

Tips on SkiErg Grip Replacement

While we have found that the new strapless design of the SkiErg handle works well for most users, we know that “one design won’t fit all.” We encourage you to try the standard grip first, but understand that some Nordic skiers may prefer to train with a grip that is just like the grips on their ski poles; and some users may want a strap for other reasons.

Below are some photos that demonstrate how a standard Nordic ski pole grip can be adapted to the SkiErg. Keep in mind that some grip designs are better suited than others for retrofitting to the SkiErg.



Important: If you tie your grip to the cord, we recommend using the knot shown below:



Questions? Call Josh Carlson at 800.245.5676 x3060 or email joshc@concept2.com.