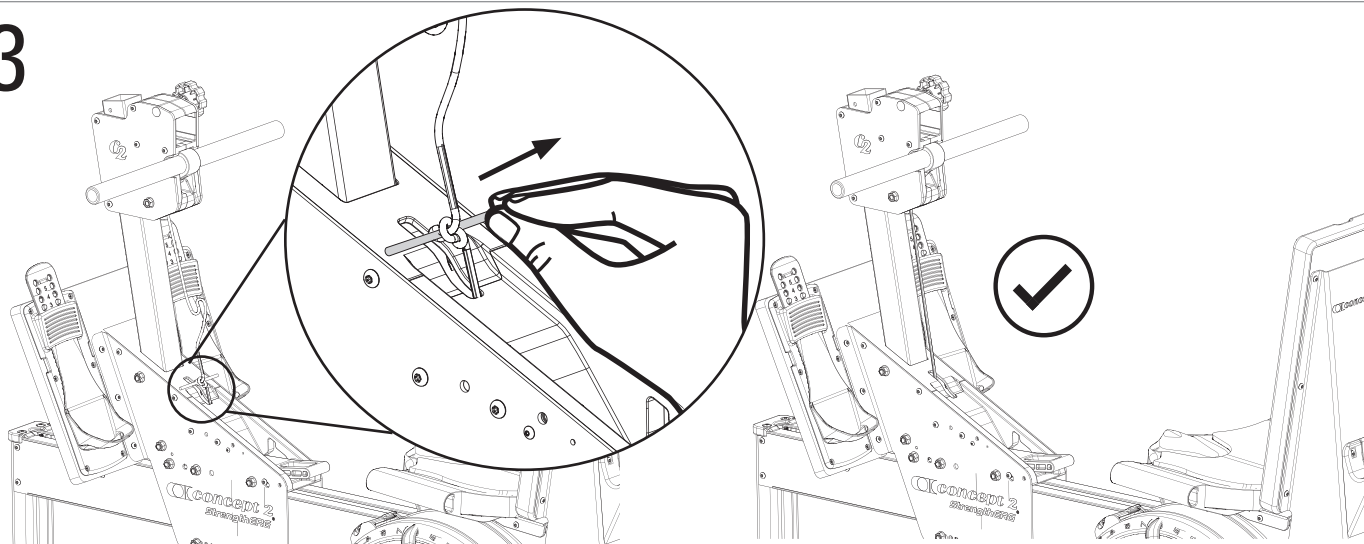
11



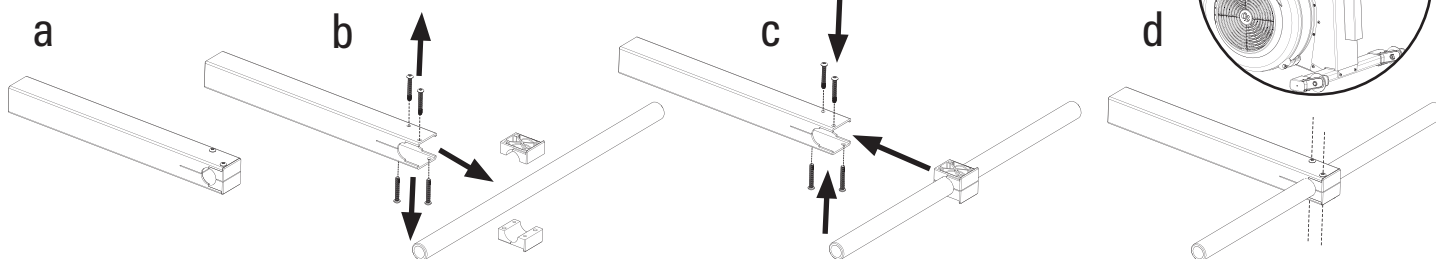
12



13

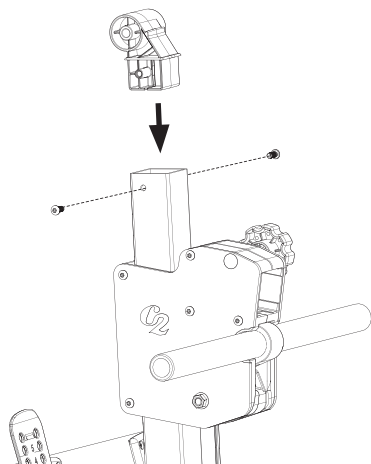


14



15

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

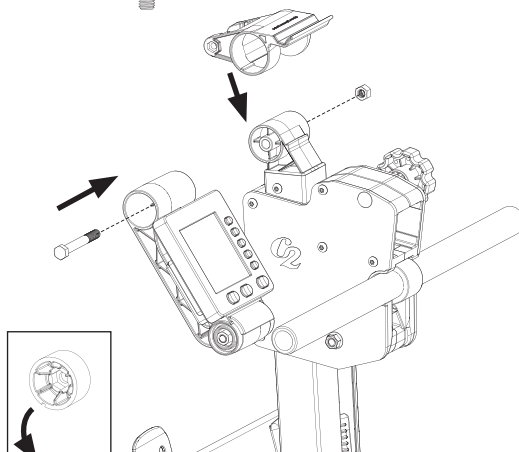


16

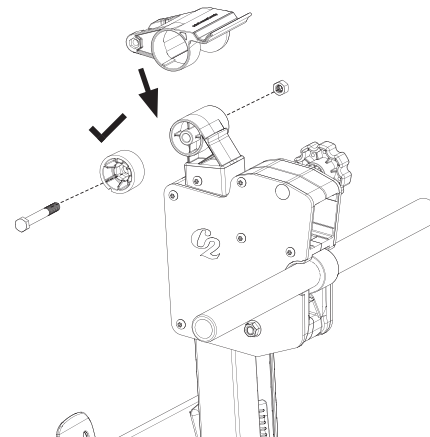
(1) 3" (7.6 cm)
PN 1268

(1) PN 1271

With Optional PM5
✓ Without PM5



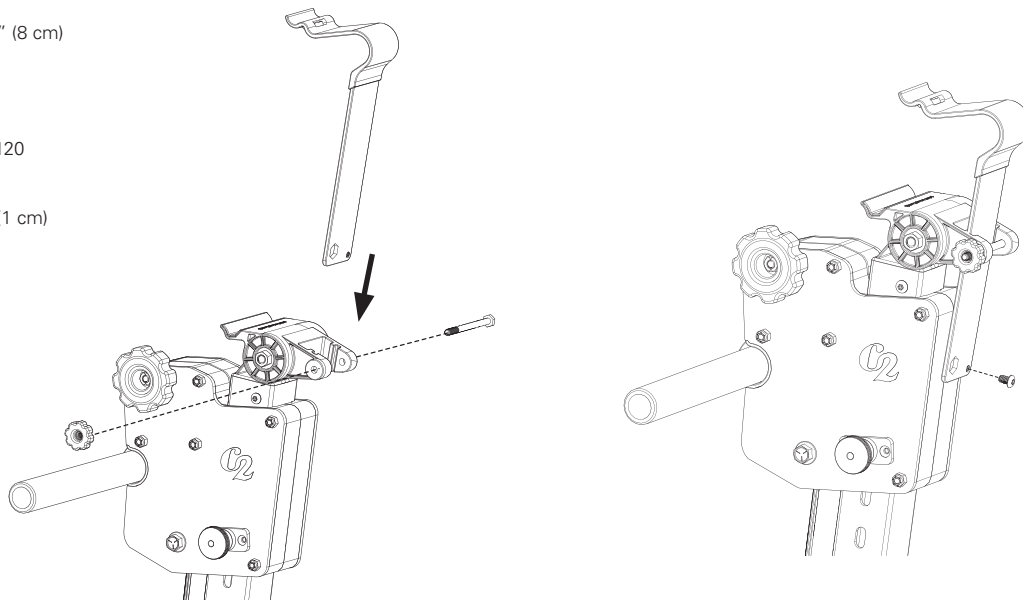
With Optional PM5



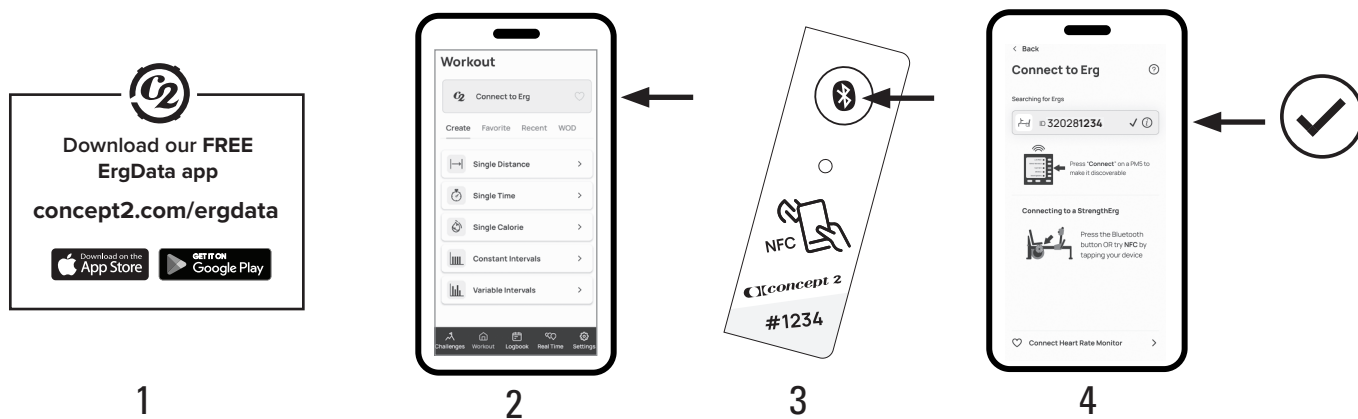
Without PM5

17

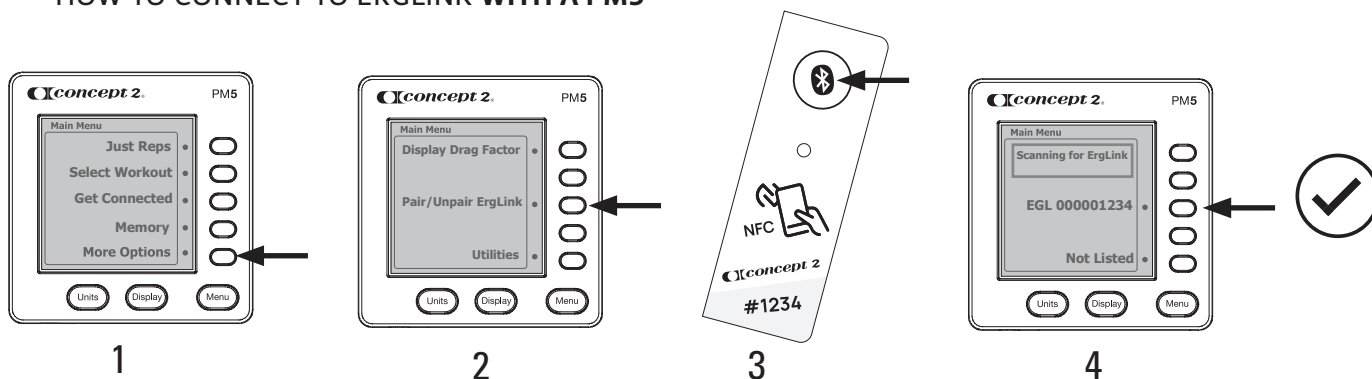
- (1) 3 1/4" (8 cm)
PN 1224
- (1) PN 7120
- (1) 3/8" (1 cm)
PN 1238



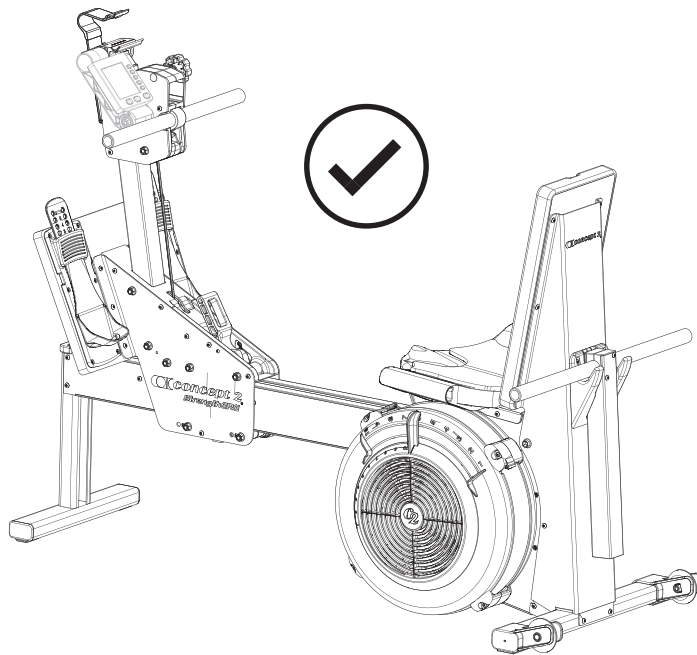
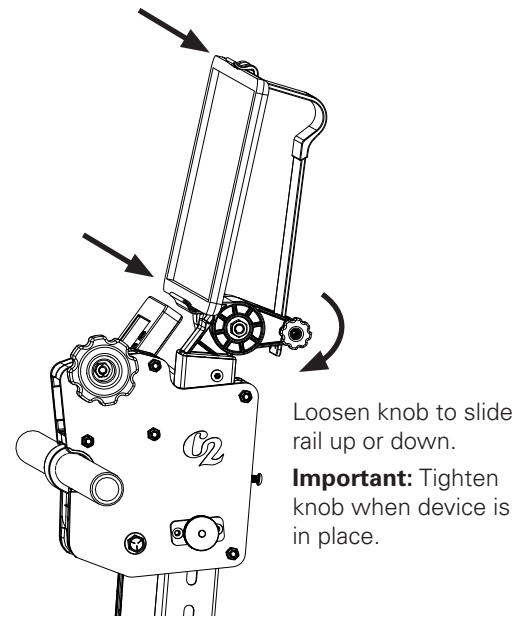
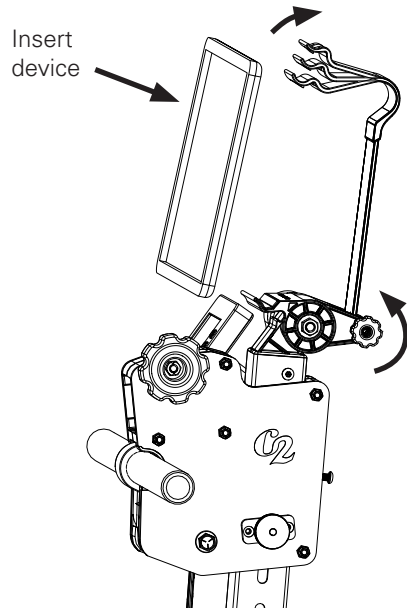
HOW TO USE ERGDATA WITH THE STRENGTHERG WITHOUT A PM5



HOW TO CONNECT TO ERGLINK WITH A PM5



How to Use the Device Holder



Questions? Comments? Problems?

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