



Rehab table is optional 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



PRODUCTS FOR LIFE AND PERFORMANCE



MONARK EXERCISE

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