

MONARK 871 E



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Important

Read the manual carefully before using the cycle
and save it for future use.

Monark Exercise AB

Monark has 100 years' experience of bicycle production. The Monark tradition has yielded know-how, experience, and a real feel for the product and quality. Since the early 1900s, Monark bikes have been living proof of precision, reliability, strength and service. Those are the reasons why we now are the world leader in ergometer bikes and the market leader in Scandinavia in transport bikes.

We manufacture, develop and market ergometers and exercise bikes, transport bikes and special bikes. Our largest customer groups are within health care, sports medicine, public authorities, industry and postal services.

For more information: <http://www.monarkexercise.se>



Product Information

Congratulations on your new exercise bike!

Monark Compact Rehab 871 E is a small, handy arm/leg trainer which is easy to use and has a smooth running. Ideal for warm up and exercise in hospitals and rehabilitation centers from wheelchair or standing up. Excellent choice for rehabilitation of disabled.

NOTE!

Use of the product may involve considerable physical stress. It is therefore recommended that people who are not accustomed to cardiovascular exercise or who do not feel completely healthy, should consult a physician for advice.

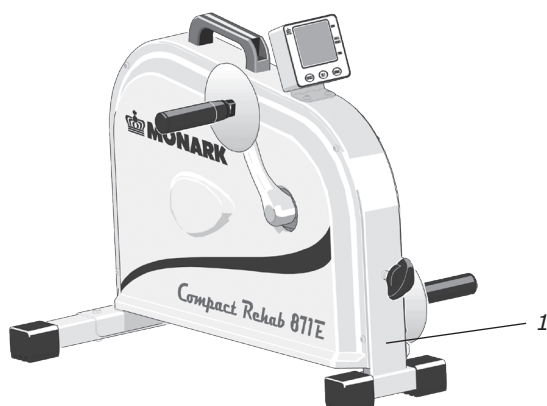


Fig: Serial number (1)

Facts

- Electronic measurement of rpm / min, total rpm and time
- Control knob for adjustment of brake force
- Transport handle
- Powder painted

Width

180 mm at front support tube

450 mm at rear support tube

Length

600 mm

Height

530 mm

Weight

25 kg

Included

Pedals

Handles

Accessories

Wall bar table

Serial number

The serial number is placed according to *Fig: Serial number*.

Operating instruction

Workload adjustment

Monark Compact Trainer 871 E, is an arm and leg training machine equipped with an electronic meter. The meter shows pedal revolutions per minute, total number of pedal revolutions and a time function.

Through cycling the test person supplies the flywheel with a certain kinetic energy. This is braked by means of a brake belt which runs around the bigger part of the brake surface of the flywheel. The workload can be changed either by increasing/decreasing the rotation speed or increasing/decreasing the brake force with the adjustment knob(2).

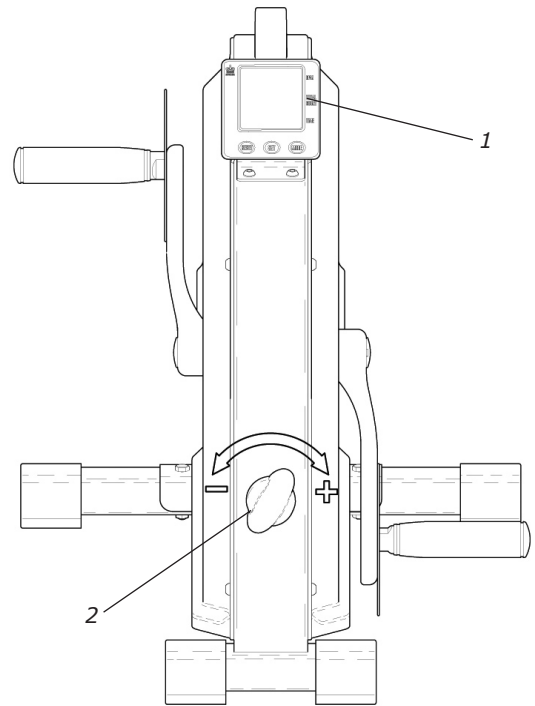
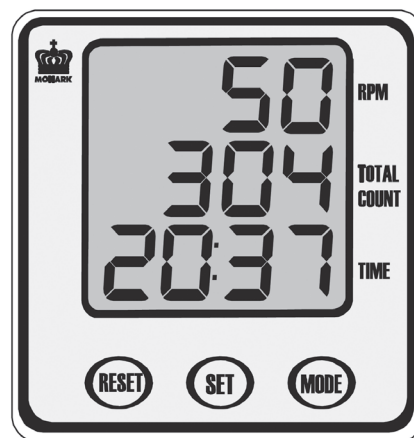


Fig: Workload adjustment
1) Electronic meter
2) Workload knob

Meter Instructions

Display		
Pedal revolution (RPM)	0 - 250	rev./min.
rev. total (TOTAL COUNT)	9999	rev. total
TIME	0:00-99:59	min:sec

Batteries: 2 x 1,5V, R6 (AA)
Storing temperature: -10° C - +60° C
Operating temperature: 0° C - +50° C



BUTTONS AND FUNCTIONS

MODE button

Use the MODE button to scroll through the functions.

SET button

Pressing this button when the meter is in TIME mode causes the display to start flashing, indicating that a desired exercise time can be set. If this button is held down for more than two seconds, the values can be set at a faster rate.

Programming of training time:

Press MODE button to go to TIME mode, then use SET button to set the desired time. Each press on SET button increases the time with one minute. When rotating the pedals / handles, countdown of time will automatically start and count down to 0:00, with a beep being heard for five seconds.

Programming TOTAL COUNT:

Press MODE button to enter TOTAL COUNT mode, then use SET button to set the desired value. Each press on SET button increases the value by 10. When rotating the pedals / handles, countdown counting will automatically start and count down to 0, with a beep being heard for five seconds.

RESET button

The RESET button individually sets the values for TIME and TOTAL COUNT.

NOTE!

1. If no button is pressed for five seconds, the display returns to normal mode.
2. The meter starts automatically when any button is pressed, or if the bike is used and the meter gets an indication of pedal movement.
3. The meter will automatically shut down if the bike is not used for four minutes.

Do not expose the electronic meter to direct sunlight or extremely high temperatures. Do not use solvents when cleaning, only a dry cloth.

Troubleshooting guide

Symptoms	Probable Cause / Corrective Action
There is a click noise when pedalling (increases with the weight)	• The pedals/handles are not tightly drawn, tighten them or change pedals/handles. • The crank is loose. Check, tighten. • The base bearing is loose. Contact your dealer for service.
Scratching sound is heard when pedals / handles are moving.	• Check that the carriage block is taken off and that none of the covers is scratching.
There is a click noise and a squeak noise when pedals / handles are moving.	• Loosen the chain.

Service

Note that the text about service and maintenance is universal and that all parts may not be relevant to your bike.

NOTE!

Make sure the voltage indicated on the appliance corresponds to the local mains voltage before making connections.

Warranty

EU countries - Private use

If you are a consumer living in the EU you will have a minimum level of protection against defects in accordance with EC Directive 1999/44/EC. In short, the directive states for that your Monark Dealer will be liable for any defects, which existed at the time of delivery. In case of defects, you will be entitled to have the defect remedied within a reasonable time, free of charge, by repair or replacement.

EU countries - Professional use

Monark Exercise products and parts are guaranteed against defects in materials and workmanship for a period of one year from the initial date of purchase of the unit. In the event of a defect in material or workmanship during that period, Monark Exercise will repair or replace the product. Monark Exercise will not, however, refund costs for labour or shipping.

Other countries

Monark Exercise products and parts are guaranteed against defects in materials and workmanship for a period of one year from the initial date of purchase of the unit. In the event of a defect in material or workmanship during that period above, Monark Exercise will repair or replace (at its option) the product. Monark Exercise will as above for labour or shipping.

Service check and Maintenance

It is important to carry out a regular service on your ergometer, to ensure it is kept in good condition.

Service action:

- We recommend isopropyl alcohol to disinfect the surface of the bike. Use a damp but not wet cloth to clean the surface you wish to disinfect.
- Always keep the bike clean and well lubricated (once a week).
- Periodically wipe the surface with a rust preventative, especially when it has been cleaned and the surface is dry. This is done to protect the chrome and zinc parts as well as the painted parts (4 times per year).
- Check now and then that both pedals are firmly tightened. If not the threading in the pedal arms will be damaged. Also check that pedal arms are firmly tightened on the crank axle, tighten if necessary. When the ergometer is new it is important to tighten the pedals after 5 hours of pedalling (check this 4 times per year).
- Check that the pedal crank is secure to the crank axle (4 times per year).
- Be sure that the pedals are moving smoothly, and that the pedal axle is clear of dirt and fibres (4 times per year).
- When cleaning and lubricating be sure to check that all screws and nuts are properly tightened (twice a year).
- Check that the chain is snug and there is no play in the pedal crank (twice a year).
- Check that pedals, chain and freewheel sprocket are lubricated (twice a year).
- Be sure that the brake belt does not show significant signs of wear (twice a year).
- Check that the handlebars and seat adjustment screws are lubricated (twice a year).
- Be sure that all moving parts, crank and flywheel are working normally and that no abnormal play or sound exists. Play in bearings causes fast wearing and with that follows a highly reduced lifetime.
- Check that the flywheel is placed in the center and with plane rotation.

Batteries

If the display is battery-operated, the batteries are in a separate package at delivery. If the storing time has been long the battery power can be too low to make the computer act correctly. Batteries must then be changed.

Flywheel bearing

The flywheel bearing is long-term greased and requires no supplementary lubrication. If a problem arises, please contact your Monark dealer.

Crank bearing

The crank bearing is greased and normally requires no supplementary lubrication. If a problem arises, please contact your Monark dealer.

Transportation

During transport the brake cord should be tightened to prevent it from falling off the flywheel.

Replacement of brake belt

To replace the brake belt remove covers if necessary. Make sure that the brake belt is loose.

Alt. 1: To loosen the brake belt on pendulum bikes with engine, connect power to the unit and raise the pendulum to 4 kp. Hold it there until brake belt is loose. Please note how the belt is assembled. Remove it from the bike. Attach the new brake belt and assemble the bike in reverse order.

Alt. 2: To loosen the brake cord on cycles with a weight basket set the basket to its upper position. Loosen the lock washer that is holding the cord and remove it from the tension center. Loosen or cut off the knot on the other end of the cord and then remove the whole cord from the bike. When assembling a new brake cord, first enter one end into the hole in the tension center, tie a knot and let the knot fall into the bigger part of the hole. Lock the end of the cord with the lock washer.

Alt. 3: To loosen the brake belt on the bike remove all tension. Please note how the belt is assembled. Remove it from the bike. Attach the new brake belt and assemble the bike in reverse order.

NOTE!

When replacing the brake belt it is recommended to clean the brake surface. See "Brake belt contact surface".

Brake belt contact surface

Deposits of dirt on the brake belt and on the contact surface may cause the unit to operate unevenly and will also wear down the brake belt. The contact surface of the flywheel should be smoothed with fine sandpaper and any dust removed with a clean dry cloth.

Remove covers, loosen the tension on the brake belt and remove it. Grind with a fine sand paper. Grinding is easier to perform if a second individual cautiously and carefully pedalling the cycle.

Irregularities on the brake belt contact surface are removed by means of a fine sand paper or an abrasive cloth. Otherwise unnecessary wear on the brake belt may occur and the unit can become noisy.

Always keep the brake belt contact surface clean and dry. No lubricant should be used. We recommend replacing the brake belt when cleaning the contact surface. In regard to assembly and adjustment of the brake belt, see "Replacement of brake belt".

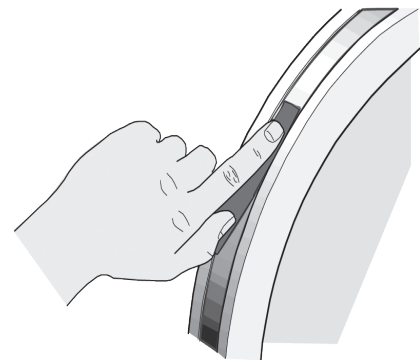


Fig: Brake belt contact surface

Chain 1/2" x 1/8"

Check the lubrication and tension of the chain at regular intervals. In the middle of its free length the chain should have a minimum play (3) of 10 mm (1/4 inch). See *Fig: Chain adjustments*. When the play in the chain is about 20 mm (3/4 inch) the chain must be tightened. Otherwise it will cause abnormal wear of the chain and sprockets. Therefore it is always recommended to keep the chain play as small as possible. Loosen the hub nut (2) on both sides and tense the chain with the chain adjuster (1) when needed.

When the chain has become so long that it can no longer be tightened with the chain adjusters it is worn out and shall be replaced with a new one.

To adjust or replace the chain, remove covers if required.

To adjust the chain the hub nuts (2) should be loosened. Loosening or tightening the nuts on the chain adjusters (1), then move the hub and axle forward or backward. Then tighten the nuts on the hub axle again. See *Fig: Chain adjustments*.

To replace the chain, loosen the chain adjusters as much as possible. Dismantle the chain lock (6) and remove the chain. Use a pair of tongs for dismantling spring. Put on a new chain and assemble the chain lock. The chain lock washer should be assembled with the closed end in the chain's movement direction (5). Use a pair of tongs for dismantling and assembling the chain lock washer (4). See *Fig: Chain replacement*.

NOTE! At assembly the flywheel has to be parallel with the centerline of the frame. Otherwise the chain and sprockets make a lot of noise and wear out rapidly.

Then assemble the removed parts as above but in reverse order.

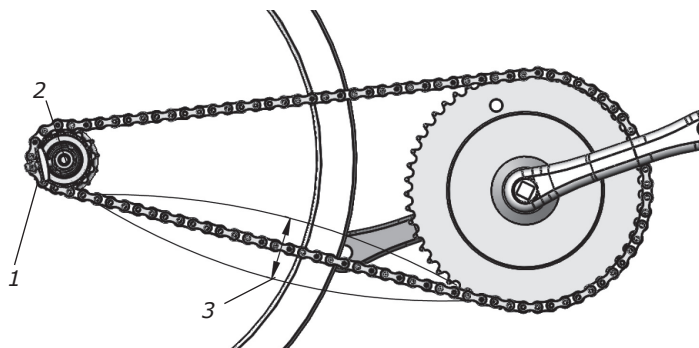


Fig: Chain adjustments
1) Chain adjuster
2) Axle nut
3) Chain play

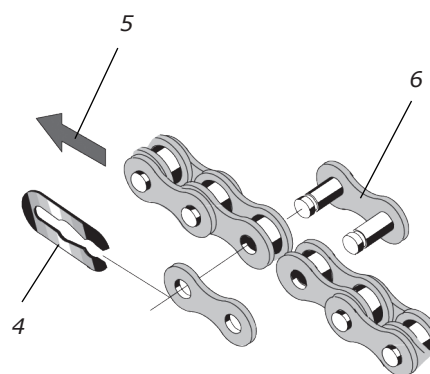


Fig: Chain replacement
4) Lock spring
5) Movement direction
6) Chain lock

Freewheel sprocket

When replacing the freewheel sprocket remove frame covers if necessary. Remove the chain according to section "Chain 1/2" x 1/8"".

Loosen the axle nuts and lift off the flywheel. Remove the axle nut, washer, chain adjuster and spacer on the freewheel side. Replace sprocket-adaptor and assemble the new parts in reverse order according to the above.

NOTE!

Do not tighten the axle nut completely. It must be possible to loosen the sprocket-adaptor half a turn.

The sprocket should be lubricated with a few drops of oil once a year. Tilt the bike to make it easier for the oil to reach the bearing. See *Fig: Lubrication*.

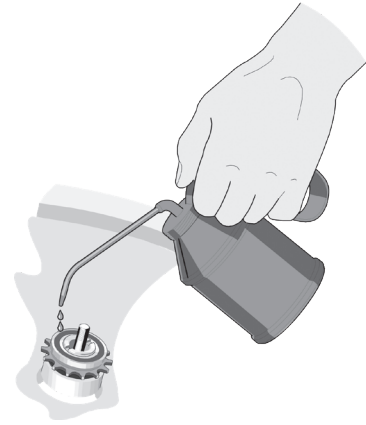


Fig: Lubrication

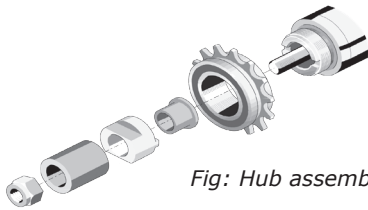
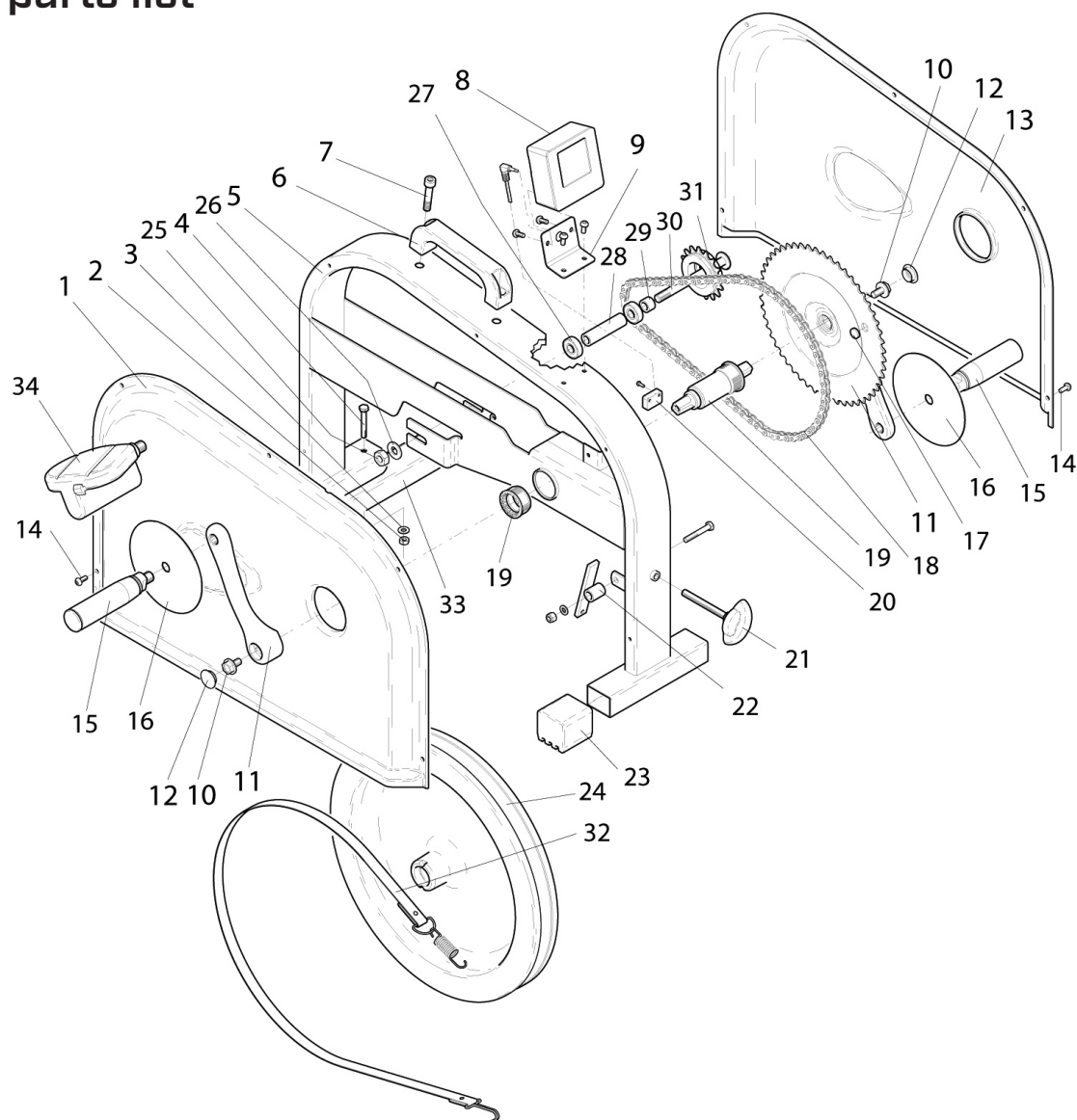


Fig: Hub assembly

Spare parts list



From serial number: WBK 296203 L

Pos.	Qty.	Art. No.	Description	Pos.	Qty.	Art. No.	Description
1	1	9371-52	Cover, left	20	1	9371-162	Sensor with cable
2	2	5843-9	Nut M6	21	1	9371-8	Tension screw, complete
3	2	5863	Washer	22	1	9371-33	Tension lever
4	2	14332	Screw M6x40	23	4	9327-7	Rubber foot
5	1	9371-1-5	Frame	24	1	9371-3	Flywheel, complete set
6	1	9371-31	Handles	25	2	9309-39	-Nut M10
7	2	73712	Screw M8x35	26	2	5881	-Washer
8	1	9371-68	Digital meter	27	2	19001-5	-Bearing 6000-2z
9	1	9371-67	Meter holder	28	1	9309-38	-Spacer
10	2	8523-115	Screw	29	2	9000-17	-Spacer
11	1	8523-152	Crank set compl. 44T, 152 mm	30	1	9371-35	-Axle
12	2	8523-2	Dust cover for crank	31	1	1210	-Sprocket 14T
13	1	9371-51	Cover, right	32	1	9371-30	Brake belt, complete
14	10	5673-9	Screw	33	1	9327-6	Support tube
15	1	9145-71	Handle, pair	34	1	9300-215	Pedal (pair)
16	2	9371-71	Handcover		1	9300-207	Foot straps (pair)
17	1	9371-16	Magnet				
18	1	9371-55-1	Chain				
19	1	9300-320	BB cartridge bearing				

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CE 0402

Version 1804
Art. No: 7950-304