



MONARK RC4

MAIN FEATURES

- Monark G3 display system
- Stand alone, 4 fixed test protocols
- Super fast motor
- Easy entry recumbent frame
- Calibrated watt in display

THE BASICS

- Good cycle feeling
- Speed independent power control
- Easy to control and calibrate
- Remote control USB
- Easy to connect to PC Monark Test Software
- ANT+ and 5 kHz HR systems
- Workload range 15-700 W
- Protocols: Increment, PWC, Åstrand, YMCA
- Training mode: Watt and METS



Max user weight 250 kg

Medical Device class IIa

Monark Test Software

Specifications

MONARK RC4

Certifications	EU directive 93/42/EU class IIa
Frame	
Type	Recumbent
Handlebar	Recumbent handlebar
Stem	n/a
Seatpost	n/a
Saddle	Recumbent seat
BB	68/122 mm
Crank	Steel, 170 mm
Pedals	9/16", pedals with foot straps
RESISTANCE	
System	Pendulum
Flywheel	20 kg
DISPLAY	
RPM	Yes
HR	ANT+, 5 kHz
Time	Yes
Speed	Yes
Distance	Yes
Watt	Yes
Connectivity	
RS232	n/a
Usb	USB
WEIGHT & MEASUREMENTS	
Max user weight	250 kg
Length [mm]	1900 mm
Width [mm]	680 mm
Height [mm]	1065 mm at display 1000 mm at seat
Weight [kg]	87 kg
POWER REQUIREMENTS	220V (12 V, 2,5 A)



FIXED PROTOCOL

For test or training controlled through the display or PC program



PC CONNECTION

Direct connection to PC through a USB cable.



SOFTWARE

For fitness testing and in some cases, even training can be used with this model.



HEART RATE

Equipped to measure heartrate via chestbelt or sensors in the handles.



TEST

Offers the possibility of performing different tests thanks to the accurate workload which can be calibrated.



CONSTANT POWER MODE

Symbol for speed independent.

MEDICAL CE

Monark Exercise AB is since 1992 ISO 9001 certified. All models are:

- Approved under CE Certificate No. 15 36 01 (MDD IIa)
- Anti-corrosion treated and powder coated
- Made in Sweden