

An ergometer for anaerobic tests that also works as a normal traditional weight ergometer. RPM-controlled release of weight basket and test duration up to 99 minutes increase safety and the potential for optimal tests. The easy-to-use Windows-based software has more setting possibilities with clear presentation graphics. Thanks to double sensors, faster electronics and improved mechanics, performing anaerobic tests is now more efficient and less complicated.

FACTS

Large, well-balanced flywheel
20 kg (44 lbs).
Adjustable saddle;
vertically and forward/backwards.
Adjustable handlebar with quick release lever.
Stable frame, solid steel tube.
Steel crank.
Powder painted.
Wheels for easy transport.
Electronic display with heart rate.

TECHNICAL DETAILS

Width 530 mm (21") at handlebar.
Width 670 mm (26,5") at support tubes.
Length 1120 mm (44").
Height 890-1130 mm (35-44,5")
at handlebar.
Height 800-1120 mm (31,5-44") at seat.
Height 1030 mm (40,5") at front.
Weight 65 kg (144 lbs) exclusive weights.
Delivered with 8,9 kg weights.
Max userweight 125 kg (275 lbs).

ELECTRONIC METER

Shows pedal-turns per minute (RPM),
heart rate in beats per minute (HR),
cycling-time in minutes and seconds (TIME),
intended cycling speed in km/miles per hour (SPEED)
plus distance covered in km/miles (DISTANCE).
In addition braking power can be set, giving a reading
of calorie consumption (CAL) and power in watts (WATT).

WORKLOAD RANGE

1-12 kg (0,5 kg is optional).
50 watt (50 rpm) – 2400 watt (200 rpm) (25 watt is optional).
300 kpm/min (50 rpm) – 14400 kpm/min.
5 watts intervall (50 rpm).

INCLUDED

Chestbelt, pedals with SPD/toe clips, 2 different
PC software: Anaerobic test, submax aerobic test.

ACCESSORIES

Sadel post for heavy use (250 kg / 550 lbs).

BEST CHOICE FOR

Power testing.



The new Windowsbased software increases the setting possibilities for anaerobic tests. The test time can vary in a range of 5 seconds to 99 minutes, with 1 second intervals. This means that the standardized Wingate test still can be performed. The analysis features are better in this new software. Both analyse of a singel test or individual- and group comparison is possible.

The weight basket is a patented self-regulating braking system wich don't need calibration. As long as the basket is in the air and the weights are correct even the brakeforce is correct. The mechanics of the weightbasket has been improved wich will increase the safety of the releasing moment. Delivered with a set of weights; eight 1 kg, one 0,5 kg and four 0,1 kg. The weight of the basket is 1 kg. More weights can be purchased separately.

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