

Monark Cardio Rehab 891 E

A stable arm ergometer that satisfies the requirements for fitness and endurance testing for the upper body. Monark's renowned weight basket system has been adapted for use in rehabilitation, development and following-up for people with physical disabilities. Ideal for exercise from a wheelchair.



The weight basket is a patented self-regulating braking system which doesn'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 which will increase the safety of the releasing moment.
Delivered with a set of weights; three 1 kg, one 0,5 kg and four 0,1 kg.
The weight of the basket is 0,1 kg.
More weights can be purchased separately.

FACTS

- Adjustable stand for optimal position.
- Individual crank length adjustment.
- Control lever for releasing weight basket from sitting position.
- Powder painted.
- Wheels for easy transport.
- Electronic display with heart rate.

TECHNICAL DETAILS

- Width 700 mm (28").
- Length 1500 mm (59").
- Height 1660 mm (65").
- Weight 60 kg (132 lbs) exclusive weights.
- Delivered with 3,9 kg weights.

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).

ACCESSORIES

Chestbelt.

▶ GOOD CHOICE FOR

Rehabilitation of disabled.

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