

MONARK

PRODUCTS FOR LIFE AND PERFORMANCE



NEWS 2016

SPORTS RANGE

MEDICAL RANGE



MADE IN SWEDEN

**WORLD
NO.1
FROM
SWEDEN**



It is no coincidence that we are the best in the world. Passion, precision, stamina and accuracy are the key to all success. We know this and so do our customers. In our world, everyone shall have the opportunity to achieve top performance. This applies irrespective of whether you are an adult learning to walk again after an injury, or training hard for the Olympics.

In 1954, we produced our first pendulum balance ergometer with unique measurement and calibration. Since then, we have continued with great care to manufacture and develop bikes for testing, training and sports medicine. No matter how society and technology have changed, our commitment and our focus on quality and accuracy have always been the same. This has made us a world leader. Our customers today are: Olympic centres, hospitals, laboratories, clinics, rehab departments and sports clubs worldwide. We are proud of this.

MONARK PERFECT FIT FRAME

For the most reliable, accurate and adaptable bicycle training. Developed for athletes and scientist looking for the highest level of performance, the L-frame offers a new approach – perfect fit. Stepless adjustability in all directions creates the perfect cycling position and improves upon the classic Monark bike feeling. Exchangeable and upgradable components allow for complete customization for an athlete's specific needs. The L-Frame sets a new standard in sports science, now it just comes down to the rider.

ADJUSTABLE SEATPOST



Fully adjustable setting of the seat position, within 20 cm horizontally. The seatpost scale in centimeters on the side.

ADJUSTABLE HANDLEBAR



Stem and handlebar fully adjustable for height and length. With an adjustable length of 20 cm.

ADJUSTABLE Q-FACTOR



Same bottombracket shell as ordinary roadbikes and both the bottombracket and cranks are easy to change.



MONARK

novo

– HIGH PERFORMANCE

The accuracy has never been better. The bikes has never been faster. The feeling has never been better. All novo models can be controlled from up to two sources at the same time and are easy to calibrate. Monark novo – for testing where accuracy really matters.

HIGH PERFORMANCE TEST

novo CONTROL UNIT

With the new control unit we have secured future platform for Monark Ergometers. Connections that are compatible with the most common ECG, Spirometers and other external analysis equipment.



- Higher precision for test results
 - Double sampling frequency for RPM calculation
 - Calculation formulas for sampled data enhanced
 - Faster electronics that calculates with better precision
- Workload control modes
 - Constant power (Watt, KPM/min, METS, VO2)
 - Constant force (KP, Newton)
- Power control more precise and faster
- Heart rate standards
 - Bluetooth smart
 - ANT+ (Display unit)

- Triple control
 - can be controlled from three external sources (RS232 and USB) and the novo display unit at the same time
 - Monark or Ergoline PC protocol
- Easy calibrate
- Service and maintainance
 - History logg (total time in use, total energy, last calibration etc)
 - Prepared for remote service maintainance and setup

HIGH PERFORMANCE TEST

NOVO DISPLAY UNIT

Monark novo display unit can run the bike direct from the Resistive LCD touch screen. It is easy to set you training target with distance, time or calories with the user friendly interface.



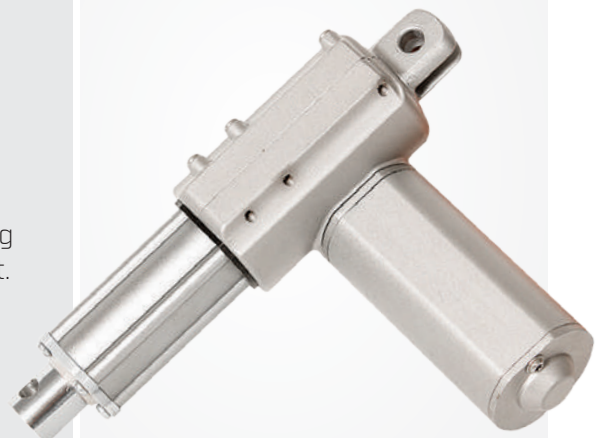
- 7" touch screen
- High resolution touchscreen provides realtime feedback at your fingertips
- Resistive touchscreen (works with wet fingers)
- Open Source Linux software easy to translate and adapt for customized interface
- Easy upgrade display software (USB stick)
- Workload control modes - constant power (Watt, KPM/min, VO2), - constant force (KP, Newton)
- Heart rate management, Bluetooth and ANT+, possible to change control mode during workout
- One window dedicated and locked for showing RPM only (to use during test)
- Display unit works only together with Control unit

HIGH PERFORMANCE TEST

NOVO MOTOR UNIT

The new stronger, high quality, linear motor has superfast reactions, making the Monark novo motor unit 400% faster than previous models. This provides increased accuracy during testing, and a better ride feeling, with a more efficient workout.

- Maximum Speed: 3mm/second
- Maximum load: 1500 Newton in pull/push
- End position switches
- Low noise construction
- 60601 MDD
- EMC and RoHS certificate



MONARK G3 DISPLAY SYSTEM

ADVANCED TEST

The unique Monark G3 display unit can run 3 stand alone test protocols and 1 custom increment direct from the display interface. Training is easy to control with the total summary of min and max data at the end. Fully compatible with Monark Test Software.



- Speed independent with auto power control bikes
- Easy to control and calibrate
- ANT+ and 5kHz heart rate systems
- Remote workload control (USB)
- Easy to connect to PC Monark Test Software

- Workload range 15-700W
- Preset test protocols: Åstrand, YMCA, PWC
- Custom protocol: Increment
- Training mode: Watt and METS

WHAT DO THE NAME STAND FOR?

LC7

LEG

CALIBRATE

LEVEL IN RANGE

LT2

LEG

TRAINING

LEVEL IN RANGE

RT2

RECUMBENT

TRAINING

LEVEL IN RANGE



SPORTS RANGE

No wonder Olympic medalists, elite athletes and sports medicine researchers throughout the world choose our sports products in preference to others. Our test and exercise bikes are designed to withstand the toughest and most demanding loads in test and training situations. They give a nice cycling feeling, have excellent performance and an easily calibrated and easily managed ergometer which ensures that each test result is accurate.

Our ergometer bikes are often used in laboratory environments in various experiments. They are compatible with both leading ECG and Ergospirometry systems. Also, they are speed-independent, which means that you can pedal at any speed without affecting the resistance level. They also have built-in ANT+ and BLE smart technology for wireless data transfer. In short, our test and exercise bikes are a modern history of the highest quality.

MODELS IN SPORTS RANGE

HIGH PERFORMANCE TEST	ADVANCED TEST	BASIC TEST	TRAINING
Monark LC7 TT novo			
Monark LC6 novo	Monark LC4		
Monark 894E			Monark LT2
Monark 891E Wingate		Monark 874E	
		Monark 828E	
		Monark 891E	Monark 827



FEATURES



WHEELCHAIR

Adapted for use from a wheelchair.



ECG

Can be controlled from different ECG. Systems serial cable RS232.



PC CONNECTION

Direct connection to a pc through a USB



SOFTWARE

For fitness testing or training with Monark test software MTS.



HEARTRATE

Equipped to measure heartrate via chestbelt or sensors in the handles.



TEST

Offers the possibility of performing different tests thanks to the accurate workload that can be calibrated.



CONSTANT POWER MODE

Symbol for speed independent.



FIXED PROTOCOL

For test or training controlled through the display or PC program.

HIGH PERFORMANCE TEST



MONARK LC7 TT novo

NEW
PRODUCT
2016!

MAIN FEATURES

- Designed for TimeTrial/ Open-end testing
- Workload control from bars or PC/ECG
- Monark novo touch display
- Monark novo control unit
- Super fast motor
- Perfect fit frame for true cycling position

THE BASICS

- Perfect cycle feeling
- Easy to use your own saddle, handlebar and pedals
- Speed independent and dependent power control
- Handlebars are easy to change to suit different tests
- Easy to control and calibrate
- Can be controlled by two external devices (RS232 or USB)
- BLE Smart and ANT+ HR systems
- Easy to connect to external devices
- Workload range 4-1400W (200rpm) (8-2800W option)
- Protocols: Full Monark Test Software functionality
- Training mode novo display: Watt, KPM/min, VO₂, kP and N



Max user weight 180 kg

Medical Device class IIa

Monark Test Software

HIGH PERFORMANCE TEST



MONARK LC6 novo

MAIN FEATURES

- Designed for external control
- Monark novo touch display
- Monark novo Control unit
- Super fast motor
- Perfect fit frame for true cycling position

THE BASICS

- Perfect cycle feeling
- Easy to use your own saddle, handlebar and pedals
- Speed independent and dependent power control
- Easy to control and calibrate
- Can be controlled by two external device (RS232 or USB)
- BLE Smart and ANT+ HR systems
- Easy to connect to external devices
- Workload range 4-1400W (200rpm)
- Protocols: Depending external device functionality
- Training mode: Watt, KPM/min, VO2, kP and N



Max user weight 180 kg

Medical Device class IIa

Monark Test Software

HIGH PERFORMANCE TEST

MONARK 894 PEAK BIKE



MAIN FEATURES

- For anaerobic test
- Multiple bouts with fatigue index
- High sampling frequency (50Hz)
- Weight basket, the fastest way from "0" to full power
- Start from 0 rpm with accurate power
- Unique Anaerobic Test Software (ATS software)
- Extra rigid frame

THE BASICS

- Good cycling feeling
- Calibrated with correct weights
- 5 kHz HR system (only in display)
- Easy to connect to PC with RS232
- Countdown and signals during test
- Workload range 50W (basket 1 kg)-2400W
- Easy to get accurate workload thanks to weight basket system (0,1 0,5 1 kg weights)
- Extra wide floor stands, prepared for fixed installation
- Adjustable seatpost
- Combi Spd pedal



Max user weight 125 kg

Medical Device class IIa

Anaerobic Test software

HIGH PERFORMANCE TEST

MONARK 891 WINGATE



MAIN FEATURES

- For anaerobic test, upper body
- Multiple bouts with fatigue index
- High sampling frequency (50Hz)
- Weight basket, the fastest way from "0" to full power
- Start from 0 rpm with accurate power
- Unique Anaerobic Test Software (ATS software)
- Adjustable height, both standing and sitting

THE BASICS

- Good cycling feeling
- Calibrated with correct weights
- 5 kHz HR system (only in display)
- Easy to connect to PC with RS232
- Countdown and signals during test
- Workload range 50W (basket 1 kg)-2400W
- Easy to get accurate workload thanks to weight basket system (0,1 0,5 1 kg weights)
- Special handles (standard threads)



Medical Device class IIa

Anaerobic Test software

ADVANCED TEST

MONARK LC4



MAIN FEATURES

- Monark G3 display-system
- Super fast motor
- Perfect fit frame
- Stand alone, 4 fixed test protocols
- Calibrated watt in display

THE BASICS

- Perfect cycle feeling
- Easy to use your own saddle, handlebar and pedals
- Speed independent power control
- Remote workload control (USB)
- Easy to control and calibrate
- ANT+ and 5 kHz HR systems
- Easy to connect to PC Monark Test Software
- Workload range 15-700W
- Protocols: Increment, PWC, Åstrand, YMCA
- Training mode: Watt and METS



Max user weight 180 kg

Medical Device class IIa

Monark Test Software

TRAINING

MONARK LT2



MAIN FEATURES

- Monark G3 display system
- Unique manual power control
- Sprint power resistance
- Perfect fit frame
- Watt in display

Also available in white

THE BASICS

- Perfect cycle feeling
- Easy to use your own saddle, handlebar and pedals
- Speed dependent power control
- Possible to calibrate
- ANT+ and 5 kHz HR systems
- Possible to connect to PC Monark Test Software
- Workload range 0-1200W
- Training mode: Watt and METS
- No power adapter needed



Max user weight 180 kg

Medical Device class IIa

Monark Test Software

BASIC TEST

MONARK

828 E

MAIN FEATURES

- The most sold Ergometer cycle ever
- Watt in display by entering kP value manually
- Mechanic calibration
- Manual power control
- No Power adapter is needed

THE BASICS

- Good cycling feeling
- Easy to calibrate
- 5 kHz HR system (only in display)
- Software to assist in manual tests
- No power adapter



Max user weight 250 kg

Medical Device class IIa

Monark Test software

BASIC TEST

MONARK

874 E

MAIN FEATURES

- Watt in display by entering kP value manually
- Start from 0 rpm with accurate power
- Manual power control
- No power adapter is needed

THE BASICS

- Good cycling feeling
- Calibrated with correct weights
- Workload range 50W (basket 1 kg)-2400W
- Optional weight basket 0,5kg (start-up from 25W)
- Easy to get accurate workload thanks to weight basket system (0,1 0,5, 1 kg weights)
- 5 kHz HR system (only in display)



Max user weight 250 kg

Medical Device class IIa

Monark Test software

TRAINING

MONARK 827 E

MAIN FEATURES

- Manual power control
- No power adapter is needed

THE BASICS

- Good cycling feeling
- 5 kHz HR system (only in display)
- High quality components for heavy duty users
- Suitable for training and rehabilitation



Max user weight 250 kg

Medical Device class IIa



SPECIFICATIONS

Features	LC7 TT	LC6 novo	894E	891 Wingate
Certifications	EU directive 93/42/EU class IIa	EU directive 93/42/EU class IIa	EU directive 93/42/EU class IIa	EU directive 93/42/EU class IIa
Frame				
Type	Sports, perfect fit	Sports, perfect fit	Monark Classic	Arm ergometer
Handlebar	Racing handlebar	Racing handlebar	Monark handlebar with basket release button	n/a
Stem	Adjustable, horizontal 200 mm, vertical 500-910 mm	Adjustable, horizontal 200 mm, vertical 500-910 mm	Monark Standard	n/a
Seatpost	Adjustable, horizontal 200 mm, vertical 530-940 mm	Adjustable, horizontal 200 mm, vertical 530-940 mm	Monark Standard	n/a
Saddle	Racing	Racing	Moody	n/a
BB	68/107 mm	68/107 mm	68/122 mm	68/122 mm
Crank	Steel, 172.5 mm	Steel, 172.5 mm	Steel, 170 mm	Steel, 152 mm
Pedals	9/16", combi SPD	9/16", combi SPD	9/16", combi SPD	9/16", handles
RESISTANCE				
System	Pendulum	Pendulum	Weight basket	Weight basket
Flywheel	20 kg	20 kg	20 kg	12 kg
DISPLAY				
RPM	Yes	Yes	Yes	Yes
HR	ANT+, bluetooth smart	ANT+, bluetooth smart	5 kHz	5 kHz
Time	Yes	Yes	Yes	Yes
Speed	Yes	Yes	Yes	Yes
Distance	Yes	Yes	Yes	Yes
Watt	Yes	Yes	Yes	Yes
Connectivity				
RS232	Yes	Yes	Yes	Yes
Usb	USB	USB	n/a	n/a
WEIGHT & MEASUREMENTS				
Max user weight	180 kg	180 kg	125 kg	n/a
Length [mm]	1405-1630 mm	1405-1630 mm	1120 mm	1500 mm
Width [mm]	640 mm	640 mm	517 mm at handlebar 640 mm at support legs	700 mm
Height [mm]	1500 mm at display /PC 1240 mm at saddle	1265 mm at display 1240 mm at saddle	945-1295 mm at handlebar 780-1105 mm at saddle	1660 mm
Weight [kg]	77 kg	77 kg	65 kg	Ergometer 26 kg Stand 35 kg Totally 61 kg
POWER REQUIREMENTS	220V (12V, 7.5A, 90W)	220V (12V, 7.5A, 90W)	220V (9V, 500mA)	220V (9V, 500mA)

LC4	LT2	874E	828E	827E
EU directive 93/42/EU class IIa	EU directive 93/42/EU class IIa	EU directive 93/42/EU class IIa	EU directive 93/42/EU class IIa	EU directive 93/42/EU class IIa
Sports, perfect fit	Sports, perfect fit	Monark Classic	Monark Classic	Monark Classic
Racing handlebar	Racing handlebar	Monark handlebar	Monark handlebar	Monark handlebar
Adjustable, horizontal 60 mm, vertical 500-910 mm	Adjustable, horizontal 60 mm, vertical 500-910 mm	Monark Standard	Monark Standard	Monark Standard
Adjustable, horizontal 60 mm, vertical 530-940 mm	Adjustable, horizontal 60 mm, vertical 530-940 mm	Monark Standard	Monark Standard	Monark Standard
Moody	Moody	Saddle, blue	Saddle, blue	Saddle, blue
68/110 mm	68/110 mm	68/122 mm	68/122 mm	68/122 mm
Steel, 172.5 mm	Steel, 172.5 mm	Steel, 170 mm	Steel, 170 mm	Steel, 170 mm
9/16", combi SPD	9/16", combi SPD	9/16", pedals with foot straps	9/16", pedals with foot straps	9/16", pedals with foot straps
Pendulum	Spring	Weight basket	Pendulum	Monark Basic
20 kg	20 kg	20 kg	20 kg	20 kg
Yes	Yes	Yes	Yes	Yes
ANT+, 5 kHz	ANT+, 5 kHz	5 kHz	5 kHz	5 kHz
Yes	Yes	Yes	Yes	Yes
Yes	Yes	Yes	Yes	Yes
Yes	Yes	Yes	Yes	Yes
Yes	Yes	Yes	Yes	n/a
n/a	n/a	n/a	n/a	n/a
USB	USB	n/a	n/a	n/a
180 kg	180 kg	250 kg	250 kg	250 kg
1405 mm	1405 mm	1120 mm	1120 mm	1120 mm
640 mm	640 mm	517 mm at handlebar 640 mm at support legs	518 mm at handlebar 640 mm at support legs	519 mm at handlebar 640 mm at support legs
Max 1240 mm	Max 1240 mm	945-1295 mm at handlebar 780-1105 mm at saddle	945-1295 mm at handlebar 780-1105 mm at saddle	945-1295 mm at handlebar 780-1105 mm at saddle
77 kg	57 kg	57 kg	52 kg	47 kg
220V (12V, 2,5 A)	Batteries in the display. Trafo is an accessory 220V (9V, 500 mA)	Batteries in the display	Batteries in the display	Batteries in the display

MEDICAL RANGE

Our successful medical product line is based on accuracy and great humility as regards people's needs and requirements. All our bikes and leg and arm trainers deliver safe test values and are fully compatible with leading ECG systems. They are often used in laboratories for various tests.

Our exercise bikes are speed-independent, which means that you can pedal at any speed without affecting the resistance level.

They can take loads of up to 250 kilograms and be monitored by ECG or PC softwares. And they have a low step, making it easy to get on and off. The bikes are of clean ergonomic design and are suitable both for training and for rehabilitation. They are extremely user-friendly, with smart adjustments that allow you to customize the bike to your individual requirements and objectives.

MODELS IN MEDICAL RANGE

HIGH PERFORMANCE TEST	ADVANCED TEST	BASIC TEST	TRAINING
Monark 939 novo			
	Monark 928E		Monark RT2
			Monark 927E
		Monark 891 E	Monark 927X
		Monark 881E Arm	Monark 915E
			Monark 871E



FEATURES



WHEELCHAIR

Adapted for use from a wheelchair



ECG

Can be controlled from different ECG. Systems serial cable RS232



PC CONNECTION

Direct connection to a pc through a USB



SOFTWARE

For fitness testing or training with Monark test software MTS.



HEARTRATE

Equipped to measure heartrate via chestbelt or sensors in the handles.



TEST

Offers the possibility of performing different tests thanks to the accurate workload that can be calibrated.



CONSTANT POWER MODE

Symbol for speed independent.



FIXED PROTOCOL

For test or training controlled through the display or PC program.

ADVANCED TEST



MONARK 939 novo

MAIN FEATURES

- Designed for external control
- Monark novo touch display
- Monark novo Control unit
- Super fast motor
- Easy entry frame

THE BASICS

- Speed independent and dependent power control
- Easy to control and calibrate
- Can be controlled by two external device (RS232 or USB) or bikedisplay
- Resistive LCD Touchscreen
- BLE Smart and ANT+ HR systems
- Easy to connect to external devices
- Workload range 4-1400W (200rpm)
- Protocols: Depending external device functionality
- Training mode: Watt, KPM/min, VO2, kP and N



Max user weight 250 kg

Medical Device class IIa

Monark Test Software

ADVANCED TEST

MONARK 928E



MAIN FEATURES

- Super fast motor
- Easy entry frame
- Stand alone, 4 fixed test protocols
- Calibrated watt in display

THE BASICS

- Good cycle feeling
- Speed independent power control
- Easy to control and calibrate
- Remote control USB
- ANT+ and 5 kHz HR systems
- Easy to connect to PC Monark Test Software
- Workload range 15-700W
- Protocols: Increment, PWC, Åstrand, YMCA
- Training mode: Watt and METS



Max user weight 250 kg

Medical Device class IIa

Monark Test Software

BASIC TEST

MONARK 891E



MAIN FEATURES

- For aerobic and anaerobic upper body test (Wingate option) and training
- Weight basket power control system
- Easy to start with lighter flywheel
- Extremely low start power 5W
- Adjustable height, both standing and sitting

THE BASICS

- Good cycling feeling
- Calibrated with correct weights
- 5 kHz HR system in display
- Workload range 5W (basket 0,1 kg)-700W
- Easy to get accurate workload thanks to weight basket system (0,1 0,5, 1 kg weights)
- Special handles (standard threads)



Medical Device class IIa

Monark Test Software

TRAINING

MONARK RT2



MAIN FEATURES

- Monark G3 display system
- Unique manual power control
- Sprint power resistance
- Easy entry recumbent frame
- Watt in display
- Swivel seat

THE BASICS

- Good cycle feeling
- Easy to adjust seat position
- Speed dependent power control
- Possible to calibrate
- ANT+ and 5 kHz HR systems
- Possible to connect to PC Monark Test Software.
- Workload range 0-1200W
- Training mode: Watt and METS
- No power adapter needed



Max user weight 180 kg

Medical Device class IIa

Monark Test Software

TRAINING

MONARK 927E/927X



MAIN FEATURES

- User friendly exercise bike for rehabilitation
- Easy entry frame
- Extra durable design

THE BASICS

- Good cycle feeling
- 5 kHz HR systems
- User friendly display
- No power adapter needed



Extra on X Model

- Display with 12 training protocols
HR control and user programs
- HR in handlebar

Max user weight 250 kg

Medical Device class IIa

BASIC TEST

MONARK 881E



MAIN FEATURES

- Arm and leg ergometer
- Individually adjustable crankarms
- Possible to calibrate

THE BASICS

- Good cycle feeling
- User friendly display
- Can be used from wheelchair
- No power adapter needed
- Pedals and handles included

MONARK REHAB TABLE



- Adjustable height
- Adapted for 881E
- Lockable
- Wheelchair size

Medical Device class IIa

TRAINING

MONARK 871E



MAIN FEATURES

- Arm and leg ergometer
- Compact size

THE BASICS

- Good cycle feeling
- User friendly display
- Can be used from wheelchair

- No power adapter needed
- Pedales and handles included



Medical Device class IIa

TRAINING

MONARK 915E



MAIN FEATURES

- Compact design
- Genuine cycling feeling
- No Power adapter needed

THE BASICS

- User friendly display
- 5 kHz HR system
- Watt in display



Max user weight 250 kg

Medical Device class IIa

SPECIFICATIONS

Features	939 novo	928 E	RT2	891E
CERTIFICATIONS	EU directive 93/42/EU class IIa	EU directive 93/42/EU class IIa	EU directive 93/42/EU class IIa	EU directive 93/42/EU class IIa
FRAME				
Type	Medical Frame	Medical Frame	Recumbent	Arm ergometer
Handlebar	Monark handlebar	Monark handlebar	Recumbent handlebar	n/a
Stem	n/a	n/a	n/a	n/a
Seatpost	Monark Standard	Monark Standard	n/a	n/a
Saddle	Saddle, blue	Saddle, blue	Recumbent seat	n/a
BB	68/122 mm	68/122 mm	68/122 mm	68/122 mm
Crank	Steel, 170 mm	Steel, 170 mm	Steel, 170 mm	Steel, 152 mm
Pedals	9/16", pedals with foot straps	9/16", pedals with foot straps	9/16", pedals with foot straps and weights	9/16", handles
RESISTANCE				
System	Pendulum	Pendulum	Spring	Spring
Flywheel	20 kg	20 kg	20 kg	20 kg, weight basket
DISPLAY				
RPM	Yes	Yes	Yes	Yes
HR	ANT+, bluetooth smart	ANT+, 5 kHz	ANT+, 5 kHz	5 kHz
Time	Yes	Yes	Yes	Yes
Speed	Yes	Yes	Yes	Yes
Distance	Yes	Yes	Yes	Yes
Watt	Yes	Yes	Yes	Yes
CONNECTIVITY				
RS232	Yes	n/a	n/a	n/a
Usb	USB	USB	USB	n/a
WEIGHT & MEASUREMENTS				
Max user weight	250 kg	250 kg	250 kg	n/a
Lenght (mm)	1240 mm	1240 mm	1900 mm	1500 mm
Width (mm)	500 mm at handlebar 640 mm at support legs	500 mm at handlebar 640 mm at support legs	680 mm	700 mm
Height (mm)	1260 mm at handlebar 780-1170 mm at saddle	1260 mm at handlebar 780-1170 mm at saddle	1065 mm at display 1000 mm at seat	1660 mm
Weight (kg)	58 kg	58 kg	87 kg	Ergometer 25 kg Stand 35 kg Totally 60 kg
POWER REQUIREMENTS	220V (12V, 7,5 A)	220V (12 V, 2,5 A)	Batteries in the display. Trafo is an accessory 220V (9V, 500 mA)	Batteries in the display

881E	927E	927X	915E	871E
EU directive 93/42/EU class IIa	EU directive 93/42/EU class IIa	EU directive 93/42/EU class IIa	EU directive 93/42/EU class IIa	EU directive 93/42/EU class IIa
Arm ergometer	Medical Frame	Medical Frame	Monark Classic Mini	Arm ergometer
n/a	Monark handlebar	Monark handlebar with pulse grips	Monark handlebar	n/a
n/a	n/a	n/a	n/a	n/a
n/a	Monark Standard	Monark Standard	Monark Standard	n/a
n/a	Saddle, black	Saddle, black	Saddle Blue	n/a
n/a	68/122 mm	68/122 mm	68/122 mm	68/115 mm
Steel, 152 mm	Steel, 170 mm	Steel, 170 mm	Steel, 170 mm	Steel, 152 mm
9/16", handles or 9/16" pedals with foot straps	9/16", pedals with foot straps	9/16", pedals with foot straps	9/16", pedals with foot straps	9/16", handles
Spring	Monark Basic	Spring	Monark Basic	Monark Basic
11 kg	12 kg	20 kg	17 kg	12 kg
Yes	n/a	Yes	n/a	Yes
n/a	5 kHz	Handlebar with pulse grips	5 kHz	n/a
Yes	Yes	Yes	Yes	Yes
n/a	Yes	Yes	Yes	n/a
n/a	Yes	Yes	Yes	n/a
n/a	n/a	Yes	Yes	n/a
n/a	n/a	n/a	n/a	n/a
n/a	n/a	n/a	n/a	n/a
n/a	250 kg	250 kg	125 kg	n/a
540 mm	1240 mm	1240 mm	870 mm	600 mm
470 mm	500 mm at handlebar, 640 mm at support legs	500 mm at handlebar, 640 mm at support legs	530 mm at handlebar, 460 at support legs	180 mm at front support leg, 450 mm at rear support leg
550 mm	1260 mm at handlebar 780-1170 mm at saddle	1260 mm at handlebar 780-1170 mm at saddle	800 mm at seat	530 mm
22 kg	46 kg	56 kg	38 kg	25 kg
Batteries in the display	Batteries in the display	220V (9V, 500 mA)	Batteries in the display	Batteries in the display



MONARK EXERCISE AB

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