

Monark 915 E

A stable, functional and compact bike for personal use and for exercise prescribed by the doctor in the home or at the physiotherapist.



FACTS

- Heavy, well-balanced flywheel.
- Electronic display with heart rate.
- Adjustable seat height.
- Adjustable handlebar.
- Handwheel for adjustment of brake power.
- Stable frame, solid steel tube.
- Power painted.
- Wheels for easy transport.

TECHNICAL DETAILS

- Width 530 mm (21") at handlebar.
- Width 460 mm (18") at support tubes.
- Length 870 mm (34").
- Height 750-1180 mm (29,5-46,5") at handlebar.
- Height 800-1090 mm (31,5-43") at seat.
- Height 650 mm (25,5") without handlebar and seat.
- Weight 38 kg (83,5 lbs)
- Max userweight 125 kg (275 lbs).

ELECTRONIC METER

Shows 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).

ACCESSORIES

Chestbelt, adjustable saddlepost, pedals with SPD/toe clips, saddle post for heavy use (250 kg / 550 lbs).

GOOD CHOICE FOR

Warm up and training.



You can follow your progress and the number of calories you burn. Two gauges are showing the energy consumption at 60 and 70 pedal revolutions per minute respectively. By means of table you can read the brake power at other rpm's. The connection between brake power and energy consumption is also illustrated in the table below:

Brake power	Consumption of energy
50 watts	5,0 cal/min
75 watts	6,5 cal/min
100 watts	8,0 cal/min
125 watts	9,5 cal/min
150 watts	11,0 cal/min
175 watts	12,5 cal/min

These figures apply to all adults with only slight differences in regard to age, sex and physical condition.

MONARK EXERCISE AB

SE-432 82 Varberg, Sweden | Tel +46 281 59 49 40 | Fax +46 340 804 85.
SE-780 50 Vansbro, Sweden | Tel +46 281 59 49 40 | Fax +46 281 719 81.
www.monark.net