

# Replacing SkiErg Handles

Materials Needed	Procedure Overview
<ul style="list-style-type: none"><li>• Handles and handle plugs</li><li>• Flathead screwdriver</li><li>• 6-lobe driver</li></ul>	<ul style="list-style-type: none"><li>• Remove handle plugs and remove the handle cords</li><li>• Insert handle cords in replacement handles</li><li>• Attach handle cords to handle plugs and press into handle</li></ul>

## Procedure

**Note:** This procedure will be easiest if there is slack on the handle cords during replacement.

1. Using a flathead screwdriver, pry the handle plug from the handle.

See photos A and B.



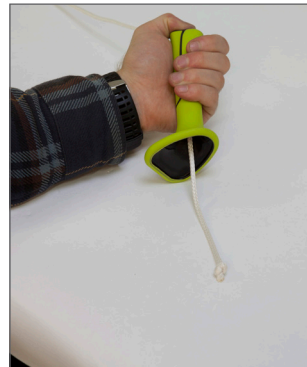
A



B

2. Remove the handle cord from the plug and handle.

See photos C and D.



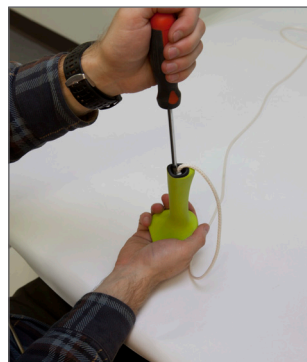
C



D

3. Using the 6-lobe driver from your SkiErg assembly packet, insert the handle cord into the replacement handle and push it through with the driver. Note that the replacement handles DO NOT have black lines on them.

See photos E and F.



E



F

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4. Position the knot of the handle cord into the plug and wrap it around the plug as shown in photos G and H.

**Note:** the difference in the new handle plug. See photo I.

5. Install the plug into the bottom of the handle and press into place. The new plug will be a tight fit and will require a firm press to seat fully.

See photos J and K.

6. Repeat for other handle.



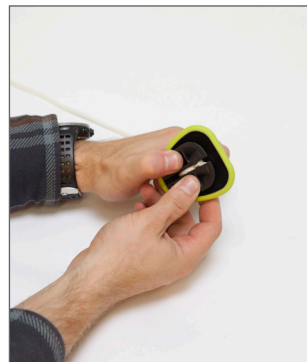
G



H



I



J



K