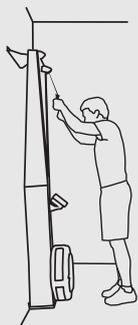


USE & TRAINING

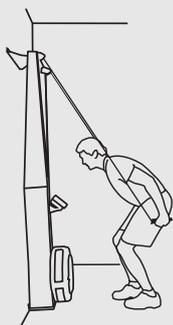
Double-Pole Technique



Begin with your hands shoulder-width apart and slightly above your head. Your arms should be bent. Your feet should be shoulder-width apart.



Drive the handles downward by engaging your core abdominal muscles and bending your knees. Maintain the bend in your arms to keep the handles fairly close to your face.



Finish the drive with knees slightly bent, and arms extended down alongside your thighs.



Extend your arms upward and straighten your body to return to the start position.

The SkiErg offers terrific exercise for the entire body. Each pull engages the legs, arms, shoulders and core in a downwards “crunch,” using body weight to help accelerate the handles. Each pull finishes by extending the arms down along the hips with knees partly bent.

The SkiErg enables you to train with the double-pole motion that is essential to both skate and classic skiing.

Classic skiing technique (alternating arms) is also possible.

Important Safety Notes

WARNING!

The safety level of the machine can be maintained only if it is examined regularly for damage and wear. Replace defective components immediately to ensure safety and performance or keep machine out of use until repaired.

- Use of this machine with worn or weakened parts (pulleys, cords, spools) may result in injury to the user. When in doubt about the condition of any part, Concept2 strongly advises that it be replaced immediately. Use only genuine Concept2 parts. Use of other parts may result in injury or poor performance of your machine.
- The SkiErg with optional floor stand must be used on a stable, level surface.
- The wall-mounted SkiErg must be securely fixed to the wall at the top and bottom brackets. Be sure that your mounting bolts are going into a solid material such as wood or concrete, and that you are using the proper hardware for the wall material.
- Do not twist or cross cords, and avoid pulling cords all the way out to the point at which they stop.
- Do not release handles when they are in the pulled out position. Bring handles back to the top position before releasing them.
- Perform regular inspection and maintenance as recommended.
- Keep unsupervised children away from the SkiErg.

Classic Skiing Technique (alternating arms)



Begin with one arm raised and slightly bent.

Pull down with the top arm, while gradually raising the lower arm.

Continue to alternate arm pulls, keeping some bend in the pulling arm, as it is a stronger position.