



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

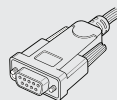
Weight Basket System



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)	



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



PRODUCTS FOR LIFE AND PERFORMANCE



MONARK EXERCISE

Version: 2026

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