

Manual Adjustable Table



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Important

Read the manual carefully before using the adjustable table, and save it for future use.

Monark Exercise AB

Monark has 100 years' experience of bicycle production. The Monark tradition has yielded know-how, experience, and a real feel for the product and quality. Since the early 1900s, Monark's cycles have been living proof of precision, reliability, strength and service. These are the reasons why we are now the world leader in cycle ergometers and the market leader in Scandinavia in transport cycles.

We manufacture, develop and market ergometers, exercise bikes, transport bikes and specialized bicycles. Our largest customer groups are within health care, sports medicine, public authorities, industry and postal services.

For more information: www.monarkexercise.se



Product Information

Monark adjustable table is a purpose-built table for Monark 881 E. It can easily be adjusted in height by means of a gas cylinder and a locking knob that is mounted on the frame's border.

Facts

- Height-adjustable (714-942 mm)
- Stable steel frame
- Powder painted
- Practical transport wheels
- Secure locking of the Rehab Trainer by four brackets

Width

30" (762 mm)

Length

32" (813 mm)

Height

28.1-37.1" (714-942 mm)

Height with Monark Rehab Trainer 881 E

49.7-58.7" (1264-1492 mm)

Weight

66 lbs (30 kg)

Mounting kit which included

2 pcs knob ½" x 4"

4pcs plate washer 18x96x2T

10 pcs wind nut 5/16"

2 pcs wind nut 1/4"

2 pcs hex cap nut 3/8"

4 pcs flat washer 3/8"

2 pcs hex bolt 3/8"

2 pcs hexagonal nut 3/8"

10 pcs flat washer 5/16"

2 pcs hex head screw 5/16" x ½"

2 pcs hex bolt 5/16" x 1½"

2 pcs hex bolt 5/16 x 2½"

4 pcs hexagonal nut 5/16"

2 pcs sprint washer SW8

2 pcs mushroom screw 1/4" x 1 3/4"

4 pcs Allen bolt 1/4" x 1 1/4"

6 pcs flat washer 1/4"

1 pcs Allen wrench 4 mm

1 pcs 13x15 wrench

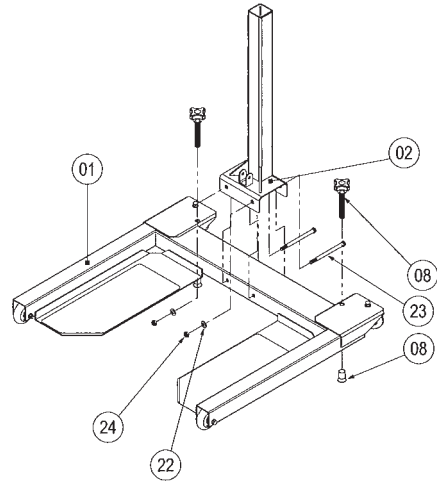
1 pcs 17x19x12x14 wrench

Mounting instructions

Step 1

Attach the lower frame(02) to the base frame(01). Insert from the front two sets of hex bolts(23), flat washers(22) and nuts(24) as illustrates, secure tightly.

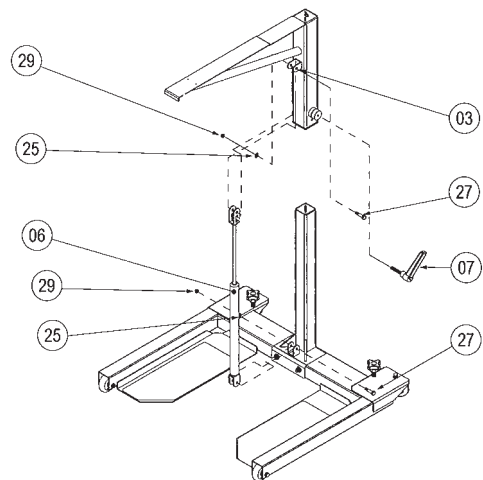
Insert the two knobs(08) to the base frame. The knobs with rubber end could stop moving.



Step 2

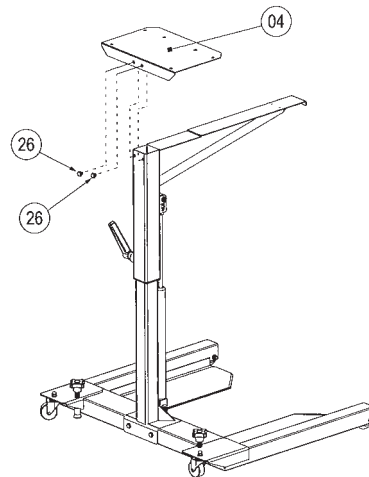
Insert the upper frame(03) to the lower frame(02) and the insert (10) was inside already. Keep it high and secure tighten by the clamp lever(07).

Attach the adjustment cylinder(06) to the frames(02, 03) using two hex bolts(27), flat washers(25), and nuts(29). Tighten securely.



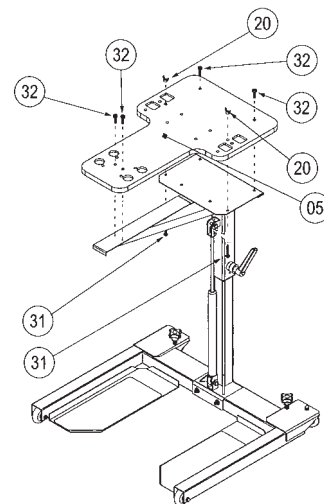
Step 3

Connect the stabilizer plate(05) to the frame(03) with two hex head screws(26) as illustrated. Tighten firmly.



Step 4

Attach the table board(05) onto the plate(04) using 4 allen bolts(32) and two mushroom screws(31) with wind nuts(20) as illustrated.

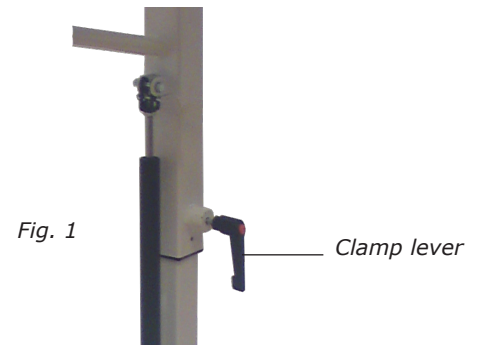


Adjustments

Height adjustment

The height is easily adjusted by loosening the clamp lever on the frame. See Figure 1.

If the table will be raised when the Rehab Trainer is on it, you can get help lift when it is not certain that the gas spring can handle the weight.



Fastening of Rehab Trainer at the table

Lift Rehab Trainer on the table and pass the support leg "rubber ends" and the other support legs in the respective recess in the table top.

"J"-hooks attached to the bracket that is under the Rehab Trainer, see Figure 2. Then tighten the wing nuts.

The support leg "rubber ends" is fastening using pipe clamps, see Figure 3. Then tighten the wing nuts.

Tighten firmly so that the Rehab Trainer is firmly fixed on the table.

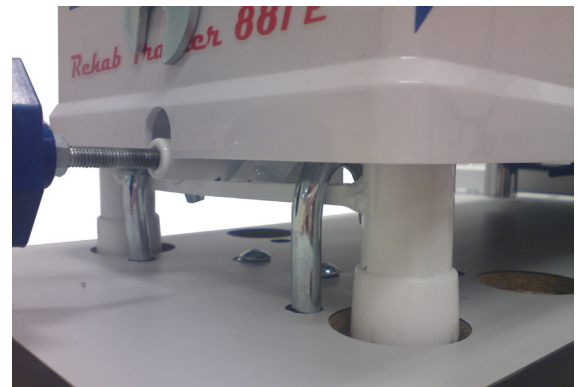


Fig. 2

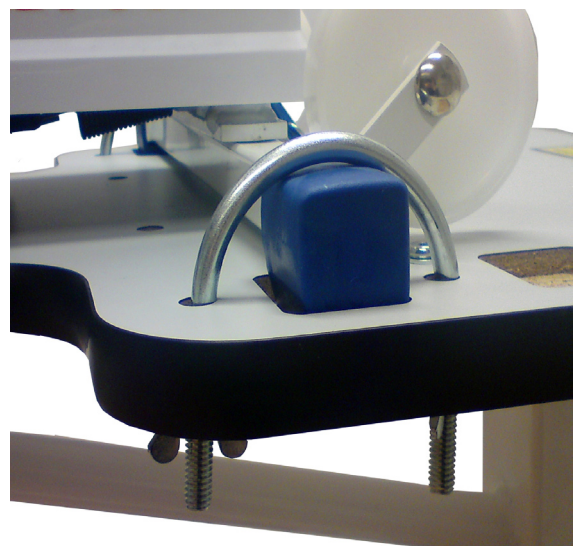


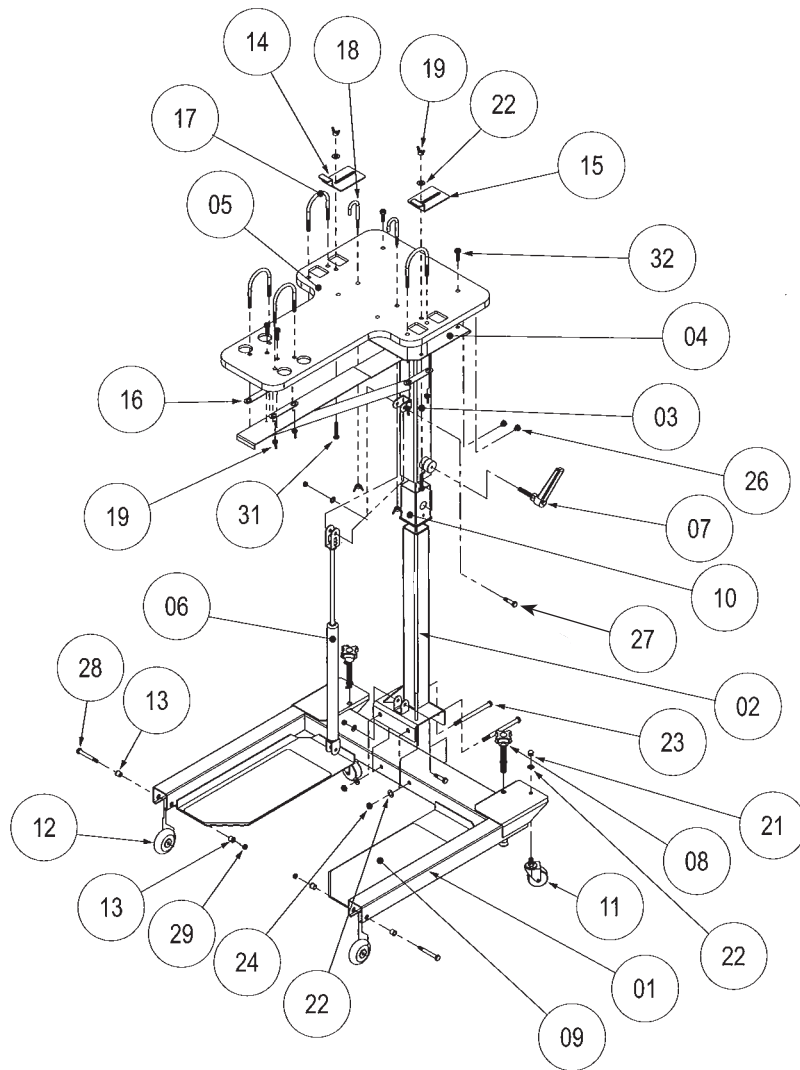
Fig. 3



Monark Rehab Trainer 881 E mounted on the table.



Spare parts



Pos.	Qty.	Art. No.	Description	Pos.	Qty.	Art. No.	Description
1	1		Base frame	19	10		Wind nut 5/16"
2	1		Lower frame	20	2		Wind nut 1/4"
3	1		Upper frame	21	2		Hex cap nut 3/8"
4	1		Stabilizer plate	22	4		Flat washer 3/8"
5	1		Table board	23	2		Hex bolt 3/8", L 5"
6	1		Adj. cylinder	24	2		Hexagonal nut 3/8"
7	1		Clamp levers	25	10		Flat washer
8	2		Knob	26	2		Hex head screw 5/16", L 1 1/2"
9	2		Foot sheet	27	2		Hex bolt 5/16", L 1 1/2"
10	1		Insert	28	2		Hex bolt 3/8", L 2 1/2"
11	2		Moving casters	29	4		Hexagonal nut 5/16"
12	2		Roller	30	2		Sprint washer SW8
13	4		Bushes	31	2		Mushroom screw 1/4", L 1 3/4"
14	1		Plate (left)	32	4		Allen bolt 1/4", L 1 1/4"
15	1		Plate (right)	33	6		Flat washer
16	4		Plate washer		1		Allen wrench 4 mm
17	4		Pipe hanger		1		13x15 wrench
18	2		"J" hooks		1		17x19x12x14 wrench



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