



MONARK 828



The Monark classic

The new Monark 828 combines trusted mechanical precision with improved usability. Built around Monark's manual pendulum system (MPS), it offers easy calibration and reliable performance without compromise.

As the world's most widely used ergometer for education, fitness testing, rehabilitation, and occupational health assessments, the 828 continues to set the standard in professional environments.

KEY FEATURES

- **MPS** – Manual pendulum system
- **Easy to use and verify** – Ensures consistent accuracy in every test
- **Monark Novo Duo display** – Monochrome touchscreen for clear and quick reading of data.
- **For aerobic testing, rehabilitation, and education**
- **Wireless connectivity** – BLE (FTMS) and ANT+ (FE-C) for seamless integration with third-party systems.
- **Global benchmark** – The most used ergometer for work and fitness tests
- **Monark upright frame** – Adjustability to fit every unique user and low step-through for easy access
- **Low maintenance and swedish design** – Built for durable, frequent, long-term use, made in Sweden

Max User Weight 180 kg

Monark 828 Software

Medical Device Class IIa

Pendulum System



Specifications

MONARK 828

CERTIFICATIONS	
EU directive 93/42/EU class IIa	
FRAME	
Type	Monark upright frame
Handlebar	Monark upright handlebar, H/V adjustable
Seatpost	Monark upright seatpost, H/V adjustable
Saddle	Wide soft
BB	68/122 mm
Crank	Steel, 170 mm
Pedals	9/16", pedals with foot straps
Covers	High-quality recycled plastic
RESISTANCE	
System	Manual pendulum system
Calibration	Electronic (Novo Duo) and mechanical (Pendulum with 4 kg calibrated weight)
Flywheel	20 kg (44.1 lbs)
DISPLAY	
Monark Novo Duo Display Monochrome Touchscreen	
RPM	Yes
HR	Yes, ANT+
Time	Yes
Speed	Yes
Distance	Yes
Watt / KP	Yes
CONNECTIVITY	
Wireless:	BLE (FTMS), ANT+ (FE-C)
WEIGHT & DIMENSIONS	
Max user weight	180 kg (397 lbs)
Recommended user height	>150 cm (>59 in)
Length	1240 mm (49 in)
Width	520 mm (20 in)
Height	1100 mm (43 in)
Weight	55kg (121 lbs)
POWER REQUIREMENTS	
Power bank USB-C charging (power only, no data)	



SOFTWARE



HEART



TEST



FORCE

CONNECTION

Wireless: BLE (FTMS) and ANT+ (FE-C)

SOFTWARE COMPATIBILITY

Compatible with external apps and devices via BLE (FTMS) and ANT+ (FE-C). Supports standalone aerobic testing and integration with basic training platforms.

HEART RATE MONITORING

Displays heart rate when connected via chest belt (ANT+)

TEST FUNCTIONALITY

Supports aerobic fitness testing such as the Åstrand submaximal test and other validated protocols. Well suited for education, rehabilitation and everyday assessments.

CONSTANT FORCE

Maintains a fixed resistance (kp) regardless of cadence (RPM)

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



Description

MONARK 828

APPLICATIONS

The Monark 828 is designed for reliable aerobic testing and education, making it a trusted tool in professional environments worldwide. Its Upright frame provides durability, ergonomics, and stability for consistent results across a wide range of settings.

828 is an ideal tool for:

- **Education and Training** – The most used ergometer in schools and universities for teaching VO₂ max and fitness principles
- **Occupational Health and Work Testing** – Built for repeatable submaximal and maximal tests in occupational settings
- **Rehabilitation and Medical Assessment** – Reliable for evaluating aerobic capacity in clinical use
- **Research and Sports Science** – Used worldwide in studies requiring mechanical precision and validated workload
- **Elite Athlete Testing and Warm-ups** – Robust enough for top-level athletes in lab or field testing

SOFTWARE & INTEGRATION

Monark 828 features BLE and ANT+ connectivity, making it fully compatible with external devices, apps, and software systems. No external control!

It supports:

- **FTMS (Fitness Machine Service)** – Real-time data to training and testing platforms (power, cadence/speed)
- **FE-C (Fitness Equipment Control)** – ANT+ (FE-C) data for monitoring. Resistance is adjusted on the ergometer (MPS)
- **Real-time data sharing** – RPM, power, heart rate
The system runs entirely on a USB power bank – no wall connection required



Description

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PRODUCTION AND SUSTAINABILITY

Monark has been manufacturing ergometers in Sweden since 1954, with a clear philosophy: to deliver precise, reliable and durable products for research, rehabilitation and performance development.

The 828 is assembled in Sweden, with most components sourced from Swedish and European suppliers. The frame is welded locally and the covers are produced from high-quality plastic in southern Sweden.

Monark ergometers are used daily by professionals in research, physiotherapy and sports worldwide. Through continuous product development and close collaboration with leading experts, we have built a strong reputation for accuracy, ergonomics and long product life.

Monark 828 – Trusted worldwide for reliable aerobic testing.



Monark Exercise AB

Monark has over 100 years of experience in bicycle production. This long tradition has resulted in deep know-how, hands-on expertise, and a genuine understanding of product quality and performance. Since the early 1900s, Monark cycles have represented precision, reliability, durability, and quality.

Today, we are a trusted global provider of high-precision cycle ergometers for research, sports science, clinical use and performance testing.

We develop, manufacture, and market ergometers and exercise bikes. Our largest customer groups are within health care, sports medicine, and exercise physiology.

For more information: www.monarksportsmed.com



PRODUCTS FOR LIFE AND PERFORMANCE



MONARK EXERCISE

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| FABRIKSVÄGEN 8, SE-786 33 VANSBRO, SWEDEN | [MONARKEXERCISE.SE](https://monarkexercise.se) | TEL: +46 (0)281 59 49 40 |