



MONARK EXERCISE

FOR LIFE AND PERFORMANCE

Product Sheets 2026

Introduction

This Product Sheet Collection brings together the current product sheets for Monark's active product range. It is intended to provide a clear and structured overview of our ergometers, medical exercise bikes and related solutions for professional use.

Each product sheet includes key product information, main features, typical applications, technical specifications and available connectivity or integration options where relevant. The collection is designed to support distributors, customers and partners with accessible product information in one consolidated document.

Monark products are developed for environments where accuracy, reliability and long-term performance are essential. Across sports science, clinical diagnostics, rehabilitation, education and performance testing, our products are built to deliver controlled workloads, repeatable results and a dependable user experience.

This document should be used as a product information resource. For the latest updates, product availability, accessories and detailed technical documentation, please visit our website or contact Monark Exercise directly.

Website: <https://monarksportsmed.com/>

Contact: +46(0)281 59 49 40

SPORT MODELS

Monark LC2	
Monark EVO	
Monark LC4	
Monark LC6	
Monark LC7 TT	
Monark 891	
Monark 894	
Monark TS	

MEDICAL MODELS

Monark 881E	
Monark Upright 827	
Monark Upright 828	
Monark Upright 928	
Monark Upright 939	
Monark TM	

Sports

Introduction

The Sports Performance segment includes Monark ergometers developed for professional testing, training, research and performance analysis.

These products are designed for environments where controlled workloads, repeatable results and reliable measurement are essential. From education and sports science to advanced physiological testing and performance development, Monark ergometers provide a stable platform for structured exercise testing and training.

The range includes models for manual and electronically controlled workload, external control, data communication and integration with selected test systems and training applications. Each product sheet in this section presents the key features, applications, specifications and available connectivity options for the respective model.



MONARK LC2



MPS

Reliable ergometer for education and precision testing

The Monark LC2 is a manual ergometer with calibration capability, specifically designed for educational settings in physiology and sports science. Equipped with Monark's trusted manual pendulum system (MPS), it provides accurate resistance control and is developed for education, sports science and performance testing.

KEY FEATURES

- **MPS** – Manual pendulum system
- **Monark Novo Duo Display** – Monochrome touchscreen for clear and quick reading of data.
- **Wireless Connectivity** – BLE (FTMS) and ANT+ (FE-C) for seamless device pairing.
- **For education, research & testing**
- **Mechanical Calibration** – Enables hands-on learning in educational environments.
- **Perfect fit frame** – Vastly increases adjustability to fit every unique user.
- **Designed for Education** – Ideal for teaching load calculation and measurement accuracy
- **Easy to operate and calibrate**

Max User Weight 180 kg

Monark 828 Software

Pendulum System



Specifications

MONARK LC2

FRAME	
Type	Sport, perfect fit
Handlebar	Racing handlebars
Seatpost	Monark standard, H/V adjustable
Saddle	Racing Unicus, black
BB	68/110 mm
Crank	Steel, 172.5 mm
Pedals	9/16", Combi SPD
RESISTANCE	
System	Manual pendulum system
Calibration	Electronic (Novo Duo) and mechanical (Pendulum with 4 kg calibrated weight)
Flywheel	20 kg (44.1 lbs)
DISPLAY	
RPM	Yes
HR	Yes, ANT+
Time	Yes, HH:MM:SS
Speed	Yes, km/h
Distance	Yes, km
Watt / KP	Yes
CONNECTIVITY	
Wireless	BLE (FTMS), ANT+ (FE-C)
WEIGHT & DIMENSIONS	
Max user weight	180 kg (397 lbs)
Recommended user height	>150 cm (>59 in)
Length	1405 mm (55 in)
Width	640 mm (Max 25 in)
Height	Max 1240 mm (Max 49 in)
Weight	77 kg (170 lbs)
POWER REQUIREMENTS	
	Powered by a power bank. USB-C charging (power only, no data)



CONNECTION

Wireless: BLE (FTMS) and ANT+ (FE-C)



SOFTWARE

SOFTWARE COMPATIBILITY

Wireless data export for real-time monitoring and documentation.



HEART

HEART RATE MONITORING

Displays heart rate when connected via chest belt (ANT+)



TEST

TEST FUNCTIONALITY

For aerobic testing and education



FORCE

CONSTANT FORCE

Maintains a fixed resistance (kp) regardless of cadence (RPM)

ISO 9001

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

- Anti-corrosion treated and powder coated
- Made in Sweden



Description

MONARK LC2

APPLICATIONS

The Monark LC2 is a manually calibrated ergometer developed for education, sports science and performance testing. With reliable resistance control and simple calibration through the Manual Pendulum System (MPS), it is equally suited for teaching, applied research and structured performance monitoring.

Within the sports and performance segment, the LC2 is positioned as the natural successor to the classic Monark 828E – carrying the trusted pendulum principle into modern testing environments.

LC2 is an ideal tool for:

- **Universities and education** – For hands-on learning in exercise physiology.
- **Sports science researchers** – Studies on power output, cadence efficiency and workload accuracy
- **High-performance training centers** – Structured testing and performance development
- **Applied research** – Investigation of physiological responses during cycling

ACCESSORIES

To optimize ergonomics and user comfort, we offer a range of accessories:

- **New clamp** – Enables use of Monark upright handlebar and a new display mount
- **Alternative saddle and pedals** – Ergonomic Monark saddle and pedals for adaptation to rehabilitation settings and individual comfort

SOFTWARE & INTEGRATION

Monark LC2 provides wireless data export for real-time monitoring and documentation.

It supports:

- **Wireless** – BLE (FTMS) and ANT+ (FE-C) for real-time data sharing
- **Heart rate** – Displays heart rate when connected via chest belt (ANT+)
- **Standalone operation** – No external control (resistance is adjusted manually)

Edition 4. 2026_05

Description

MONARK LC2

MEASUREMENT ACCURACY

The Monark pendulum system is built for long-term accuracy and reliability. When calibrated regularly, the system consistently delivers power measurements with an error margin typically below 2%.

Thanks to its mechanical construction, calibration can be performed quickly and easily without the need for external tools or advanced software. This allows users to verify and ensure accuracy as often as needed – even daily – which is critical in research, rehabilitation, and performance testing.

Unlike many electronic systems that rely solely on internal sensors and estimated values, the Monark pendulum offers a direct, physical indication of the applied resistance. This makes it uniquely dependable in environments where trust in the workload is essential.

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.

LC2 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 LC2 – A reliable ergometer for precise measurements and education.



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.monarksportsmed.com



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| FABRIKSVÄGEN 8, SE-786 33 VANSBRO, SWEDEN | MONARKEXERCISE.SE | TEL: +46 (0)281 59 49 40 |



MONARK EVO



For virtual racing, smart training & testing

Smart ergometer for virtual racing and structured training. Monark's electronic pendulum system (EPS) delivers accurate, repeatable loads with quick calibration, while wired and wireless connectivity enables external control and real-time data. Ideal for e-cycling, high-performance training and testing.

KEY FEATURES

- **EPS** - Electronic pendulum system
- **Perfect fit frame** - Vastly increases adjustability to fit every unique user.
- **Monark Novo Duo display** - Monochrome touchscreen for clear and quick reading of data.
- **Electronic shifters and sprint buttons** - Set according to your own wishes
- **Wireless connections** - Supports BLE (FTMS), ANT+ (FE-C) for seamless device pairing
- **Power modes** - RPM-independent (constant power) & RPM-dependent (constant force)
- **Easy to calibrate and control**

Max User Weight 180 kg

SMART Connect

Pendulum System



Specifications

MONARK EVO

CERTIFICATIONS	EU directive 93/42/EU class IIa
FRAME	
Type	Sport, perfect fit
Handlebar	Racing handlebars
Seatpost	Monark standard, H/V adjustable
Saddle	Racing Unicus, black
BB	68/110 mm
Crank	Steel, 172.5 mm
Pedals	9/16", Combi SPD
RESISTANCE	
System	Electronic pendulum system
Calibration	Electronic (Novo Duo) and mechanical (Pendulum with 4 kg calibrated weight)
Flywheel	20 kg (44.1 lbs)
DISPLAY	
RPM	Yes
HR	Yes, ANT+
Time	Yes, HH:MM:SS
Speed	Yes, km/h
Distance	Yes, km
Watt / KP	Yes
CONNECTIVITY	
Wireless connection	BLE (FTMS), ANT+ (FE-C)
WEIGHT & DIMENSIONS	
Max user weight	180 kg (397 lbs)
Recommended user height	>150 cm (>59 in)
Length (mm)	1405 mm (55 in)
Width (mm)	640 mm (25 in)
Height (mm)	Max 1240 mm (49 in)
Weight (kg)	62 kg (137 lbs)
POWER REQUIREMENTS	
	220V (12V, 5.0A)



CONNECTION

Wireless: BLE (FTMS), ANT+ (FE-C)



SOFTWARE

SOFTWARE COMPATIBILITY

Smart-platform control (simulation/ERG/resistance); reliable standalone



HEART

HEART RATE MONITORING

Displays heart rate when connected via chest belt (ANT+)



TEST

TEST FUNCTIONALITY

For e-cycling, virtual racing, structured training and testing



POWER

CONSTANT POWER

Maintains a fixed power output regardless of cadence (RPM)



FORCE

CONSTANT FORCE

Maintains a fixed resistance (kp) regardless of cadence (RPM)

ISO 9001

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

- Anti-corrosion treated and powder coated
- Made in Sweden



Description

MONARK EVO

APPLICATIONS

Monark EVO combines accurate calibration with flexible system integration—ideal for indoor performance development, testing, and virtual cycling.

EVO is an ideal tool for:

- **E-cycling platforms and virtual racing** – Delivering realistic resistance and smooth performance through smart connectivity
- **High-performance training environments** – Allowing structured, controllable workouts with sprint buttons and programmable gear shifts
- **Sports science and simulation labs** – Providing accurate, consistent data for power analysis and testing

SOFTWARE & INTEGRATION

The Novo Duo system communicates via Bluetooth and ANT+ using standardized protocols (FTMS and FE-C), allowing integration with training applications across Android, iOS, Windows, and Mac. Monark EVO supports multiple connection modes to match the needs of both virtual cycling and structured training.

- **Wireless** – BLE (FTMS), ANT+ (FE-C)
- **Heart rate** – Displays heart rate when connected via chest belt (ANT+)
- **Simulation mode** – The application sends data about a virtual environment that controls the ergometer's resistance (e.g. road slope in Zwift).
- **ERG mode** – The application sets a target power output for the ergometer to maintain throughout the session.
- **Resistance mode** – The application adjusts resistance in percentage steps (0–100%), converted into 0–7 kp by Monark.
- **Manual mode** – No external control; the rider adjusts resistance manually, while the application can still read power and cadence values.



Description

MONARK EVO

MEASUREMENT ACCURACY

The Monark pendulum system is built for long-term accuracy and reliability. When calibrated regularly, the system consistently delivers power measurements with an error margin typically below 2%.

Thanks to its mechanical construction, calibration can be performed quickly and easily without the need for external tools or advanced software. This allows users to verify and ensure accuracy as often as needed – even daily – which is critical in research, rehabilitation, and performance testing.

Unlike many electronic systems that rely solely on internal sensors and estimated values, the Monark pendulum offers a direct, physical indication of the applied resistance. This makes it uniquely dependable in environments where trust in the workload is essential.

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.

EVO 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 EVO – precision and performance for virtual racing and controlled training.



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.monarksportsmed.com



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MONARK LC4



Versatile ergometer for reliable testing and training

Compact high-performance ergometer for labs, training centers and universities. Monark's electronic pendulum system (EPS) delivers accurate, repeatable loads with quick calibration, while wired and wireless connectivity enables external control and real-time data. Well suited for clinical testing, occupational health, sports performance and education.

KEY FEATURES

- **EPS** - Electronic pendulum system
- **Monark Novo Duo display** - Monochrome touchscreen for clear and quick reading of data.
- **Wireless Connections** - BLE (FTMS) and ANT+ (FE-C) for seamless device pairing.
- **Wired connections** - Includes USB-B (3 m) port for stable data transfer
- **Perfect fit frame** - Vastly increases adjustability to fit every unique user.
- **Power modes** - RPM-independent (constant power) & RPM-dependent (constant force)
- **Compact high-performance ergometer** - Perfect for limited-space environments
- **Easy to calibrate and control**
- **Designed for external control**

Max User Weight 180 kg

Monark Test Software

Medical Device Class IIa

Pendulum System



Specifications

MONARK LC4

CERTIFICATIONS	
EU directive 93/42/EU class IIa	
FRAME	
Type	Sport, perfect fit
Handlebar	Racing handlebars
Seatpost	Monark standard, H/V adjustable
Saddle	Racing Unicus, black
BB	68/110 mm
Crank	Steel, 172.5 mm
Pedals	9/16", Combi SPD
RESISTANCE	
System	Electronic pendulum system
Calibration	Electronic (Novo Duo) and mechanical (Pendulum with 4 kg calibrated weight)
Flywheel	20 kg (44.1 lbs)
DISPLAY	
Monark Novo Duo Display Monochrome Touchscreen	
RPM	Yes
HR	Yes, ANT+
Time	Yes, HH:MM:SS
Speed	Yes, km/h
Distance	Yes, km
Watt / KP	Yes
CONNECTIVITY	
Wired	USB-B (max 3 m)
Wireless	BLE (FTMS), ANT+ (FE-C)
WEIGHT & DIMENSIONS	
Max user weight	180 kg (397 lbs)
Recommended user height	>150 cm (>59 in)
Length	1405 - 1630 mm (55-64 in)
Width	640 mm (Max 25 in)
Height	1265 mm at display, 1240 mm at saddle, (49-50 in)
Weight	77 kg (170 lbs)
POWER REQUIREMENTS	
220V (12V, 5.0A)	



USB



CONNECTION

Wired: USB-B (3 m)

Wireless: BLE (FTMS), ANT+ (FE-C)



SOFTWARE

SOFTWARE COMPATIBILITY

Standalone or externally controlled (Monark Test Software + third-party sim/ERG/resistance).
Compact-lab friendly.



HEART

HEART RATE MONITORING

Displays heart rate when connected via chest belt (ANT+)



TEST

TEST FUNCTIONALITY

For aerobic testing in sports science and compact lab environments



POWER

CONSTANT POWER

Maintains a fixed power output regardless of cadence (RPM)



FORCE

CONSTANT FORCE

Maintains a fixed resistance (kp) regardless of cadence (RPM)

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 LC4

APPLICATIONS

Monark LC4 is a compact ergometer for performance testing in labs, training centers, and universities – even in limited spaces. It features Monark’s electric pendulum system (EPS) for accurate calibration and consistent resistance. With wireless and USB connectivity, it supports both training and research needs.

LC4 is ideal for:

- **Professional cycling teams and endurance athletes** – For reliable testing and performance tracking.
- **Sports science laboratories** – For analyzing power output and training response.
- **Coaches** – For developing and evaluating structured training programs.
- **Universities** – For aerobic and anaerobic performance research.

SOFTWARE & INTEGRATION

The LC4 supports a wide range of connection modes for seamless integration with training and testing platforms.

It supports:

- **Wired** – USB-B (3 m)
- **Wireless** – BLE (FTMS), ANT+ (FE-C)
- **Heart rate** – Displays heart rate when connected via chest belt (ANT+)
- **Simulation Mode** – Resistance is adjusted based on virtual terrain and gear settings from platforms like Zwift.
- **ERG Mode** – Application controls the target watt output for structured workout sessions.
- **Resistance Mode** – Set a specific resistance level (0–7 kp) from an external app.
- **Manual Mode** – No external control, but apps can still receive live data (cadence, power and speed).



Description

MONARK LC4

MEASUREMENT ACCURACY

The Monark pendulum system is built for long-term accuracy and reliability. When calibrated regularly, the system consistently delivers power measurements with an error margin typically below 2%.

Thanks to its mechanical construction, calibration can be performed quickly and easily without the need for external tools or advanced software. This allows users to verify and ensure accuracy as often as needed – even daily – which is critical in research, rehabilitation, and performance testing.

Unlike many electronic systems that rely solely on internal sensors and estimated values, the Monark pendulum offers a direct, physical indication of the applied resistance. This makes it uniquely dependable in environments where trust in the workload is essential.

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.

LC4 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 LC4 – A compact ergometer built for reliable performance 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.monarksportsmed.com



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MONARK LC6



High-precision testing and seamless connectivity.

The Monark LC6 is a professional ergometer with an easily calibrated electronic pendulum system (EPS), designed for research, testing, and education. It supports full external system integration via BLE, ANT+, USB-B, and RS232.

KEY FEATURES

- **EPS** - Electronic pendulum system
- **Monark Novo Duo display** - Monochrome touchscreen for clear and quick reading of data.
- **Wireless Connections** - Supports BLE (FTMS), ANT+ (FE-C) for seamless device pairing
- **Wired connections** - Includes USB-B (3 m) and RS232 ports for stable data transfer
- **Perfect fit frame** - Vastly increases adjustability to fit every unique user.
- **Power modes** - RPM-independent (constant power) & RPM-dependent (constant force)
- **Continuous workload range** - 5-1400 Watt (at 200 rpm) with (8-2800 W) as a option
- **Easy to calibrate and control**
- **Designed for external control**

Max User Weight 180 kg

Monark Test Software

Medical Device Class IIa

Pendulum System



Specifications

MONARK LC6

CERTIFICATIONS		EU directive 93/42/EU class IIa
FRAME		
Type	Sport, perfect fit	
Handlebar	Racing handlebars	
Seatpost	Monark standard, H/V adjustable	
Saddle	Racing Unicus, black	
BB	68/110 mm	
Crank	Steel, 172.5 mm	
Pedals	9/16", Combi SPD	
RESISTANCE		
System	Electronic pendulum system	
Calibration	Electronic (Novo Duo) and mechanical (Pendulum with 4 kg calibrated weight)	
Flywheel	20 kg (44.1 lbs)	
DISPLAY		Monark Novo Duo Display Monochrome Touchscreen
RPM	Yes	
HR	Yes, ANT+	
Time	Yes, HH:MM:SS	
Speed	Yes, km/h	
Distance	Yes, km	
Watt / KP	Yes	
CONNECTIVITY		
Wired	RS232 and USB-B (max 3 m)	
Wireless	BLE (FTMS), ANT+ (FE-C)	
WEIGHT & DIMENSIONS		
Max user weight	180 kg (397 lbs)	
Recommended user height	>150cm (>59 in)	
Length	1405 - 1630 mm (55-64 in)	
Width	640 mm (Max 25 in)	
Height	1240 mm at saddle, 1265 mm at display, (49-50 in)	
Weight	77 kg (170 lbs)	
POWER REQUIREMENTS		220V (12V, 5.0A)



ECG

ECG

CPET/ECG integration
(analog/digital signals)



RS232

USB

CONNECTION

Wired: RS232 and USB-B (3 m)
Wireless: BLE (FTMS), ANT+ (FE-C)

BLE
FTMSANT+
FE-C

SOFTWARE

SOFTWARE COMPATIBILITY

External control for elite sport and research. Monark Test Software + third-party sim/ERG/resistance, CPET/ECG, and standalone capable.



HEART

HEART RATE MONITORING

Displays heart rate when connected via chest belt (ANT+)



TEST

TEST FUNCTIONALITY

For aerobic testing and advanced diagnostics in performance and research



POWER

CONSTANT POWER

Maintains a fixed power output regardless of cadence (RPM)



FORCE

CONSTANT FORCE

Maintains a fixed resistance (kp) regardless of cadence (RPM)

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 LC6

APPLICATIONS

Monark LC6 is designed for advanced performance testing and academic research. High accuracy, easy calibration, and full external control support elite-level protocols and integrations.

LC6 is ideal for:

- **Elite cycling teams and performance coaches** – For precise performance testing and structured training.
- **Sports science researchers** – For controlled power output studies and physiological measurements.
- **Endurance athletes** – For reliable watt-based testing and long-duration assessments.
- **Universities and academic labs** – For applied research using cycle ergometry and external data systems.

SOFTWARE & INTEGRATION

The LC6 supports a wide range of connection modes for seamless integration with training and testing platforms

It supports:

- **Wired** – USB-B (3 m), RS232
- **Wireless** – BLE (FTMS), ANT+ (FE-C)
- **Heart rate** – Displays heart rate when connected via chest belt (ANT+)
- **Simulation Mode** – Resistance is adjusted based on virtual terrain and gear settings from platforms like Zwift.
- **ERG Mode** – Application controls the target watt output for structured workout sessions.
- **Resistance Mode** – Set a specific resistance level (0–7 kp) from an external app.
- **Manual Mode** – No external control, but apps can still receive live data (cadence, power and speed).

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Description

MONARK LC6

MEASUREMENT ACCURACY

The Monark pendulum system is built for long-term accuracy and reliability. When calibrated regularly, the system consistently delivers power measurements with an error margin typically below 2%.

Thanks to its mechanical construction, calibration can be performed quickly and easily without the need for external tools or advanced software. This allows users to verify and ensure accuracy as often as needed, even daily – which is critical in research, rehabilitation, and performance testing.

Unlike many electronic systems that rely solely on internal sensors and estimated values, the Monark pendulum offers a direct, physical indication of the applied resistance. This makes it uniquely dependable in environments where trust in the workload is essential.

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.

LC6 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 LC6 – A precision ergometer for advanced testing and system integration.

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.monarksportsmed.com



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MONARK LC7 TT



The ultimate tool for performance and research

The LC7 TT is a high-end ergometer developed for advanced testing and research in sports science. Equipped with Monark's electronic pendulum system (EPS) and supports full external control. This allows time trials and open-end protocols to be performed with exceptional accuracy and repeatability.

KEY FEATURES

- **EPS** - Electronic pendulum system
- **External device compatibility** - Connect to ECG systems, metabolic carts, or software.
- **Time trial and open-end protocols** - Ideal for pacing analysis and performance profiling.
- **Connectivity** - Wireless: BLE (FTMS), ANT+ (FE-C) or Wired: connection RS232, USB-B (3 m)
- **Perfect fit frame** - Vastly increases adjustability to fit every unique user.
- **Training mode novo display** - Watt, KPM/min, VO₂, kP and N
- **Workload range** - 4-1400 W (200 rpm) (8-2800 W option)
- **Power modes** - RPM-independent (constant power) & RPM-dependent (constant force)

Max User Weight 180 kg

Monark Test Software

Medical Device Class IIa

Pendulum System



Specifications

MONARK LC7 TT

CERTIFICATIONS	
EU directive 93/42/EU class IIa	
FRAME	
Type	Sport, perfect fit
Handlebar	Racing handlebars
Seatpost	Monark standard, H/V adjustable
Saddle	Racing Unicus, black
BB	68/110 mm
Crank	Steel, 172.5 mm
Pedals	9/16", Combi SPD
RESISTANCE	
System	Electronic pendulum system
Calibration	Electronic (Novo Duo) and mechanical (Pendulum with 4 kg calibrated weight)
Flywheel	20 kg (44.1 lbs)
DISPLAY	
RPM	Yes
HR	Yes, ANT+ and BLE Smart
Time	Yes, HH:MM:SS
Speed	Yes, km/h
Distance	Yes, km
Watt / KP	Yes
CONNECTIVITY	
Wired	RS232 and USB-B (Max 3 m)
Wireless	BLE (FTMS), ANT+ (FE-C)
WEIGHT & DIMENSIONS	
Max user weight	180 kg (397 lbs)
Recommended user height	>150 cm (>59 in)
Length	1405 - 1630 mm (55-64 in)
Width	640 mm (Max 25 in)
Height	1240 mm at saddle, 1500 mm at display, (49-59 in)
Weight	77 kg (170 lbs)
POWER REQUIREMENTS	
220V (12V, 5.0A)	



ECG

Can be controlled from different ECG brands either analogue or digital.



CONNECTION

Wired: RS232 and USB-B (3 m)
Wireless: BLE (FTMS), ANT+ (FE-C)



SOFTWARE

SOFTWARE COMPATIBILITY

External control (Monark Test Software, third party sim/ERG/resistance). CPET/ECG integration.



HEART

HEART RATE MONITORING

Displays heart rate when connected via chest belt (ANT+)



TEST

TEST FUNCTIONALITY

For TT simulations, open-end protocols and aerobic performance testing.



POWER

CONSTANT POWER

Maintains a fixed power output regardless of cadence (RPM)



FORCE

CONSTANT FORCE

Maintains a fixed resistance (kp) regardless of cadence (RPM)

ISO 9001

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

- Anti-corrosion treated and powder coated
- Made in Sweden

Description

MONARK LC7 TT

APPLICATIONS

The LC7 TT is developed for advanced performance testing and time trial simulations, where precise workload control and test repeatability are essential. Equipped with a perfect fit frame, Shimano Di2 gear shifters, and full external control support, it enables accurate and high-intensity testing in a realistic cycling position.

LC7 TT is ideal for:

- **Sports Science and Research** – Suited for physiological studies, pacing analysis, and high-resolution performance testing.
- **Elite Athlete Testing** – Enables time trials, open-end protocols, and structured workload assessments.
- **Metabolic and ECG Integration** – Compatible with external systems for synchronized testing in clinical and diagnostic environments.

SOFTWARE & INTEGRATION

The LC7 TT supports a wide range of connection modes for seamless integration with training and testing platforms.

It supports:

- **Di2 gear control** – Resistance can be adjusted directly by the cyclist using Shimano Di2 shifters, simulating real-world gear changes.
- **PC control** – The ergometer can be operated via Monark Test Software or compatible systems through RS232 or USB-B (3 m).
- **External system integration** – Supports ECG systems, metabolic carts, and software platforms for automated test control.
- **Wireless connectivity** – BLE (FTMS) and ANT+ (FE-C) enable heart rate monitoring and real-time data transmission.
- **Manual mode** – Resistance and workload can be controlled from the Novo touch display without external devices.



Description

MONARK LC7 TT

MEASUREMENT ACCURACY

The Monark pendulum system is built for long-term accuracy and reliability. When calibrated regularly, the system consistently delivers power measurements with an error margin typically below 2%.

Thanks to its mechanical construction, calibration can be performed quickly and easily without the need for external tools or advanced software. This allows users to verify and ensure accuracy as often as needed, even daily – which is critical in research, rehabilitation, and performance testing.

Unlike many electronic systems that rely solely on internal sensors and estimated values, the Monark pendulum offers a direct, physical indication of the applied resistance. This makes it uniquely dependable in environments where trust in the workload is essential.

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.

LC7 TT 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 LC7 TT – A high-performance ergometer for advanced testing and time trial simulations.

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.monarksportsmed.com



PRODUCTS FOR LIFE AND PERFORMANCE



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MONARK 891E



Accurate upper body testing for anaerobic capacity

Accurate upper-body ergometer for anaerobic testing. Monark's weight basket system enables instant, calibrated load application with repeatable conditions. The height-adjustable stand supports seated, standing, and wheelchair testing, while ATS (RS232) provides manual/automatic release and analysis with high-rate data capture.

KEY FEATURES

- **For anaerobic testing**
- **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.
- **Connectivity** – Stable connection through RS232
- **Extra rigid frame** – Built to withstand the extreme forces of anaerobic tests.
- **High sampling rate (50 Hz)** – Ensures detailed and accurate performance data.
- **Height-adjustable stand** – Seated/standing and for wheelchair use
- **Reliable calibration** – Pre-calibrated weights remove the need for electronic validation. Weights: 0,1kg, 0,5kg and 1kg.

Anaerobic Test Software

Medical Device Class IIa

Weight Basket System



Specifications

MONARK 891E

CERTIFICATIONS	
EU directive 93/42/EU class IIa	
FRAME	
Type	Arm ergometer
Handlebar	n/a
Seatpost	n/a
Saddle	n/a
BB	68/122 mm
Crank	Steel, 170 mm
Pedals	9/16", handles
RESISTANCE	
System	Weight basket system
Calibration	Pre-calibrated weights 0.1 / 0.5 / 1.0 kg for verified workload (weight basket 1 kg)
Flywheel	20 kg (44.1 lbs)
DISPLAY	
RPM	Yes
HR	5 kHz
Time	Yes, HH:MM:SS
Speed	Yes, km/h
Distance	Yes, km
Watt / KP	Yes
CONNECTIVITY	
Wired	RS232
Wireless	n/a
WEIGHT & DIMENSIONS	
Max user weight	n/a
Recommended user height	>150 cm (>59 in)
Length	1500 mm (59 in)
Width	700 mm (27.6 in)
Height	1660 mm (65.4 in)
Weight	Ergometer: 26 kg (57.3 lbs) Stand: 35 kg (77.1 lbs) Total: 61 kg (134.5 lbs)
POWER REQUIREMENTS	
220V (9V, 1.1A)	



RS232

CONNECTION

Wired: RS232



SOFTWARE

SOFTWARE COMPATIBILITY

Monark ATS via RS232.
Manual/auto release; multi-bout and fatigue index; 50 Hz data.



HEART

HEART RATE MONITORING

Displays heart rate when connected via chest belt 5 kHz uncoded.



TEST

TEST FUNCTIONALITY

Upper-body Wingate & sprint tests with instant weight-basket loading and repeatable calibration.



WHEELCHAIR

Height-adjustable stand; seated/standing and wheelchair setups

ISO 9001

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

- Anti-corrosion treated and powder coated
- Made in Sweden



Description

MONARK 891E

APPLICATIONS

Designed for upper-body anaerobic evaluations where fast load application and repeatability are critical. The adjustable stand and wheelchair access broaden the clinical and performance use cases.

891E is ideal for:

- **Sports Science and Research** – Designed for upper body Wingate and sprint tests with accurate workload control
- **Rehabilitation and Recovery** – Suitable for measuring upper body capacity in clinical settings
- **Inclusive Performance Testing** – Full height adjustability and wheelchair compatibility

SOFTWARE & INTEGRATION

Operated from Monark Anaerobic Test Software (ATS) for test execution and analysis.

It supports:

- **Wired** – RS232 for PC control (Windows)
- **Test control** – Manual/automatic basket release, countdown & test signals, multi-bout workflows, fatigue index evaluation, 50 Hz data capture
- **Heart rate** – Display via 5 kHz chest belt (uncoded)



Description

MONARK 891E

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.

891E 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 891E – Reliable ergometer for precise upper body 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.monarksportsmed.com



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MONARK 894



The 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** – 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 maximal effort sessions.
- **High sampling rate (50 Hz)** – Ensures detailed and accurate performance data
- **Pre calibrated weights** – Remove the need for electronic validation. Weights: 0,1kg, 0,5kg and 1kg

Max User Weight 180 kg

Anaerobic Test Software

Medical Device Class IIa

Weight Basket



Specifications

MONARK 894

CERTIFICATIONS	EU directive 93/42/EU class IIa
FRAME	
Type	Sport, perfect fit
Handlebar	Monark upright handlebar with weight basket release button
Seatpost	Monark Standard, H/V Adjustable
Saddle	Racing Unicus, black
BB	68/110 mm
Crank	Steel, 172.5 mm
Pedals	9/16", Combi SPD
RESISTANCE	
System	Weight Basket System
Calibration	Pre-calibrated weights 0.1 / 0.5 / 1.0 kg for verified workload (weight basket 1 kg)
Flywheel	20 kg (44.1 lbs)
DISPLAY	Classic Monark Monochrome Display
RPM	Yes
HR	5 kHz uncoded chest belt
Time	Yes, HH:MM:SS
Speed	Yes, km/h
Distance	Yes, km
Watt / KP	Yes
CONNECTIVITY	
Wired connection	RS232 (USB-A adapter included)
WEIGHT & DIMENSIONS	
Max user weight	180 kg (397 lbs)
Recommended user height	>150 cm (>59 in)
Length	1120 mm (44 in)
Width	517 mm at handlebar 640 mm at support legs (20/25 in)
Height	945-1295 mm at handlebar 780-1105 mm at saddle (37-51 in / 31-44 in)
Weight	65 kg (143 lbs)
POWER REQUIREMENTS	220V (9V, 5.0A)



RS232

CONNECTION

Wired: RS232



SOFTWARE

SOFTWARE COMPATIBILITY

Supports Monark ATS software for anaerobic protocols, (manual/automatic weight release, 5-300 s, multi-bout, fatigue index).



HEART

HEART RATE MONITORING

Displays heart rate when connected via chest belt 5 kHz uncoded.



TEST

TEST FUNCTIONALITY

For anaerobic testing such as Wingate and sprint profiling. The international standard for short duration power tests.

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 and reliable measurement are critical. The weight basket system and ATS software provide instant workload control and repeatable results for explosive efforts such as the Wingate test.

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

Monark 894 includes Monark's Anaerobic Test Software (ATS) for precise, software assisted control of the weight basket and streamlined test execution. Stable PC integration via RS232 with a dedicated Windows application.

It supports:

- Manual or automatic weight release
- Configurable duration: 5–300 s
- Multi-bout protocols with fatigue index analysis



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

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We develop, manufacture, and market ergometers and exercise bikes. Our largest customer groups are within health care, sports medicine, and exercise physiology.

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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 weight	250 kg (option 318kg)
Maximum speed	22km/h (option 30km/h)
Dimensions (LXWXH)	172 x 86 x 140 (without add-ons)
Weight	App 200kg (without add-ons)
Noise level	<75db
Power	1.3 kW 230 V AC, 50/60 Hz, 6.3 A

Optional biofeedback features

Optional biofeedback functions available through sensors.

When equipped, 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.

Optional biofeedback functions

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!

Optional external control (USB/Trackmaster)

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 4. 2026_05

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 s²ap[®]. 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.



Edition 4. 2026_05

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.monarksportsmed.com



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Medical

Introduction

The Medical segment includes Monark exercise bikes and ergometers developed for professional healthcare, clinical diagnostics, rehabilitation and controlled exercise testing.

These products are designed to support safe, stable and repeatable testing in professional medical environments. With a focus on controlled workloads, ergonomic positioning and dependable performance, Monark medical ergometers are used where accuracy, usability and long-term reliability are important.

The range includes upright and adapted models for different clinical and rehabilitation needs, with selected products offering connectivity and integration options for diagnostic systems.

Each product sheet in this section provides a clear overview of the product's main features, applications, specifications and relevant technical information.



Table is an option more information on page 3.

MONARK 881E

Compact, accessible rehab training

Compact, accessible rehab ergometer for arm and leg exercise. Calibratable resistance with watt readout at 50 rpm, independently adjustable crank arms, and wheelchair access enable precise, individualized training in clinical and home settings.

Battery-powered display and transport wheels support easy, everyday use.

KEY FEATURES

- **Mechanical brake belt** – Simple and durable resistance system
- **Arm and leg ergometer** – Supports both upper and lower body exercise
- **Individually adjustable crank arms** – Set angle and length separately for each side
- **Calibratable resistance** – Watt readout on mechanical scale at 50 rpm
- **Wheelchair accessible** – Optimized for seated use
- **User-friendly display** – Clear RPM and time
- **Pedals and handles included** – Ready for hand or foot operation
- **Transportable design** – Wheels and vertical transport handle
- **Battery powered** – No external power adaptor required

Medical Device Class IIa



Specifications MONARK 881E

CERTIFICATIONS EU directive 93/42/EU class IIa	
FRAME	
Type	Arm ergometer
Handlebar	n/a
Seatpost	n/a
Saddle	n/a
BB	n/a
Crank	Steel, 152 mm
Pedals	9/16", handles or 9/16" pedals with foot straps
RESISTANCE	
System	Brake belt system (spring)
Flywheel	11 kg (24.25 lbs)
DISPLAY	
RPM	Yes
HR	n/a
Time	Yes, HH:MM:SS
Speed	n/a
Distance	n/a
Watt / KP	n/a
CONNECTIVITY	
Wired	n/a
Wireless	n/a
WEIGHT & DIMENSIONS	
Max user weight	n/a
Recommended user Height	>150 cm (>59 in)
Length	540 mm (21 in)
Width	470 mm (19 in)
Height	550 mm (22 in)
Weight	22 kg (49 lbs)
POWER REQUIREMENTS	Batteries in the display



SOFTWARE

SOFTWARE COMPATIBILITY

Standalone operation; no external software or connectivity



TEST

TEST FUNCTIONALITY

Calibrated workload with watt readout at 50 rpm for structured, repeatable arm/leg rehab sessions



WHEELCHAIR

Height-adjustable stand; seated/standing and wheelchair setups

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 881E

APPLICATIONS

Monark 881E is designed for adaptable upper and lower body rehabilitation. With independently adjustable crank arms, calibratable resistance, and battery-powered operation, it enables individualized training in both clinical and home environments.

Its wheelchair accessibility and compact transportable design make it ideal for seated use and recovery programs.

881E is ideal for:

- **Rehabilitation and recovery** – Progressive arm/leg training with individual setup
- **Clinical and home use** – Battery-powered, easy to transport, and suitable for seated training
- **Inclusive access** – Designed for wheelchair compatibility and versatile user needs

MONARK REHAB TABLE

The Monark Rehab Table is height-adjustable and specifically adapted for the 881E ergometer. Its lockable frame offers a stable and ergonomic setup, and the open design accommodates wheelchair use for inclusive rehabilitation sessions.

Monark rehab table highlights:

- **Height adjustable** – For ergonomic and individualized setup
- **Adapted for 881E** – Ensures stable and secure placement
- **Lockable design** – Prevents movement during training
- **Wheelchair accessible** – Open construction for seated use



Description

MONARK 881E

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.

881E 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 881E – Versatile ergometer for upper and lower body training.



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.monarksportsmed.com



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MONARK 827

Durable ergometer for training and rehabilitation

The Monark 827 is a robust ergometer with a mechanical brake belt system, designed for reliable training without the need for wall power or external software.

Equipped with a 20 kg flywheel, battery-powered display and durable Swedish construction. It is a trusted choice for rehabilitation clinics, care facilities and everyday professional use.

KEY FEATURES

- **Mechanical brake belt** – Simple and durable resistance system
- **Manual resistance control** – Intuitive dial for easy adjustment
- **Battery-powered display** – Shows RPM, time, and heart rate
- **For rehab, warm-up, and everyday exercise**
- **Low maintenance and Swedish design** – Built for durable, frequent, long-term use
- **Standalone operation** – Works anywhere, no wall power or software required
- **Monark Upright frame** – Adjustability to fit every unique user and low step-through for easy access
- **BLE-compatible heart rate monitoring**

Max User Weight 180 kg

Medical Device Class IIa

Mechanical Brake Belt



Specifications

MONARK 827

CERTIFICATIONS	EU directive 93/42/EU class IIa
FRAME	
Type	Monark upright frame
Handlebar	Monark upright handlebar, H/V adjustable
Seatpost	Monark upright seatpost, H/V adjustable
Saddle	Saddle, black
BB	68/122 mm
Crank	Steel, 170 mm
Pedals	9/16", pedals with foot straps
Covers	High-quality recycled plastic
RESISTANCE	
System	Mechanical brake belt
Flywheel	20 kg (44.1 lbs)
DISPLAY	5" Monochrome Monark Display
RPM	Yes
HR	Yes
Time	Yes
Watt	Optional
CONNECTIVITY	
Wireless	BLE (heart rate only)
WEIGHT & DIMENSIONS	
Max user weight	180 kg (397 lbs)
Recommended user height	>150 cm (>59 in)
Length	1240 mm (49 in)
Width	520 mm (20 in)
Height	1100 mm (43 in)
Weight	58 kg (128 lbs)
POWER REQUIREMENTS	Batteries for display (standard AA)



HEART

HEART RATE MONITORING

Displays heart rate when connected via chest belt (BLE)

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



Description

MONARK 827

APPLICATIONS

The Monark 827 is designed for professional use across a wide range of training and rehabilitation contexts. Its manual brake system and fully standalone operation make it ideal where simplicity, robustness and readiness are essential.

Ideal for:

- **Rehabilitation and recovery** – Provides safe and adjustable workload for patients with varying needs
- **Clinical physiotherapy and care settings** – Easy to operate, low maintenance and always ready to use
- **Schools and group instruction** – Intuitive and robust, ideal for repeated daily use
- **Warm-ups and low-intensity aerobic training** – Supports structured activity before or after testing
- **Settings without power or software** – Functions completely independently of IT systems or power sources

SOFTWARE & INTEGRATION

The 827 operates fully standalone – no external software, apps or data export. Wireless: BLE (heart rate only). Resistance is adjusted on the ergometer manually.

It supports:

- **Battery-powered use (AA)** – no wall outlet required
- **Displays** - RPM, time and heart rate. (Watt is optional)

This makes the 827 ideal for shared spaces, clinical routines and rehabilitation settings where minimal setup time and ease of use are essential.



Description

MONARK 827

PRODUCTION AND SUSTAINABILITY

Monark has been manufacturing ergometers in Sweden since 1954, with a clear philosophy: to deliver precise, reliable and durable products for research, rehabilitation and training.

The 827 is assembled in Sweden, with most components sourced from Swedish and European suppliers. The frame is welded locally and the covers are made from high-quality plastic produced in southern Sweden.

Monark ergometers are used daily by professionals in rehabilitation, physiotherapy and sports worldwide. Through continuous product development and close collaboration with leading experts, we have built a strong reputation for robustness, ergonomics and long product life.

Monark 827 – Simple. Robust. Built to perform.



Monark Exercise AB

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MONARK 828



The Monark classic

The new Monark 828 combines trusted mechanical precision with improved usability. Built around Monark's manual pendulum system (MPS), it offers easy calibration and reliable performance without compromise.

As the world's most widely used ergometer for education, fitness testing, rehabilitation, and occupational health assessments, the 828 continues to set the standard in professional environments.

KEY FEATURES

- **MPS** – Manual pendulum system
- **Easy to use and verify** – Ensures consistent accuracy in every test
- **Monark Novo Duo display** – Monochrome touchscreen for clear and quick reading of data.
- **For aerobic testing, rehabilitation, and education**
- **Wireless connectivity** – BLE (FTMS) and ANT+ (FE-C) for seamless integration with third-party systems.
- **Global benchmark** – The most used ergometer for work and fitness tests
- **Monark upright frame** – Adjustability to fit every unique user and low step-through for easy access
- **Low maintenance and swedish design** – Built for durable, frequent, long-term use, made in Sweden

Max User Weight 180 kg

Monark 828 Software

Medical Device Class IIa

Pendulum System



Specifications MONARK 828

CERTIFICATIONS		EU directive 93/42/EU class IIa
FRAME		
Type	Monark upright frame	
Handlebar	Monark upright handlebar, H/V adjustable	
Seatpost	Monark upright seatpost, H/V adjustable	
Saddle	Wide soft	
BB	68/122 mm	
Crank	Steel, 170 mm	
Pedals	9/16", pedals with foot straps	
Covers	High-quality recycled plastic	
RESISTANCE		
System	Manual pendulum system	
Calibration	Electronic (Novo Duo) and mechanical (Pendulum with 4 kg calibrated weight)	
Flywheel	20 kg (44.1 lbs)	
DISPLAY		
Monark Novo Duo Display Monochrome Touchscreen		
RPM	Yes	
HR	Yes, ANT+	
Time	Yes	
Speed	Yes	
Distance	Yes	
Watt / KP	Yes	
CONNECTIVITY		
Wireless:	BLE (FTMS), ANT+ (FE-C)	
WEIGHT & DIMENSIONS		
Max user weight	180 kg (397 lbs)	
Recommended user height	>150 cm (>59 in)	
Length	1240 mm (49 in)	
Width	520 mm (20 in)	
Height	1100 mm (43 in)	
Weight	55kg (121 lbs)	
POWER REQUIREMENTS		
Power bank USB-C charging (power only, no data)		



SOFTWARE



HEART



TEST



FORCE

CONNECTION

Wireless: BLE (FTMS) and ANT+ (FE-C)

SOFTWARE COMPATIBILITY

Compatible with external apps and devices via BLE (FTMS) and ANT+ (FE-C). Supports standalone aerobic testing and integration with basic training platforms.

HEART RATE MONITORING

Displays heart rate when connected via chest belt (ANT+)

TEST FUNCTIONALITY

Supports aerobic fitness testing such as the Åstrand submaximal test and other validated protocols. Well suited for education, rehabilitation and everyday assessments.

CONSTANT FORCE

Maintains a fixed resistance (kp) regardless of cadence (RPM)

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



Description

MONARK 828

APPLICATIONS

The Monark 828 is designed for reliable aerobic testing and education, making it a trusted tool in professional environments worldwide. Its Upright frame provides durability, ergonomics, and stability for consistent results across a wide range of settings.

828 is an ideal tool for:

- **Education and Training** – The most used ergometer in schools and universities for teaching VO₂ max and fitness principles
- **Occupational Health and Work Testing** – Built for repeatable submaximal and maximal tests in occupational settings
- **Rehabilitation and Medical Assessment** – Reliable for evaluating aerobic capacity in clinical use
- **Research and Sports Science** – Used worldwide in studies requiring mechanical precision and validated workload
- **Elite Athlete Testing and Warm-ups** – Robust enough for top-level athletes in lab or field testing

SOFTWARE & INTEGRATION

Monark 828 features BLE and ANT+ connectivity, making it fully compatible with external devices, apps, and software systems. No external control!

It supports:

- **FTMS (Fitness Machine Service)** – Real-time data to training and testing platforms (power, cadence/speed)
- **FE-C (Fitness Equipment Control)** – ANT+ (FE-C) data for monitoring. Resistance is adjusted on the ergometer (MPS)
- **Real-time data sharing** – RPM, power, heart rate
The system runs entirely on a USB power bank – no wall connection required

Edition 1. 2026_05

Description

MONARK 828

PRODUCTION AND SUSTAINABILITY

Monark has been manufacturing ergometers in Sweden since 1954, with a clear philosophy: to deliver precise, reliable and durable products for research, rehabilitation and performance development.

The 828 is assembled in Sweden, with most components sourced from Swedish and European suppliers. The frame is welded locally and the covers are produced from high-quality plastic in southern Sweden.

Monark ergometers are used daily by professionals in research, physiotherapy and sports worldwide. Through continuous product development and close collaboration with leading experts, we have built a strong reputation for accuracy, ergonomics and long product life.

Monark 828 – Trusted worldwide for reliable aerobic 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.monarksportsmed.com



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MONARK 928



Advanced Medical Ergometer with Electronic Pendulum System

Designed for advanced submaximal and maximal testing in health care, occupational health and clinical diagnostics. With Monark's electronic pendulum system (EPS) the 928 combines high precision with reliability, making it the preferred choice for medical and rehabilitation professionals.

KEY FEATURES

- **EPS** – Electronic Pendulum System
- **Power Modes** – RPM-independent (constant power) and RPM-dependent (constant force)
- **Manual and Electronic Calibration** – Easy, reliable and consistent results
- **For clinical testing, work evaluation and rehabilitation**
- **Wireless Connectivity** – BLE (FTMS) and ANT+ (FE-C)
- **Wired Connectivity** – USB-B (max 3 m) for direct, stable data transfer
- **Monark Novo Duo display** – Monochrome touchscreen for clear and quick reading of data.
- **Monark Upright frame** – Adjustability to fit every unique user and low step-through for easy access

Max User Weight 180 kg

Monark Test Software

Medical Device Class IIa

Pendulum System



Specifications MONARK 928

CERTIFICATIONS		EU directive 93/42/EU class IIa
FRAME		
Type	Monark upright frame	
Handlebar	Monark upright handlebar, H/V adjustable	
Seatpost	Monark upright seatpost, H/V adjustable	
Saddle	Wide soft	
BB	68/122 mm	
Crank	Steel, 170 mm	
Pedals	9/16", pedals with foot straps	
Covers	High-quality recycled plastic	
RESISTANCE		
System	Electronic pendulum system	
Calibration	Electronic (Novo Duo) and mechanical (Pendulum with 4 kg calibrated weight)	
Flywheel	20 kg (44.1 lbs)	
DISPLAY		
RPM	Yes	
HR	Yes, ANT+	
Time	Yes	
Speed	Yes	
Distance	Yes	
Watt / KP	Yes	
CONNECTIVITY		
Wired	USB-B, (wired, max 3 m)	
Wireless	BLE (FTMS), ANT+ (FE-C)	
WEIGHT & DIMENSIONS		
Max user weight	180 kg (397 lbs)	
Recommended user height	>150 cm (>59 in)	
Length	1240 mm (49 in)	
Width	520 mm (20 in)	
Height	1100 mm (43 in)	
Weight	64 kg (141 lbs)	
POWER REQUIREMENTS		
	220V (12V, 5.0A)	



CONNECTION

Wired: USB-B (max 3 m)
Wireless: BLE (FTMS) and ANT+ (FE-C)



SOFTWARE

SOFTWARE COMPATIBILITY

Compatible with external platforms for testing and integration. Supports both standalone use and advanced connected environments.



HEART

HEART RATE MONITORING

Displays heart rate when connected via chest belt (ANT+)



TEST

TEST FUNCTIONALITY

For aerobic, submaximal and maximal testing in clinical, occupational health and rehabilitation settings.



POWER

CONSTANT POWER

Maintains a fixed power output regardless of cadence (RPM)



FORCE

CONSTANT FORCE

Maintains a fixed resistance (kp) regardless of cadence (RPM)

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



Description

MONARK 928

APPLICATIONS

Designed for advanced submaximal and maximal testing in health care, occupational health and clinical diagnostics. The 928 combines high precision with reliability, making it the preferred choice for medical and rehabilitation professionals.

Ideal for:

- **Occupational health** – Workload testing and functional capacity evaluations
- **Medical rehabilitation** – Controlled aerobic reconditioning after illness or injury
- **Clinical testing** – Submaximal and maximal VO₂ protocols
- **Research and education** – Reliable data for structured testing in labs and universities
- **Fitness assessment** – Åstrand, YMCA, Ekblom-Bak and other validated test protocols

SOFTWARE & INTEGRATION

Connectivity via USB-B, BLE (FTMS) and ANT+ (FE-C) ensures compatibility with modern test environments and external platforms. The 928 delivers stable performance whether used as a standalone ergometer or fully integrated in advanced diagnostic systems.

- **Resistance** – Electronically controlled, mechanically calibrated
- **Control modes** – WATT (constant power) or KP (constant force)
- **Connectivity** – USB-B (max 3 m), BLE (FTMS), ANT+ (FE-C)
- **Heart rate** – Displayed via ANT+ chest belt
- **Display** – RPM, time, speed, distance, WATT/KP, heart rate

Typical use includes side-by-side installations with stress test systems (e.g. CPET and ECG).

Description

MONARK 928

PRODUCTION AND SUSTAINABILITY

Monark has been manufacturing ergometers in Sweden since 1954, with a clear philosophy: to deliver precise, reliable and durable products for research, rehabilitation and performance development.

The 928 is assembled in Sweden, with most components sourced from Swedish and European suppliers. The frame is welded locally and the covers are produced from high-quality plastic in southern Sweden.

Monark ergometers are used daily by professionals in research, physiotherapy and sports worldwide. Through continuous product development and close collaboration with leading experts, we have built a strong reputation for accuracy, ergonomics and long product life.

Monark 928 – Calibrated performance for advanced 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 please visit: www.monarksportsmed.com



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MONARK 939



Advanced diagnostic ergometer

The Monark 939 is our most advanced medical/diagnostic cycle ergometer. It combines the proven accuracy of Monark's Electronic Pendulum System (EPS) with dual wired and wireless connectivity. The result is seamless integration with CPET and ECG systems and highly repeatable results for submaximal and maximal protocols.

KEY FEATURES

- **EPS** – Electronic Pendulum System
- **Power Modes** – RPM-independent (constant power) and RPM-dependent (constant force)
- **Manual and Electronic Calibration** – Easy, verifiable, reliable and consistent results
- **For clinical testing, work evaluation and rehabilitation**
- **Wireless Connectivity** – BLE (FTMS) and ANT+ (FE-C)
- **Wired Connectivity** – RS232 and USB-B (max 3 m) for direct stable data transfer
- **Monark Novo Duo display** – Monochrome touchscreen for clear and quick reading of data
- **Monark Upright frame** – Adjustability to fit every unique user and low step-through for easy access

Max User Weight 180 kg

Monark Test Software

Medical Device Class IIa

Pendulum System



Specifications MONARK 939

CERTIFICATIONS		EU directive 93/42/EU class IIa
FRAME		
Type	Monark upright frame	
Handlebar	Monark upright handlebar, H/V adjustable	
Seatpost	Monark upright seatpost, H/V adjustable	
Saddle	Wide soft	
BB	68/122 mm	
Crank	Steel, 170 mm	
Pedals	9/16", pedals with foot straps	
Covers	High-quality recycled plastic	
RESISTANCE		
System	Electronic pendulum system	
Calibration	Electronic (Novo Duo) and mechanical (Pendulum with 4 kg calibrated weight)	
Flywheel	20 kg (44.1 lbs)	
DISPLAY		Monark Novo Duo Display Monochrome Touchscreen
RPM	Yes	
HR	Yes, ANT+	
Time	Yes	
Speed	Yes	
Distance	Yes	
Watt / KP	Yes	
CONNECTIVITY		
Wired	RS232 and USB-B (max 3 m)	
Wireless	BLE (FTMS), ANT+ (FE-C)	
WEIGHT & DIMENSIONS		
Max user weight	180 kg (397 lbs)	
Recommended user height	>150 cm (>59 in)	
Length	1240 mm (49 in)	
Width	520 mm (20 in)	
Height	1100 mm (43 in)	
Weight	64 kg (141 lbs)	
POWER REQUIREMENTS		220V (12V, 5.0A)



CONNECTION

Wired: RS232 and USB-B (max 3 m)
Wireless: BLE (FTMS) and ANT+ (FE-C)



SOFTWARE

SOFTWARE COMPATIBILITY

Compatible with external platforms for testing and integration. Supports standalone use and advanced connected environments.



HEART

HEART RATE MONITORING

Displays heart rate when connected via chest belt (ANT+)



TEST

TEST FUNCTIONALITY

For aerobic, submaximal and maximal testing in clinical diagnostics, occupational health and rehabilitation settings.



POWER

CONSTANT POWER

Maintains a fixed power output regardless of cadence (RPM)



FORCE

CONSTANT FORCE

Maintains a fixed resistance (kp) regardless of cadence (RPM)

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



Description

MONARK 939

APPLICATIONS

Designed for clinical diagnostics where controlled, traceable workloads and repeatable results are essential. The upright, low step-through frame and wide adjustability support safe patient access, while seamless use alongside CPET/ECG systems enables standardized protocols and clear documentation over time.

Ideal for:

- **ECG diagnostics** – Hospital stress testing with controlled, traceable workloads
- **CPET diagnostics** – Clinical testing with metabolic carts
- **Serial diagnostics & follow-up** – Repeatable results over time with easy verifiable calibration
- **Occupational medicine (diagnostic)** – Calibrated, traceable workloads supporting accurate clinical clearance for work.
- **Fitness assessment** – Åstrand, YMCA, Ekblom-Bak and other validated test protocols through Monark Software

SOFTWARE & INTEGRATION

Built for diagnostic workflows that require stable control and traceable data. Direct wired control via RS232 and USB-B (max 3 m); wireless communication available through BLE (FTMS) and ANT+ (FE-C). Reliable in stand-alone use and fully integrable with CPET/ECG systems for data capture and control.

- **Resistance** – Electronically controlled with mechanical and electronic calibration
- **Control modes** – WATT (constant power) or KP (constant force)
- **Connectivity** – RS232, USB-B (max 3 m), BLE (FTMS), ANT+ (FE-C)
- **Heart rate** – Displayed via ANT+ chest belt
- **Display** – RPM, time, speed, distance, WATT/KP, heart rate
- **Operation** – Standalone or integrated side by side with CPET/ECG systems

Description

MONARK 939

PRODUCTION AND SUSTAINABILITY

Monark has been manufacturing ergometers in Sweden since 1954, with a clear philosophy: to deliver precise, reliable and durable products for research, rehabilitation and performance development.

The 928 is assembled in Sweden, with most components sourced from Swedish and European suppliers. The frame is welded locally and the covers are produced from high-quality plastic in southern Sweden.

Monark ergometers are used daily by professionals in research, physiotherapy and sports worldwide. Through continuous product development and close collaboration with leading experts, we have built a strong reputation for accuracy, ergonomics and long product life.

Monark 939 – Calibrated precision for advanced diagnostic 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 please visit: www.monarksportsmed.com



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MONARK

Powered by **SPRINTEX**



MONARK TM

For motion analysis and orthopedic training

The Monark TM treadmill can accommodate a wide range of patient types. Zero start speed with increments of 0.1 mph, combined with a no-friction low impact slat belt deck, provides the perfect walking environment for your rehabilitation patients.

KEY FEATURES

- **Reverse speed mode optional, speed depends on handrail option**
- **Different handrail options:** Accommodates a broad range of patients (adjustable, shoulder support for children or adults)
- **Optional biofeedback functions:** Real-time analytics through sensors
- **Optional external control:** USB/Trackmaster
- **Running surface width options:** 50, 60 and 70 cm

Medical Treadmill

Slat-Belt System



Technical Data MONARK TM

Running surface	Low-impact, shock-absorbing slat-belts
Running surface dimensions	155 x 50, 60 and 70cm
Maximum user weight	< 250 KG, optional up to 318 kg
Maximum speed	22 km/h in 0.1 increments
Incline range	0-20% (option 0-25% or minus 3 - 22%)
Dimensions (LXWXH)	172 x 86 x 140 (without add-ons)
Weight	160 KG (without add-ons)
Noise level	<75db
Power	1.3 kW 230 V AC, 50/60 Hz, 6.3 A

Optional biofeedback features

Optional biofeedback functions available through sensors.

When equipped, the Monark TM 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.



ADDITIONAL FEATURES

Reverse speed

Reverse speeds up to (10 km/h)

Incline options

0-20% and optional 0-25%, minus 3-22%

Increased weight capacity

From 250 to 318kg user weight

Handrail Control

Two variants, fixed or portable

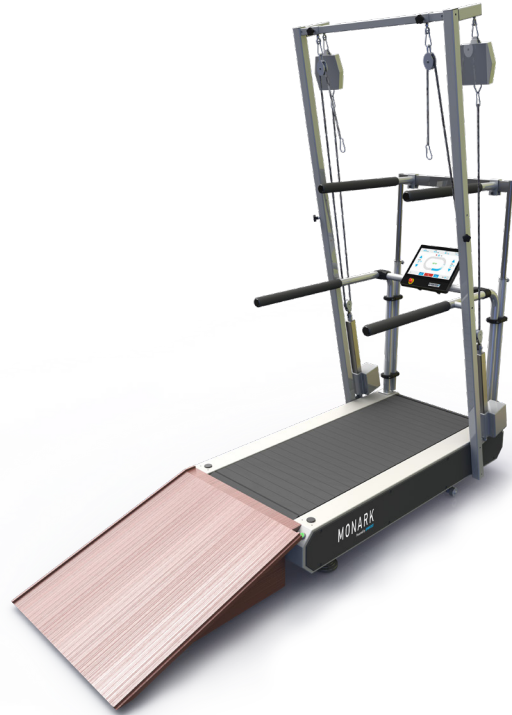
Running surface width options

50 cm / 60 cm / 70 cm

Handrails for all needs

Contact us or your closest Monark distributor for more information

Additional emergency Button



Edition 4. 2026_05

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, 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 s²ap®. 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:

- **Maintenance** - Slat-belt treadmill that we supply is designed to be virtually maintenance-free
- **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 training and analysis. Join us in embracing this innovative stride towards excellence.



Edition 4. 2026_05

Monark Exercise AB

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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



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