

Monark 839 E is one of the world's most accurate cycle ergometers. It is especially used for fitness assessment and stress testing, as well as in research, sports medicine and rehabilitation. Computerized with removable control unit, program-med with Åstrand, Bruce, YMCA, Naughton, Ramp, Incremental amongst others, plus target heart rate adjusted workload. Individual exercise protocols can be programmed and stored. Heart rate is monitored with chest belt of telemetry type. Provides a constant workload independent of pedal speed. Easy to calibrate both mechanically and electronically.

### FACTS

Controlled digital by ECG or PC with RS232 cable.  
Large, well-balanced flywheel 20 kg (44 lbs).  
Pendulum scale, easy to calibrate.  
Adjustable saddle; vertically and forward/backwards.  
Adjustable handlebar with quick release lever.  
Stable frame, solid steel tube.  
Powder painted.  
Wheels for easy transport.  
Multi lingual options.  
Provides a constant workload independent of pedal speed.  
Heart rate measured with telemetry type.  
Optical metronome.  
Serial communication port for remote PC or ECG machine.  
Direct printer connection port.

### DETAILS

Width 517 mm (20") at handlebar.  
Width 640 mm (25") at support tubes.  
Length 1150 mm (45").  
Height 945-1295 mm (37-51") at handlebar.  
Height 790-1110 mm (31-44") at seat.  
Weight 56 kg (123 lbs)  
Max userweight 250 kg (550 lbs)

### Functions when using handheld

Menu based programs.  
Work may be power (watts or kpm/min), force (kp or Newton) or VO<sub>2</sub> (ml/kg/min).  
Built-in digital timer.  
Energy consumption calculator in calories (kcal).  
Remote controller with backlit LCD-display.  
Direct calculation of aerobic capacity with built-in protocols; Åstrand, Bruce, YMCA and Naughton.  
Can be pre-set for step-by-step change in workload and time intervals, i.e. ramp and incremental.  
Individual exercise protocols can be programmed and stored.  
Training protocol; workload is adjusted automatically to achieve and maintain target heart rate.



### Features when using PC software or Handheld

Calculation of max VO<sub>2</sub> by using; Åstrand, YMCA, WHO or PWC.  
Custom protocol with templates for increment and ramp.  
Manuell protocol with possibiltie to save afterwards.  
HR protocols.  
Power measurements in different units (watt, kpm/min, vo<sub>2</sub>).  
Brake force measurement mode or continuously displayed in other mode (N, kp).  
Database to manage individuals and groups.

*Designed and developed according to the MDD guidelines, in compliance with the directive EMC-89/366/EEC, EN 60601-1 and EN 60601-2.*

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