

Manual 808/809



Contents

Monark Exercise AB	4
Product Information	5
<i>Facts</i>	<i>5</i>
<i>Serial number.....</i>	<i>5</i>
Operating Instruction	6
<i>Workload adjustment</i>	<i>6</i>
<i>Cycle adjustments.....</i>	<i>6</i>
<i>Meter instructions.....</i>	<i>7</i>
<i>Heart Rate</i>	<i>8</i>
<i>Replacement of the sprocket model 808</i>	<i>8</i>
<i>Flywheel.....</i>	<i>8</i>
Trouble shooting guide.....	9
Service.....	10
<i>Warning.....</i>	<i>10</i>
<i>Warranty</i>	<i>10</i>
<i>Regular service inspection and maintenance</i>	<i>10</i>
<i>Batteries.....</i>	<i>11</i>
<i>Crank bearing</i>	<i>11</i>
<i>Flywheel bearing.....</i>	<i>11</i>
<i>Transport.....</i>	<i>11</i>
<i>Replacement of brake belt.....</i>	<i>11</i>
<i>Brake belt contact surface</i>	<i>11</i>
<i>Chain 1/2" x 1/8"</i>	<i>12</i>
<i>Freewheel sprocket.....</i>	<i>13</i>
Spare parts.....	14

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's cycles have been living proof of precision, reliability, strength and service. That are the reasons why we are now the world leader in cycle ergometers and the market leader in Scandinavia in transport cycles.

We manufacture, develop and market ergometers and exercise bikes, transport bikes and specialized bicycles. 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!

The exercise cycle Monark Sparr Rehab 808/809 is designed for stimulation of movements, resistance of circulatory systems and also prevent contractures. In most cases, the training done under expert guidance. Many should also be under medical supervision in connection with exercise training.

NOTE!

Use of the product may involve considerable physical stress. It is therefore recommended people who are not accustomed to cardio or not feel completely healthy to first consult a physician for advice.

Facts

- 808 without freewheel, 809 with freewheel
- Heavy, well-balanced flywheel
- Adjustable saddle and handlebar
- Electronic display that shows speed, distance, time and pulse frequency (chest belt = option)
- Easy to vary the pedal resistance
- Powder painted
- Wheels for easy transport
- Low entrance frame

Width

530 mm (21") at handlebar

Length

1060 mm (42")

Height

1020 mm (40") at handlebar

670-1000 mm (26"-39") at seat

Weight

32 kg (0.2 lbs)

Max user weight 125 kg (550 lbs)

Accessories

Chest belt, Art. No: 9339-98

Serial number

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

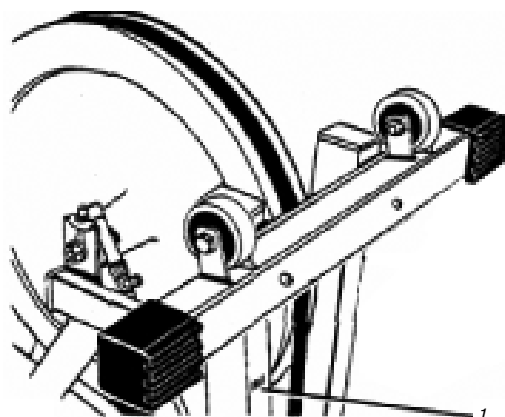


Fig: Serial number (1)

Operating Instruction

Workload adjustment

Monark Sparr Rehab 808 and 809 are both fitness and rehabilitation bikes that are equipped with adjustable workload.

Model 808 is equipped with a sprocket, model 809 is equipped with a sprocket on the crank.

The bikes are also equipped with a meter that shows pedal revolutions, intended cycling speed in km per hour and the distance in km. It is also possible to display pulse frequency, chest belt is available as an option. See *Fig: Workload and meter*.

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 brake force is changed either by using another pedalling speed or by increasing or decreasing the tension of the brake belt against the flywheel by means of the workload control knob (2).

Cycle adjustments

Seat height should be adjusted to a comfortable position. The appropriate height is to have the knee slightly bent when the sole of the foot is centred over the pedal axle with the pedal to the bottom position. When adjusting the saddle height loosen the locking knob by turning it counter-clockwise and then remove it completely and then change the height. Then screw in the locking knob again. See *Fig: Adjustments*.

The handlebar setting should be in a comfortable position when cycling. During longer exercise sessions it is recommended to occasionally change handlebar position. The handlebar is adjusted by loosening the locking knob so that the angle, and to some extent, height, can be changed. See *Fig: Adjustments*.



Fig: Workload control and meter
1) Meter
2) Workload control (knob)
3) Scale workload control

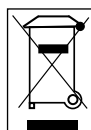


Fig: Adjustments
1) Saddle height adjustment
2) Handlebar height and angle adjustment

Meter instructions

Display	Value	Unit
RPM	0 - 199	rev./min.
HR	50 - 240	bpm
TIME	0:00-99:59	min:sec
SPEED	0 - 99	km/h
DISTANCE	0.0 - 99.9	km

Batteries: 1.5 V x 2, R6 (AA)
 Storing temperature: -10°C - +60°C / 14-140 F
 Operating temperature: 0°C - 50°C / 32-122 F



Press the RESET-button or move the pedal to turn on the meter. At the display for pulse frequency (HR) a heart symbol is lit which means that the meter is trying to find a pulse signal from an external source (chest belt with electrodes, Art. No: 9339-98). If the meter cannot find such a signal this HR function is automatically turned off after 30 seconds. When the function is turned off the heart symbol is not lit any more. The heart rate function can be turned on again by pressing the RESET button.

The timer starts automatically when pedals are moved. Meter values for time and distance can be set to zero by pressing the RESET button for more than two seconds.

Put the batteries in the meter. These are sitting below the display which is easily opened using a screwdriver or similar, see *Fig: Battery replacement*. Insert the batteries into their position. Replace the display back on by first inserting the upper part of the display in the bracket and then push the bottom until it locks into place.

Do not expose the electronic meter to direct sunlight or extremely high temperature. Do not use any dissolvents when cleaning. Use only dry cloth.

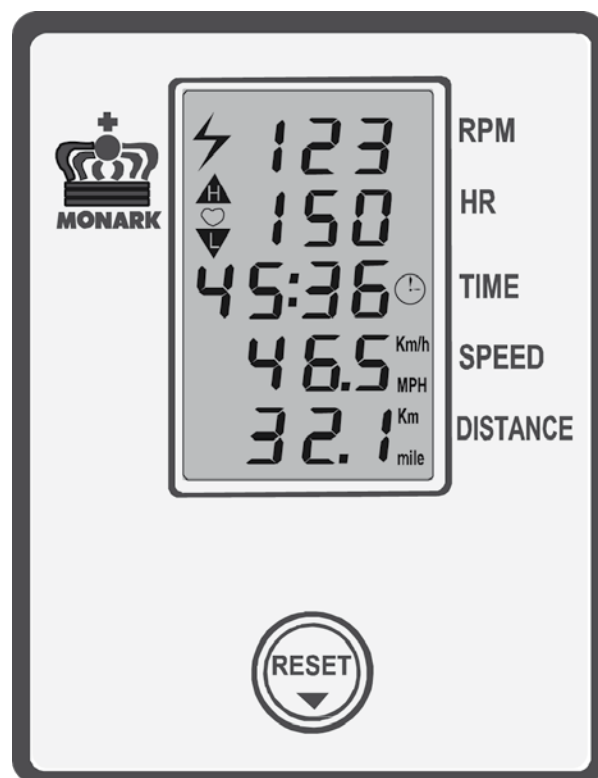


Fig: Meter instructions

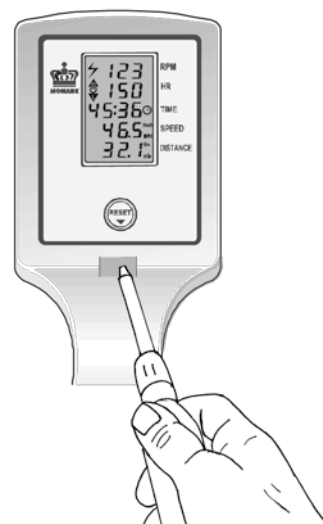


Fig: Battery replacement

Heart Rate

If chest belt is used (accessory).

A person's heart rate can be measured with a chest belt that senses the electronic output of the heart. The chest belt is available as an accessory.

Fuss-free HR measurement requires that the belt is correctly placed. When it is correctly fitted the logo on the belt will be central and readable, outward and upright, by another person. Before putting on the belt, clean the skin where the belt is to be placed. The chest belt should be secured at a comfortable tension around the mid section, just below the breast muscle, see *Fig: Placement of the chest belt*. Moisten the electrodes before use, see *Fig: Electrodes on the back of the chest belt*. To make contact with the HR receiver on the bike, the distance should not be more than 100 cm. It is especially important when first used to identify the chest belt with the sensor, by standing close to get the HR (maximum 60 cm).

NOTE!

Electromagnetic waves can interfere with the telemetry system. Cellular phones are not allowed to be used near the bike when using the chest belt.

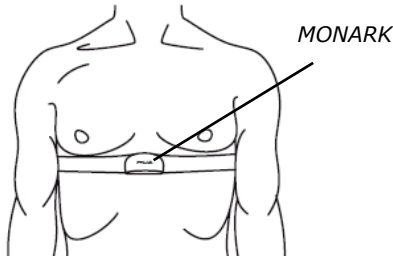


Fig: Placement of the chest belt

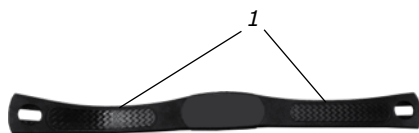


Fig: Electrodes on the back of the chest belt (1)

Replacement of the sprocket model 808

1. Lift off the wheel
2. Dismantle the axle nut, chain tensioner and spacer on the sprocket side
3. Thread off the sprocket clockwise (tool, Art. No: 8798).
4. Thread off the sprocket anti-clockwise

Replace the sprocket and assemble in reverse order according to the above points.

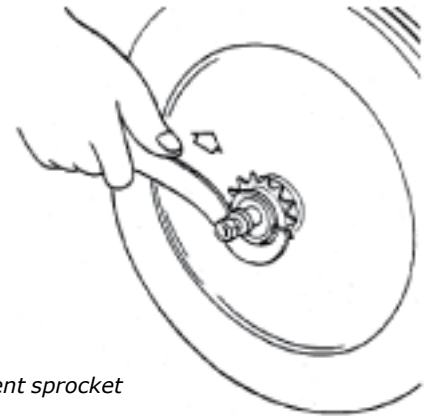


Fig: Replacement sprocket

Flywheel

NOTE! Lift the brake belt and remove the plastic strip from the brake flywheel. It is very important that all the protective tape is removed, the residue can lead to pressure in the loading device. Replace the brake belt as before. See *Fig: Plastic strip*.

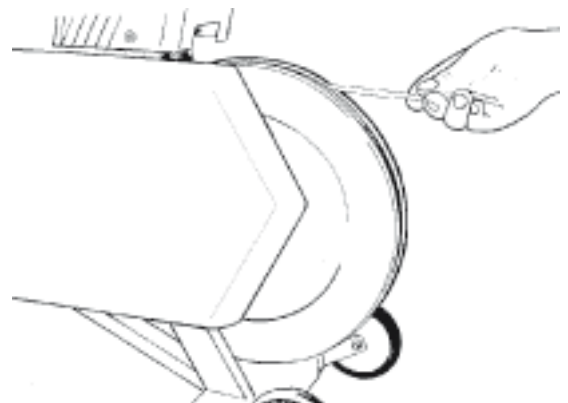


Fig: Plastic strip

Trouble shooting guide

Symptoms	Probable Cause/Corrective Action
There is a click noise with every pedal revolution (increases with the weight).	The pedals are not tight. Tighten them or change pedals. The crank is loose. Check, tighten. The base bearing is loose. Contact your dealer for service.
Scratching sound is heard when pedalling.	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 pedalling.	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.

Warning

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.

Regular service inspection 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 (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 (2 times per year).
- Be sure that all moving parts, crank and flywheel are working normal and that no abnormal play or sound exists. I.e. 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 meter 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.

Crank bearing

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

Flywheel bearing

The bearings in the flywheel are lifetime greased and require normally no maintenance. If problem arises, please contact your Monark dealer.

Transport

At transport the brake cord should be somewhat 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 belt is loose.

Pendulum bike with engine:

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.

Weight basket bike:

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 of the knot in the other end of the cord and then remove the hole cord from the bike. When assembling a new brake cord, first enter one end into the hole in the tension center, and 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.

Manual pendulum bike / exercise bike:

To loosen the brake belt on other bikes remove all possible 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 any potential covers and all workload on the brake belt and then remove it. Grind with a fine sand paper. Grinding is easier to perform if a second individual cautiously and carefully pedals 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".

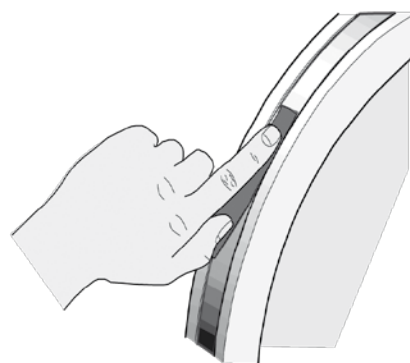


Fig: Brake belt contact surface

Chain 1/2" x 1/8"

Check the lubrication and tension of the chain in 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 little 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 replace the brake belt, remove covers as required.

To adjust the chain the hub nuts(2) should be loosened. Loosening or tightening the nuts on the chain adjusters (1) will 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 spring of the chain lock should be assembled with the closed end in the movement direction(5) of the chain. Use a pair of tongs for dismantling and assembling the spring (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 makes a lot of noise and wears out rapidly.

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

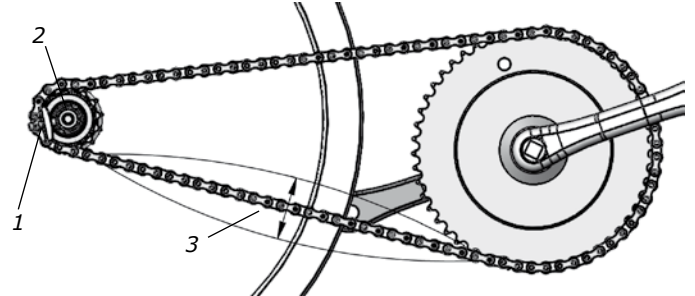


Fig: Chain adjustments

- 1) Chain adjuster
- 2) Axle nut
- 3) Chain play

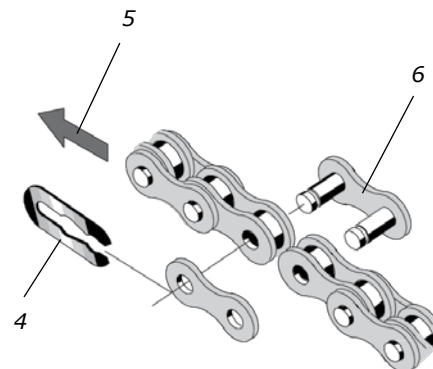


Fig: Chain replacement

- 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. Special remover (Art. No: 9100-14) in the adaptor and place the spacer and axle nut outside. See *Fig: Special remover*.

NOTE! NOTE: Do not tighten the axle nut completely. It must be possible to loosen the adapter-sprocket half a turn.

Replace sprocket-adapter and assemble the new parts in reverse order according to the above.

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

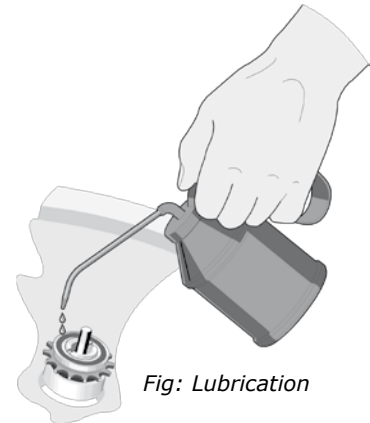
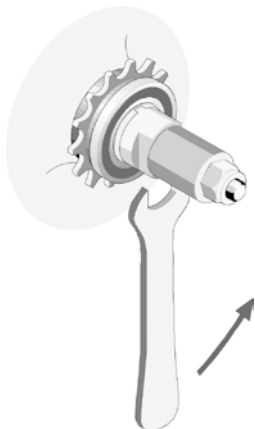


Fig: Lubrication



*Fig: Special remover
(Art. no: 9100-14)*

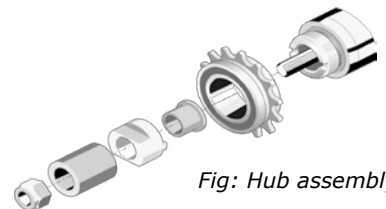
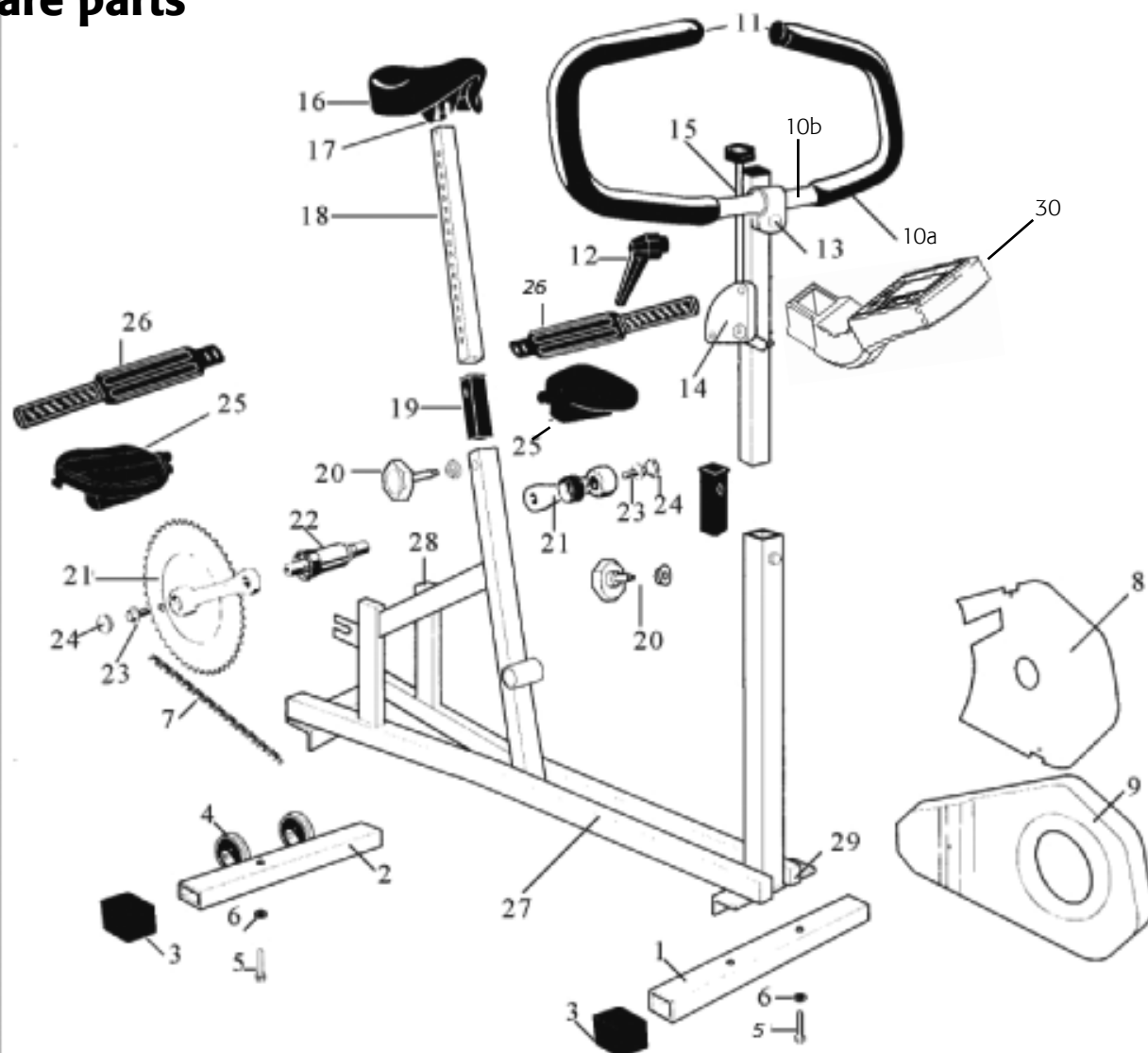


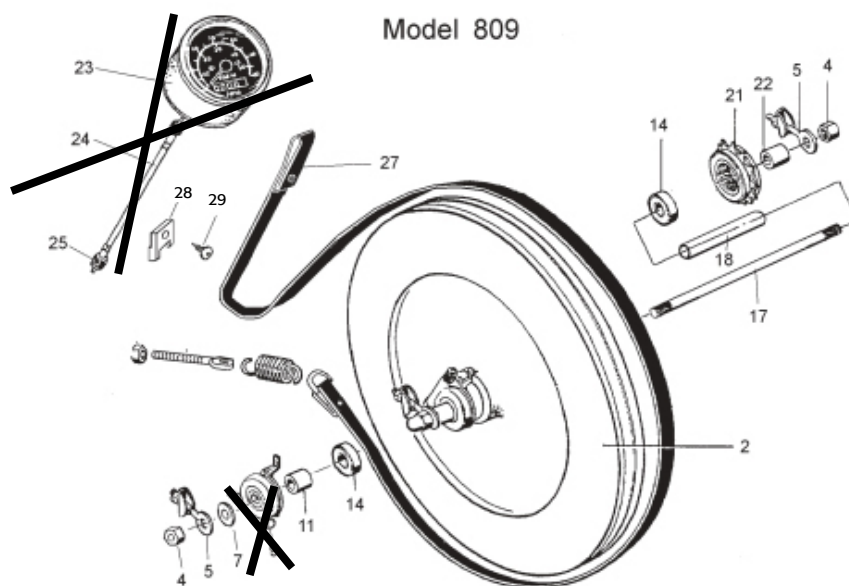
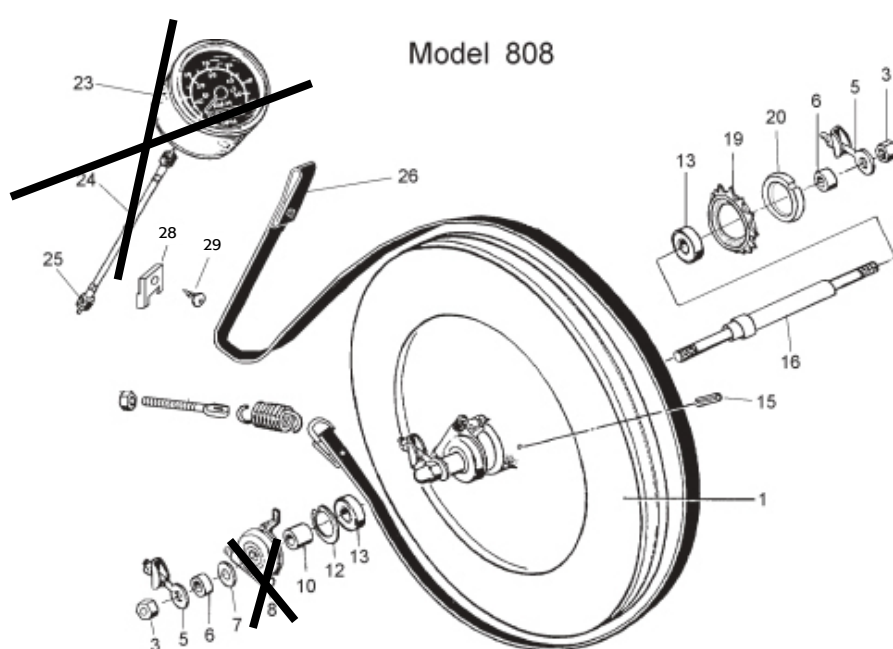
Fig: Hub assembly

Spare parts



From serial number: WBK281270

Pos.	Qty.	Art. No.	Description	Pos.	Qty.	Art. No.	Description
1	1	9327-6	Support tube, front	15	1	9300-26	Tension screw, compl.
2	1	9327-5	Support tube, rear		1	9100-25	-Knob
3	4	9327-7	Plastic cap, blue		1	5775	-Nut M8
4	2	9010-12	Transport wheel, compl.	16	1	4992-5	Saddle
5	2	14331-37	Screw	17	1	9300-114	-Saddle bracket
6	2	5901	Washer	18	1	9300-113	Saddle post
7	1	9308-55	Chain 84 links incl. lock	19	1	9300-115	Bushing
8	1	9308-51	Chain cover, inner	20	2	9300-131	Locking screw
	2	5673-9	Screw for above		2	9300-134	-Pressure washer
9	1	9308-50	Chain cover, outer	21	1	9300-401	Steel crank set, complete
	3	5675-9	Screw for above		1	9300-164	Magnet
10a	1	9308-65	Handlebar, complete	22	1	8966-175	BB cartridge bearing, complete
10b	1	9300-292	-Handlebar	23	2	8523-115	Screw M6S 8.8 M8 x 1 x 20 fzb
11	2	1069-5	-End cap	24	2	8523-2	Dust cover
12	1	9100-106	-Knob	25	1	9300-215	Pedal 9/16", pair
13	1	9308-66	-Screw MVBF 8x80	26	1	9300-207	Pedal strap, pair
	1	6668-5	-Washer 28 x 8,5 x 3	27	1	9308-1	Frame
14	1	9308-32	Tension lever, compl.	28	4	9308-10	Plastic cap, black
				29	1	9308-11	Plastic cap, black
				30	1	9300-182	Digital meter



From serial number: WBK281270

Pos.	Qty.	Art. No.	Description	Pos.	Qty.	Art. No.	Description
1	1	9308-30	Flywheel compl. 808 without freewheel sprocket	18	1	9309-38	Spacer, 809
2	1	9309-30	Flywheel compl. 809 with free-wheel sprocket	19	1	1210	Sprocket 14t, 808
3	2	5799	Nut 9.5x26g, 808	20	1	2420-49	Sprocket nut, 808
4	2	9309-39	Nut M10x1, 809	21	1	76441	Freewheel sprocket 16t, 809
5	1	9000-12	Chain adjuster, pair, 808, 809	22	1	9309-37	Spacer 13 mm, 809
6	2	9000-17	Spacer 5 mm, 808	23	±	9327-61	Speedometer, 808, 809
7	1	5881	Washer 10x21,5x 3 mm, 808, 809	24	±	9308-62	Speedometer cable
8	±	9327-62	Hub connection 2-6, 808	25	±	9308-63	Connection collar M11
9	±	9309-62	Hub connection 3-0, 809	26	1	9309-63	Brake belt complete 808
10	1	9000-16	Spacer 16 mm, 808	27	1	9309-63	Brake belt complete 809
11	1	9309-36	Spacer 9.5 mm, 809	28	2	9308-67	Belt guide, 808, 809
12	1	9000-15	Locking ring SgH 028, 808	29	1	9308-66	Screw
13	2	19001-6	Bearing 6001-2z, 808		1	9308-36	Wheel suspension, 808
14	2	19001-5	Bearing 6000-2z, 809		1	9309-34	Wheel suspension, 809
15	1	9010-38	Locking pin 5x18 mm, 808				
16	1	9308-35	Axle 9.5x26g, 808				
17	1	9309-35	Axle M10, 809				



Version 1310
Art. No. 7950-292

