

REPLACING SKIERG DRIVE SPOOL AND DRIVE CORD

Materials Needed	Procedure Overview
<p>9/16" wrench 11/32 wrench 5/32 allen wrench Phillips head screwdriver 20-penny nail or other such pointed tool Needle-nose pliers Replacement drive spool and drive cord</p>	<ul style="list-style-type: none"> • Remove SkiErg from wall or floor stand • Remove lower rear cover plate • Remove drive spool • Attach blue cord to new drive spool • Reinstall drive spool • Replace SkiErg on wall or floor stand

Procedure

1. Remove the SkiErg from the wall or floor stand.
2. Remove the lower rear cover plate from back of the SkiErg and stand the SkiErg up on its side.
3. Using the 9/16th wrench remove the axle nut using quick movements. You will feel inertia of the moving flywheel. See photo A.
4. Remove the bearing plate cover. Using the allen wrench, remove the four fasteners from bearing plate. See photo B.

photo A



photo B



5. Remove the spacer and drive spool and undo the knot on the blue cord. See photos C and D.

photo C



D



6. Using the 11/32 wrench and Phillips head screwdriver, remove the old drive cord from traveling pulley. See photo E.

photo E



REPLACING SKIERG DRIVE SPOOL AND DRIVE CORD

Procedure continued

7. Insert the blue cord through the hole of the new drive spool and use the nail to assist. Pull the blue cord all the way through with a needle-nose pliers. See photos F and G.

photo F



G



8. Tie an overhand knot in the blue cord and wrap once around the drive spool. See photos H and I.

photo H



I



9. Reinstall the drive spool on the axle and replace the spacer. See photos J and K.

photo J



K



10. Hold the drive spool while reinstalling the bearing plate and axle nut. See photo L.

photo L



11. Finger tighten the axle nut and four fasteners of the bearing plate. See photo M.

photo M



REPLACING SKIERG DRIVE SPOOL AND DRIVE CORD

Procedure continued

12. Fully tighten the axle nut. See photo N.

photo N



13. While holding the drive cord taut, remove the nut from traveling pulley and reattach the travelling pulley to the drive cord.

See photos O and P.

photo O



photo P



14. Fully tighten all four fasteners on bearing plate. See photo Q.

photo Q



15. Lay SkiErg on floor flywheel side down and slowly pull both handles all the way out while watching the drive spool to make sure the white and blue cords are wrapping smoothly on the spool. You may need to repeat this step several times or until the cord wraps and unwraps without any problems. At this time, check that all cords and the traveling pulley are moving freely. See photo R.

photo R



Procedure continued

16. Final checks of the Cord Mechanism:

WITH HANDLES ALL THE WAY AT THE TOP OF THEIR TRAVEL

1. The Traveling Pulley must be 5–6" (7–10 cm) from the Drive Spool.
2. There must be two wraps of the Blue Cord on the Drive Spool.
3. The Shock Cord/Blue Cord Attachment must be 3–4" (7–10 cm) from the Top Pulley.
4. No twists at the Travelling Pulley.
5. All cords should run freely without interference.

WITH HANDLES PULLED ALL THE WAY OUT

1. The middle of the handles should come to the center of the flywheel cover.
2. There should be two wraps of white drive cord on the Drive Spool.

17. Reinstall lower rear plate and reinstall the SkiErg on wall or floor stand.