

# MONARK

Powered by **SPRINTEX**



## MONARK TS

Specifically designed for high-performance athletes and fitness applications

The slat-belt technology provides the best ergonomic running experience with minimal impact on the joints. No slippage, a top speed up to 30 km/h and biofeedback functions make training on the Monark TS a true experience.

### KEY FEATURES

- **Developed Specifically for High-Performance Athletes** - The Monark TS has been crafted with high performance athletes in mind, providing a robust, advanced slat-belt treadmill that can withstand daily rigorous training sessions.
- **Ergonomic Running Experience** - The slat-belt technology provides an exceptional ergonomic running experience with minimal impact on the joints, ensuring comfort during extended workouts.
- **State-of-the-Art 17" Touch Display** - User-friendly interface for easy operation.
- **Externally Controllable for Stress Testing** - The Monark TS can be controlled externally, making it highly suitable for various types of stress testing.

Professional Treadmill

Slat-Belt System

External Control



# Technical Data

## MONARK TS

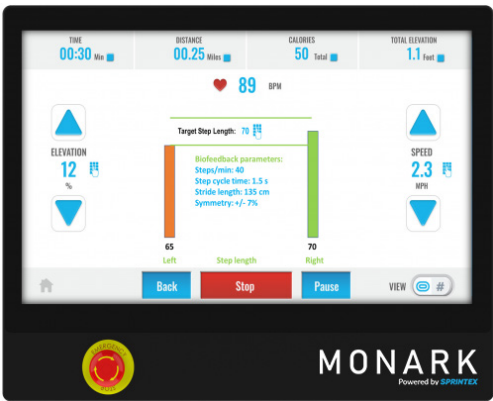
Running surface	Low-impact, shock-absorbing slat-belts
Running surface dimensions	155 x 60cm or 155 x 70cm
Maximum user weigth	250 kg (option 318kg)
Maximum speed	22km/h (option 30km/h)
Dimentions (LXWXH)	172 x 86 x 140 (without add-ons)
Weigth	App 200kg (without add-ons)
Noise level	<75db
Power	1.3 kW 230 V AC, 50/60 Hz, 6.3 A

### Biofeedback features

Benefit from real-time biofeedback functions through integrated sensors.

The Monark TS can measure parameters such as:

- Step length (left/right)
- Steps/min
- Step cycle time
- Stride length
- Symmetry



Data recording is available for gait & motion analysis, providing comprehensive insights into your training performance.

# KEY FEATURES

**Developed for high-performance athletes**

The Monark TS has been crafted with high-performance athletes in mind, providing a robust, advanced slat-belt treadmill that can withstand daily rigorous training sessions.

**Ergonomic running experience**

The slat-belt technology provides an exceptional ergonomic running experience with minimal impact on the joints, ensuring comfort during extended workouts.

**State-of-the-art 17" touch display**

User-friendly interface for easy operation.

**Basic biofeedback integrated**

Get real-time biofeedback on key performance metrics.

**No slippage, high-speed option**

Run without concerns of slipping, and max out your training with speeds up to 30 km/h.

**Reverse speed**

Enhance your agility with reverse speeds up to (10 km/h)

**Customizable incline and width**

Choose from incline options 0-20%, 0-25% or minus 3 - 22%.

Running surface width options: 60 or 70cm

**Color options.**

No, Monark TS comes in black!

**Externally controllable for stress testing**

The Monark TS can be controlled externally, making it highly suitable for various types of stress testing.

**Various handrail options**

Please contact us for more information



Edition 3. 2025\_07

### Monark slat-belt treadmills

#### Elevating Gait Experience with SPRINTEX Technology

At Monark Sports and Medical, we continuously strive for innovation and excellence in the realms of sports science, health, and rehabilitation. Our new slat-belt treadmills, integrated with SPRINTEX technology, exemplify our dedication to providing cutting-edge solutions for both rehabilitation and training purposes.

### Slat-belt technology: redefining gait experience

The slat-belt running surface technology on Monark TM and TS treadmills offers an unparalleled gait experience for individuals undergoing rehabilitation and those engaged in rigorous training. This technology also provides exceptional precision for gait analysis, making it the preferred choice of many health and fitness professionals.

### Innovation of sprintex slat-belt technology

Monark treadmills are built upon the foundation of a unique slat-belt running surface, the s<sup>2</sup>ap®. The advantages of slat belts over traditional conveyor-type treadmill belts are evident in their ability to absorb impact during foot strikes, delivering a significantly more comfortable and natural gait training experience.

### Key features of Sprintex Slat-Belt technology:

- **Frictionless Movement** - Our slat-belts rest on 114 ball bearings, ensuring a fully frictionless movement of the running surface. This not only enhances comfort during use but also contributes to the durability of the treadmill, reducing maintenance time.
- **Energy Efficiency** - The elimination of friction between the running surface and the frame results in significantly lower energy consumption. Monark slat-belt treadmills prioritize sustainability while providing an exceptional workout experience.
- **Natural Gait Experience** - Specifically designed to emulate the most natural gait experience, our slat-belt treadmills surpass traditional conveyor-type models by absorbing up to 90% of the impact during walking or running. This feature makes them the ideal choice for both rehabilitation and sports training.

### Monark Slat-Belt Treadmills: A choice for professionals

Health and fitness professionals recognize the value of slat-belt running surface technology for its ability to offer a comfortable, natural gait experience and precise gait analysis. Monark's commitment to excellence is evident in our integration of SPRINTEX slat-belt technology, ensuring that users of our TM and TS treadmills are not merely on a treadmill – they're on the path to superior gait training and analysis. Join us in embracing this innovative stride towards excellence.



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# 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](http://www.monarkexercise.se) / [www.monarksportsmed.com](http://www.monarksportsmed.com)**



PRODUCTS FOR LIFE AND PERFORMANCE



MONARK EXERCISE

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