

One of the world's most precise and user-friendly ergometer bikes. Complete reports for fitness tests, pulse training and work tests via ECG or PC. Provides a constant work load independent of pedal speed. Templates for creating your own tests and programs in six different units. Used for example by authorities, hospitals, researchers and sports medicine - worldwide.

### FACTS

Large, well-balanced flywheel 22 kg (48 lbs).  
Pendulum scale, easy to calibrate.  
Adjustable saddle; vertically and forward/backwards.  
Adjustable handlebar with quick release lever.  
Stable frame, solid steel tube.  
Powder painted. Wheels for easy transport.

### TECHNICAL DETAILS

Width 530 mm (21") at handlebar.  
Width 460 mm (18") at support tubes.  
Length 1150 mm (45").  
Height 760-1135 mm (30-45") at handlebar.  
Height 800-1120 mm (31,5-44") at seat.  
Weight 56 kg (123 lbs).  
Max userweight 125 kg (275 lbs).

### MEASUREABLE UNITS

- Distance - km
- Energy - kcal
- Force - N
- Power - Watt, kpm/min, VO<sub>2</sub>
- Time - min:sek
- Pedal speed - rpm (revolutions/min)

### FEATURES

Direct calculation of aerobic capacity with built-in protocols; Åstrand, Bruce, YMCA and Naughton.  
Can be pre-set for step-by-step change in workload and time intervals, i.e. Ramp and Incremental.  
Individual exercise protocols can be programmed and stored.  
Training protocol; workload is adjusted automatically to achieve and maintain target heart rate.  
Work may be power (watts or kpm/min), force (kp or Newton) or VO<sub>2</sub> (ml/kg/min).  
Heart rate measured with telemetry type or with ear sensor.  
Optical metronome.  
Maximum heart rate alarm.  
Multi lingual options.



### TECHNICAL DETAILS COMPUTER

Dual 8 MHz microcomputer system with 16 bits processor.  
Standard RS 232 interface.  
Interface for PC Compatible parallel printer.  
Can be controlled from an ANSI compatible terminal.  
Multi-color LED bar showing metronome or heart rate and rpm-deviations.  
Auto sensing to 110-140 V. AC or 200-240 V. AC alternatively.

### WORKLOAD RANGE

0-7 Kp.  
0-1400 watt (200 rpm).  
0-8400 kpm/min (200 rpm).

### INCLUDED

Chestbelt, PC Software, calibration weight, tool kit.

### ACCESSORIES

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

▶ **BEST CHOICE FOR**  
Performance testing.

Designed and developed according to the MDD guidelines, in compliance with the directive EMC-89/366/EEC, EN 60601-1 and EN 60601-2.