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Concept2 SkiErg

Concept2 SkiErg Instruction Manual

Model: SkiErg

Introduction

The Concept2 SkiErg is a high-performance indoor ski machine designed to develop strength and endurance. It provides a full-body workout, engaging both upper and lower body muscles, and is suitable for athletes of all levels. The SkiErg utilizes air resistance, offering a smooth and responsive feel that accurately simulates the motion of Nordic skiing. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your SkiErg.

Setup

The Concept2 SkiErg can be set up in two primary configurations: wall-mounted or with a floor stand. Both options provide a stable and effective workout platform. The package includes all necessary tools and illustrated assembly instructions for your chosen setup.



Image: Wall-Mounted SkiErg. This image displays the Concept2 SkiErg mounted directly to a wall, showcasing its compact and space-saving design. The unit is black with green accents, featuring the Performance Monitor 5 (PM5) attached to the main column.



Image: SkiErg with Floor Stand. This image shows the Concept2 SkiErg attached to its optional floor stand, providing a freestanding setup. The stand includes a stable base and support arms, making it suitable for locations where wall mounting is not feasible.



Image: SkiErg Dimensions. This image illustrates the dimensions of the Concept2 SkiErg, including its height (83.5 inches), depth (16 inches), and width (19 inches). These measurements are crucial for planning installation space, whether wall-mounted or with a floor stand.



Image: Smartphone Cradle. A close-up view of the smartphone cradle accessory, designed to attach to the PM5 monitor. It provides a convenient and secure place to hold a smartphone during workouts, allowing users to access apps or entertainment.

Operating Instructions

The SkiErg is designed for intuitive use, providing immediate feedback on your performance through the Performance Monitor 5 (PM5).

Performance Monitor 5 (PM5)

The PM5 monitor tracks various metrics such as meters, pace, watts, and calories. It features preset workouts, reliable data, and wireless connectivity for heart rate monitors and Concept2's ErgData app.



Image: PM5 Monitor. A detailed view of the Performance Monitor 5 (PM5) screen, displaying workout data such as time, distance, pace, and projected meters. The monitor has several buttons for navigation and unit selection.



Image: PM5 with Smartphone. This image shows the PM5 monitor with a smartphone securely placed in its integrated cradle, demonstrating how users can view workout data or use companion apps simultaneously.

Resistance Levels

The SkiErg offers 10 levels of air resistance, adjustable via a damper lever located on the flywheel housing. Adjusting the damper setting changes the feel of the stroke, simulating different snow conditions or training intensities.



Image: Damper Adjustment. A hand is shown adjusting the damper setting on the flywheel of the SkiErg. The damper lever allows users to quickly change the airflow to the flywheel, thereby adjusting the resistance level from 1 to 10.



Image: SkiErg Flywheel. A close-up of the SkiErg's flywheel, which generates air resistance during operation. The design ensures a smooth and consistent feel, mimicking the dynamics of skiing.

Handles and Foot Placement

The SkiErg features ergonomic and strapless handles for a comfortable grip. If using the floor stand, the non-slip foot platform provides stability during your workout.





Image: Athlete using SkiErg. An athlete is shown performing a ski motion on the Concept2 SkiErg, demonstrating proper form

and engagement of the handles and foot platform.



Image: SkiErg Side View. A side profile of the SkiErg with its floor stand, highlighting the handles, main column, and flywheel. This view helps in understanding the machine's overall structure and how the components interact during use.

Official Product Videos

▶ **Watch video online**
Aerobic Wind Resistance Machine Ski Equipment-GMWD

Video: Aerobic Wind Resistance Machine Ski Equipment. This video demonstrates the SkiErg in action, highlighting its use as an aerobic wind resistance machine for ski-like exercises. It shows various movements and the engagement of different muscle groups.

▶ **Watch video online**
GMWD Ski Exercise Machine Design for Home Gym

Video: GMWD Ski Exercise Machine Design for Home Gym. This video showcases the design and functionality of the SkiErg for home gym use. It illustrates how the machine can be used for effective ski-style workouts, emphasizing its compact nature and performance.

Maintenance

Regular maintenance ensures the longevity and optimal performance of your Concept2 SkiErg. Keep the machine clean by wiping it down after each use with a damp cloth. Periodically check the ropes and cables for any signs of wear or fraying. Ensure all fasteners are tight and secure. The flywheel should be kept free of dust and debris to maintain smooth operation.

Troubleshooting

If you encounter any issues with your SkiErg, please refer to the PM5 Quick Start Guide included with your product. Common issues can often be resolved by checking connections, battery levels (for the PM5), and ensuring proper assembly. For persistent problems, contact Concept2 customer support.

Specifications

Feature	Detail
Brand	Concept2
Model	SkiErg
Item Weight	46 Pounds
Color	Black
Material	Aluminum
Product Dimensions (D x W x H)	16"D x 20.5"W x 83.5"H
Controls Type	Push Button
Handle Type	Ergonomic and Strapless
Number of Resistance Levels	10
Power Source	Corded Electric
Included Components	Concept2 SkiErg, Performance Monitor 5 (PM5) computer, Smartphone Cradle, User Manual, PM5 Quick Start Guide, tools and illustrated assembly instructions.

Warranty & Support

The Concept2 SkiErg includes a limited 2-year and 5-year warranty. For customer support, please refer to the contact information provided in your user manual or visit the official Concept2 website. Concept2, Inc. is the seller and offers 30-day easy returns.

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