MONARK
PRODUCTS FOR LIFE AND PERFORMANCE

NEWS 2016
SPORTS RANGE
MEDICAL RANGE
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.

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 frequence 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 maintaince
    - History logg (total time in use, total energy, last calibration etc)
    - Prepared for remote service maintaince 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: 9mm/second
- Maximum load: 1500 Newton in pull/push
- End position switches
- Low noise construction
- 60801 MDD
- EMC and RoHS certificate
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
  - Level In Range
  - Leg
  - Calibrate

- LT2
  - Level In Range
  - Leg
  - Training

- RT2
  - Level In Range
  - Recumbent
  - Training
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.

<table>
<thead>
<tr>
<th>MODELS IN SPORTS RANGE</th>
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<tbody>
<tr>
<td><strong>HIGH PERFORMANCE TEST</strong></td>
</tr>
<tr>
<td>Monark LC7 TT novo</td>
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<tr>
<td>Monark LC6 novo</td>
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<tr>
<td>Monark 894E</td>
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<tr>
<td>Monark 891E Wingate</td>
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</table>
WHEELCHAIR
Adapted for use from a wheelchair.

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

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

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

PC CONNECTION
Direct connection to a pc through a USB

CONSTANT POWER MODE
Symbol for speed independent.

SOFTWARE
For fitness testing or training with Manark test software MTS.

FIXED PROTOCOL
For test or training controlled through the display or PC program.
MONARK LC7 TT novo

**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 pedais
- 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
**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
### 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

### 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
**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

**MONARK LT2**

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

**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

Also available in white

Max user weight 180 kg  
Medical Device class IIA  
Monark Test Software
**MONARK 828 E**

**MAIN FEATURES**
- The most sold Ergometer cycle ever
- Watt in display by entering kW 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

**BASIC TEST**
- Max user weight 250 kg
- Medical Device class IIA
- Monark Test software

**MONARK 874 E**

**MAIN FEATURES**
- Watt in display by entering kW 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)

**BASIC TEST**
- Max user weight 250 kg
- Medical Device class IIA
- Monark Test software
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

<table>
<thead>
<tr>
<th>Features</th>
<th>LC7 TT</th>
<th>LC6 novo</th>
<th>894E</th>
<th>891 Wingate</th>
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<tr>
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<td>517 mm at handlebar</td>
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<tr>
<td>Height (mm)</td>
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<td>77 kg</td>
<td>65 kg</td>
<td>Ergometer 26 kg Stand 35 kg Totally 81 kg</td>
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<td>POWER REQUIREMENTS</td>
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<td>Racing handlebar</td>
<td>Racing handlebar</td>
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<tr>
<td>Adjustable, horizontal 60 mm, vertical 500-910 mm</td>
<td>Adjustable, horizontal 60 mm, vertical 500-910 mm</td>
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<td>9/16”, combi SPD</td>
<td>9/16”, combi SPD</td>
<td>9/16”, pedals with foot straps</td>
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<tr>
<td>Pendulum</td>
<td>Spring</td>
<td>Weight basket</td>
<td>Pendulum</td>
<td>Monark Basic</td>
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<td>517 mm at handlebar 840 mm at support legs</td>
<td>518 mm at handlebar 840 mm at support legs</td>
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<td>Max 1240 mm</td>
<td>Max 1240 mm</td>
<td>945-1295 mm at handlebar 780-1105 mm at saddle</td>
<td>945-1295 mm at handlebar 780-1105 mm at saddle</td>
<td>945-1295 mm at handlebar 780-1105 mm at saddle</td>
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<td>47 kg</td>
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<td>220V [12V, 2.5 A]</td>
<td>Batteries in the display. Trafo is an accessory 220V [9V, 500 mA]</td>
<td>Batteries in the display</td>
<td>Batteries in the display</td>
<td>Batteries in the display</td>
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</tbody>
</table>
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.

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<thead>
<tr>
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<td><strong>HIGH PERFORMANCE TEST</strong></td>
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<tr>
<td>--------------------------</td>
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<tr>
<td>Monark 939 novo</td>
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<tr>
<td>Monark 928E</td>
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<td>Monark 928E</td>
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<td>Monark 915E</td>
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<tr>
<td>Monark 881E Arm</td>
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**FEATURES**

**WHEELCHAIR**
Adapted for use from a wheelchair

**HEART RATE**
Equipped to measure heart rate via chest belt or sensors in the handles.

**ECG**
Can be controlled from different ECG systems serial cable RS232

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

**PC CONNECTION**
Direct connection to a pc through a USB

**CONSTANT POWER MODE**
Symbol for speed independent.

**SOFTWARE**
For fitness testing or training with Monark test software MTS.

**FIXED PROTOCOL**
For test or training controlled through the display or PC program.
**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 devices (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 Ila  Monark Test Software
**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

**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
**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 Ila  Monark Test Software

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**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 Ila
**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

**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
- Pedals and handles included

**MONARK REHAB TABLE**
- Adjustable height
- Adapted for 881E
- Lockable
- Wheelchair size

**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

Medical Device class IIa

Max user weight 250 kg

Medical Device class IIa
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<tr>
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<th>939 novo</th>
<th>928 E</th>
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