



MONARK 894



An International standard for anaerobic testing

The Monark 894 is designed for high-intensity anaerobic tests such as Wingate. Monark's weight basket system allows for instant resistance loading and ensures accurate, repeatable results. Combined with ATS software and adjustable components, it offers reliable data collection in demanding test environments.

KEY FEATURES

- **Monark's weight basket system** – Enables instant resistance application for precise workload.
- **Manual or automatic release** – Control the weight drop manually or via ATS software.
- **Multiple test options** – Perform Wingate and other short-duration power tests.
- **For anaerobic testing.**
- **Perfect fit frame** – Vastly increases adjustability to fit every unique user.
- **Extra rigid frame** – Built to withstand the extreme forces of anaerobic tests.
- **High sampling rate (50 Hz)** – Ensures detailed and accurate performance data.
- **Reliable calibration** – Pre-calibrated weights remove the need for electronic validation. Weights: 0,1kg, 0,5kg and 1kg.

Max User Weight 125 kg

Anaerobic Test Software

Medical Device Class IIa

Weight Basket

Wired Connection



Specifications

MONARK 894

CERTIFICATIONS	EU directive 93/42/EU class IIa
FRAME	
Type	Sport, perfect fit
Handlebar	Monark handlebar with basket release button
Stem	Monark Standard
Seatpost	Monark Standard
Saddle	Moody
BB	68/122 mm
Crank	Steel, 170 mm
Pedals	9/16", Combi SPD
RESISTANCE	
System	Electric pendulum system
Flywheel	20 kg
DISPLAY	Monochrome touchscreen (Novo Duo)
RPM	Yes
HR	5 kHz
Time	Yes, HH:MM:SS
Speed	Yes, km/h
Distance	Yes, km
Power/Watt	Yes
CONNECTIVITY	
Wired connection	RS232
Wireless connection	n/a
WEIGHT & DIMENSIONS	
Max user weight	125 kg (275,6 lbs)
Recommended user length	>150cm (>59 inches)
Length (mm)	1120 mm (44,09 inches)
Width (mm)	517 mm at handlebar 640 mm at support legs (20,3/25,2 inches)
Height (mm)	945-1295 mm at handlebar 780-1105 mm at saddle (37,2-51,0 / 30,7-43,5 inches)
Weight (kg)	65 kg (143 lbs)
POWER REQUIREMENTS	Power bank



RS232

CONNECTION

Direct connectivity.
Wired: RS232



SOFTWARE

SOFTWARE COMPABILITY

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



HEART

HEART RATE MONITORING

Displays heartrate when connected via chestbelt 5.6kHz uncoded.



TEST

TEST FUNCTIONALITY

For anaerobic testing such as Wingate and sprint profiling

ISO 9001

Monark Exercise AB has been ISO 9001 certified since 1992. The model is:

- Approved under CE Certificate No. 15 36 01 (MDD IIa)
- Anti-corrosion treated and powder coated
- Made in Sweden



Description

MONARK 894

APPLICATIONS

Monark 894 is designed for high-intensity anaerobic testing where rapid resistance application and reliable measurement are critical. With its stable frame, unique weight basket system, and ATS software, it provides instant workload control and repeatable results. The design ensures consistent power output during explosive efforts such as Wingate tests.

894 is an ideal tool for:

- **Sports Science and Research** – Designed for accurate short-duration power tests, including Wingate and sprint profiling.
- **Elite Performance Testing** – Built to handle maximum strain with reliable calibration and powerful data output.
- **Rehabilitation and Recovery** – Suitable for measuring anaerobic capacity in controlled environments.

SOFTWARE & INTEGRATION

The 894 includes Monark's Anaerobic Test Software (ATS), enabling both manual and automatic control of the weight basket. The software allows you to configure test duration from 5 to 300 seconds and supports multiple bouts with fatigue index analysis.

The ergometer connects to a PC via RS232, providing a stable interface for test control through the included Windows application.



Description

MONARK 894

PRODUCTION AND SUSTAINABILITY

Monark has been manufacturing ergometers since 1954 with a philosophy of delivering precise, reliable, and durable products for research, rehabilitation, and performance development.

894 is assembled in Sweden, with the majority of its components sourced from Swedish manufacturers.

Our products are used daily by professionals in research, physiotherapy, and sports worldwide. Through continuous product development and close collaboration with experts, we have built a strong reputation for measurement accuracy and ergonomics.

Monark 894 – Built for accurate and repeatable anaerobic testing.



Monark Exercise AB

Monark has over 100 years of experience in bicycle production.

This long tradition has resulted in deep know-how, hands-on expertise, and a genuine understanding of product quality and performance. Since the early 1900s, Monark cycles have represented precision, reliability, durability, and quality.

Today, we are a trusted global provider of high-precision cycle ergometers for research, sports science, clinical use and performance testing.

We develop, manufacture, and market ergometers and exercise bikes.

Our largest customer groups are within health care, sports medicine, and exercise physiology.

For more information: www.monarkexercise.se / www.monarksportsmed.com



PRODUCTS FOR LIFE AND PERFORMANCE



MONARK EXERCISE

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