

**Specifications for Monark Bicycle Ergometer:-**

| S. No. | Items   | Quantity |
|--------|---|----------|
| 1      | <p data-bbox="355 479 735 510"><b>Monark Bicycle Ergometer</b></p> <ul style="list-style-type: none"> <li data-bbox="405 555 1139 658">• Gold standard method for testing maximal oxygen consumption/ stress testing/ aerobic power consumption.</li> <li data-bbox="405 667 1139 734">• Monark with proven validity &amp; reliability for testing, training and rehabilitation purposes</li> <li data-bbox="405 743 1139 810">• Carriage load/ Weight basket of 1kg<br/>(workload (W)=cadence(RPM) x carriage load(KG))</li> <li data-bbox="405 819 948 853">• Workload range of 50W (basket=1kg)</li> <li data-bbox="405 862 963 893">• Calibrated weights (1kg, 0.5kg, 0.1kg)</li> <li data-bbox="405 902 1123 969">• Adjustable seat post with locking screws and pedals (9/16 combi SPD)</li> <li data-bbox="405 978 1059 1010">• Movable handlebars with basket release button</li> <li data-bbox="405 1019 1171 1086">• Serial cable for direct connection to personal computer for cardiopulmonary tests and spirometry.</li> <li data-bbox="405 1095 900 1126">• Countdown and signals during test</li> <li data-bbox="405 1135 1171 1202">• Pre-defined or customizable training protocols based on specific goals</li> <li data-bbox="405 1211 772 1243">• Warranty atleast 3 years</li> </ul> | 01       |