

SkiErg

The Concept2 SkiErg makes the sport of Nordic skiing available to everyone. Long recognized as delivering one of the toughest workouts around, Nordic skiing develops both strength and endurance and exercises the legs as well as the arms and core. The SkiErg can be used for both double pole and classic alternating arm technique.



Handles



Flywheel & Damper



PM5 Display



Floor Stand Sold Separately



Technical Specifications

Frame	Aluminium
Finish	Powder Coated
Recommended Space	<p>Wall Mounted:</p> <ul style="list-style-type: none"> - Width at bottom: 44 cm / 19 inches - Width at top: 52 cm / 20.5 inches - Depth: 41 cm / 16 inches - Height: 216 cm / 85 inches <p>Mounted on the floor stand: L 60 x W 127 x H 216 cm L 23.5 x W 50 x H 85 inches</p>
Machine Weight	21kg / 46lbs
Floor Stand Weight	16kg / 35lbs
Assembled Dimensions (Mounted on the floor stand)	L 60 cm x W 127 cm x H 216 cm L 23.5 in x W 50 in x H 85 in

Key Features

Performance Monitor	•
Free Standing or Wall Mounted	•
High Strength Drive Cords	•
Flywheel and Damper	•
Ergonomic Strapless Handles	•
Durable Construction That's Easy to Maintain	•
Easy Assembly	•

Electrical Specifications

Power	Takes two D cell batteries. During your workout, the monitor draws power from the spinning flywheel to extend battery life.
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Display Specification

Display	PM5 Monitor
Connectivity	Bluetooth and ANT+ wireless connectivity, allowing it to connect to many heart rate belts, fitness devices and apps.