



# 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 cycle 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

# Specifications

## MONARK 891E

<b>Certifications</b>	EU directive 93/42/EU class IIa
<b>Frame</b>	
<b>Type</b>	Arm ergometer
<b>Handlebar</b>	n/a
<b>Stem</b>	n/a
<b>Seatpost</b>	n/a
<b>Saddle</b>	n/a
<b>BB</b>	68/122 mm
<b>Crank</b>	Steel, 152 mm
<b>Pedals</b>	9/16", handles
<b>RESISTANCE</b>	
<b>System</b>	weight basket
<b>Flywheel</b>	20 kg,
<b>DISPLAY</b>	
<b>RPM</b>	Yes
<b>HR</b>	5 kHz
<b>Time</b>	Yes
<b>Speed</b>	Yes
<b>Distance</b>	Yes
<b>Watt</b>	Yes
<b>Connectivity</b>	
<b>RS232</b>	n/a
<b>Usb</b>	n/a
<b>WEIGHT &amp; MEASUREMENTS</b>	
<b>Max user weight</b>	n/a
<b>Lenght (mm)</b>	1500 mm
<b>Width (mm)</b>	700 mm
<b>Height (mm)</b>	1860 mm
<b>Weight (kg)</b>	Ergometer 25 kg
<b>POWER REQUIREMENTS</b>	Batteries in the display



### SOFTWARE

For fitness testing and in some cases, even training can be used with this model.



### HEART RATE

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



### TEST

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



### WHEELCHAIR

Adapted for use from a wheelchair

### MEDICAL CE

Monark Exercise AB is since 1992 ISO 9001 certified. All models are:

- Approved under CE Certificate No. 153 601 (MDD IIa)
- Anti-corrosion treated and powder coated
- Made in Sweden