



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

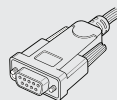
Weight Basket



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	
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)	



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

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

| FABRIKSVÄGEN 8, SE-786 33 VANSBRO, SWEDEN | [MONARKEXERCISE.SE](https://monarkexercise.se) | TEL: +46 (0)281 59 49 40 |