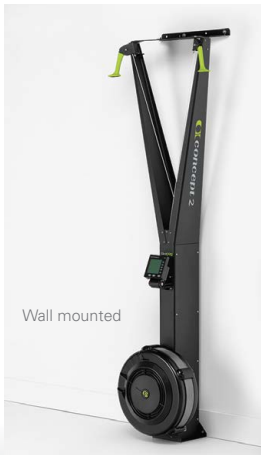


# SkiERG

The SkiERG helps build strength and endurance using the poling motions integral to the sport of Nordic skiing, but you don't need to be a skier to benefit from the terrific low impact and full-body exercise. The double poling movement involves not just arms and shoulders, but also core and legs; classic ski technique (alternating arms) is also possible.

The SkiERG easily accommodates adaptive athletes and those with lower body injuries, as one can sit or kneel and still get a great upper body and core workout. The SkiERG is suitable for use with most wheelchairs.



Wall mounted

Wall mount dimensions:

Width	Depth	Height
20.5 in 52 cm	16 in 40.6 cm	85 in 216 cm

Floor Stand dimensions (including SkiERG):

Width	Depth	Height
23.5 in 60 cm	50 in 127 cm	85 in 216 cm



Ergonomic strapless handle

Lightweight, high-strength drive cords for smooth feel and long life.

PM5 Performance Monitor

Aluminum frame with powder coat finish makes it light and durable.

Internal drive mechanism allows for both double-pole and classic (alternating arms) technique. Minimal maintenance required.

Optional floor stand with anti-skid, wear-resistant base offers firm footing. Wood interior.

Caster wheels make it mobile (floor stand only).