

Specifications for Monark Bicycle Ergometer:-

S. No.	Items	Quantity
1	<p data-bbox="355 479 735 510">Monark Bicycle Ergometer</p> <ul style="list-style-type: none"> <li data-bbox="405 555 1102 658">• Gold standard method for testing maximal oxygen consumption/ stress testing/ aerobic power consumption. <li data-bbox="405 667 1139 734">• Monark with proven validity & reliability for testing, training and rehabilitation purposes <li data-bbox="405 743 1082 810">• Carriage load/ Weight basket of 1kg (workload (W)=cadence(RPM) x carriage load(KG)) <li data-bbox="405 819 948 851">• Workload range of 50W (basket=1kg) <li data-bbox="405 860 959 891">• Calibrated weights (1kg, 0.5kg, 0.1kg) <li data-bbox="405 900 1123 967">• Adjustable seat post with locking screws and pedals (9/16 combi SPD) <li data-bbox="405 976 1059 1008">• Movable handlebars with basket release button <li data-bbox="405 1016 1161 1084">• Serial cable for direct connection to personal computer for cardiopulmonary tests and spirometry. <li data-bbox="405 1093 903 1124">• Countdown and signals during test <li data-bbox="405 1133 1177 1200">• Pre-defined or customizable training protocols based on specific goals <li data-bbox="405 1209 767 1240">• Warranty atleast 3 years 	01