



# MONARK 891 WINGATE

## MAIN FEATURES

- For anaerobic test, upper body
- Multiple bouts with fatigue index
- High sampling frequency (50 Hz)
- 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 Anaerob Test Software
- Countdown and signals during test
- Workload range 50 Watt (basket 1 kg)-2400 Watt
- 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

# Specifications

## MONARK 891 WINGATE

<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, weight basket
<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>	Yes
<b>Usb</b>	n/a
<b>WEIGHT &amp; MEASUREMENTS</b>	
<b>Max user weight</b>	n/a
<b>Length [mm]</b>	1500 mm
<b>Width [mm]</b>	700 mm
<b>Height [mm]</b>	1660 mm
<b>Weight [kg]</b>	Ergometer 26 kg Stand 35 kg Totally 61 kg
<b>POWER REQUIREMENTS</b>	220V [9V, 1,1A]



### SOFTWARE

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



### HEART RATE

Equipped to measure heartrate via chestbelt.



### TEST

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



### FIXED PROTOCOL

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



### 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. 15 36 01 (MDD IIa)
- Anti-corrosion treated and powder coated
- Made in Sweden

