

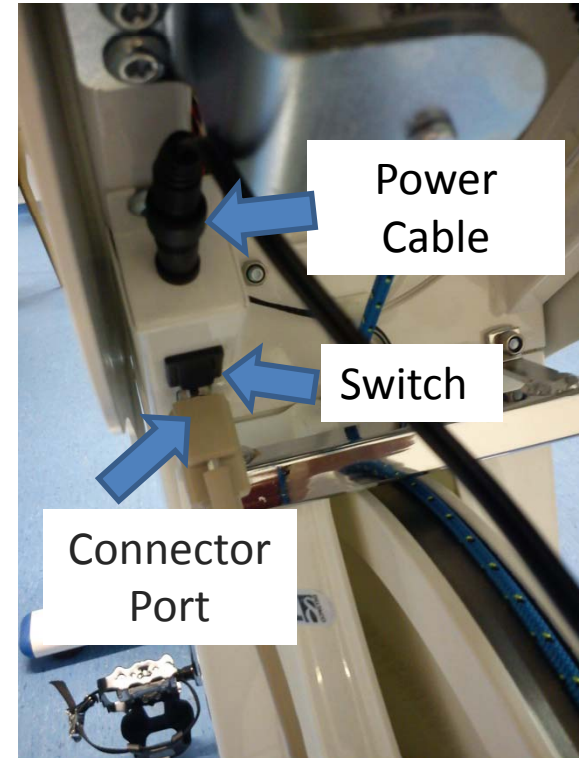


Monark 894E Wingate User Guide



Initial Set-Up: Monark Bike I

- Connect the serial port to the port on the bike
- Plug in the power cable to the bike and a socket in the wall
- To tell whether the bike is switched on, the electromagnet which holds the basket up will be on. Test this by pulling the blue cord and see if it stays in place




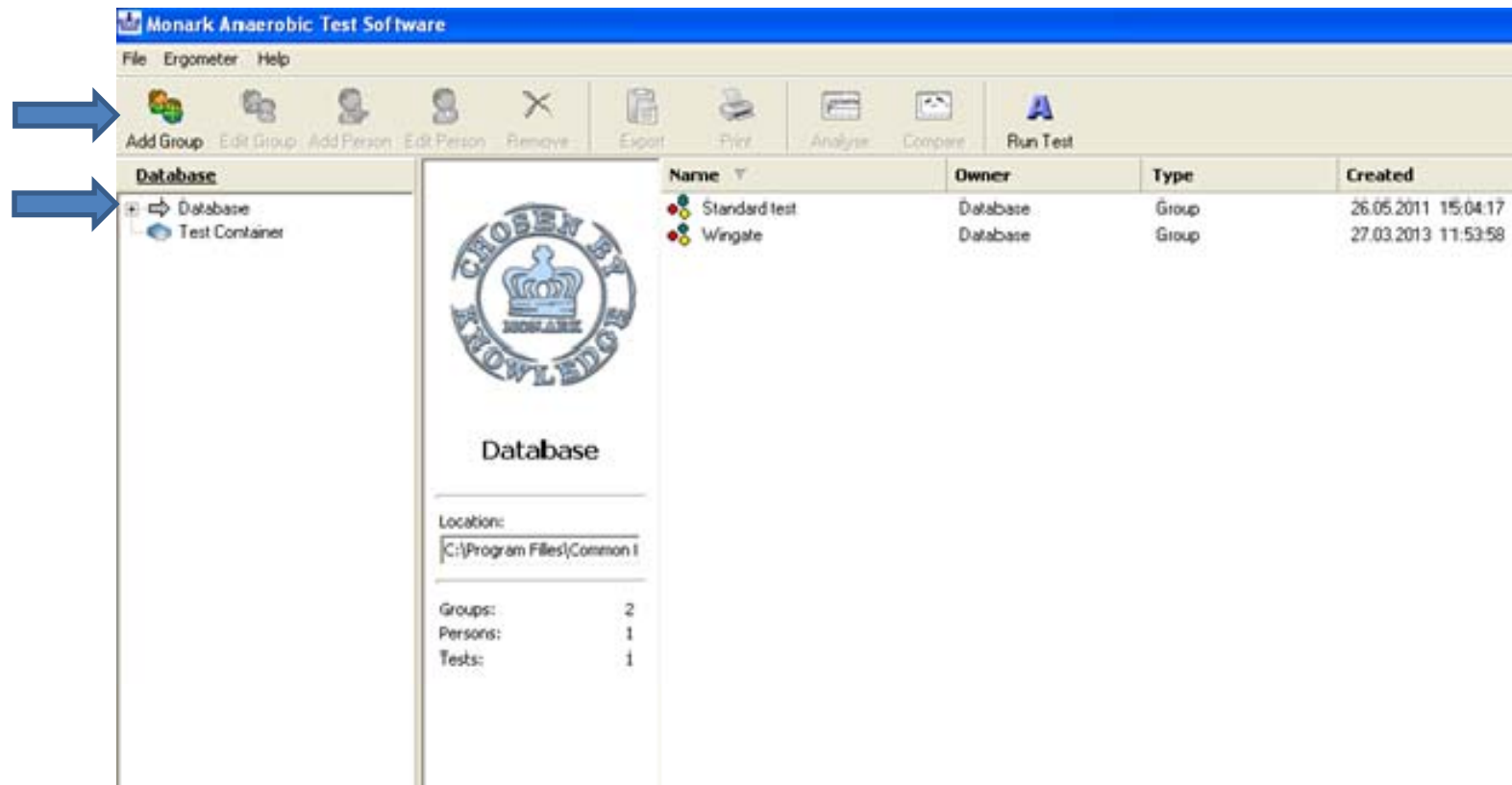
Initial Set-Up: Monark Bike II

- Connect the serial cable to the USB-Serial convertor
- Plug this into the USB port on the front of the PC



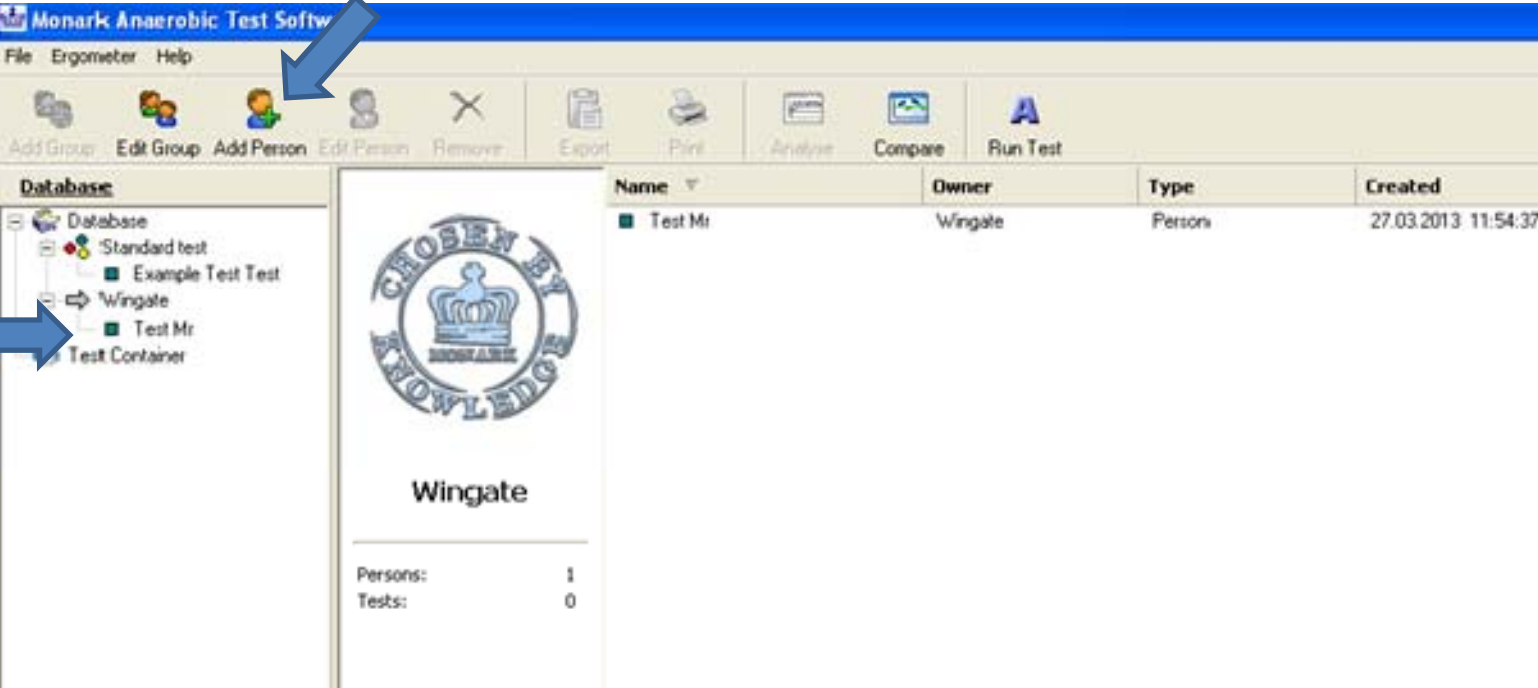
Monark Software

- Load the Monark Anaerobic Test software from the desktop 
- Select either database or add group



Adding/Selecting Subject

- Then select a pre-existing subject or add person

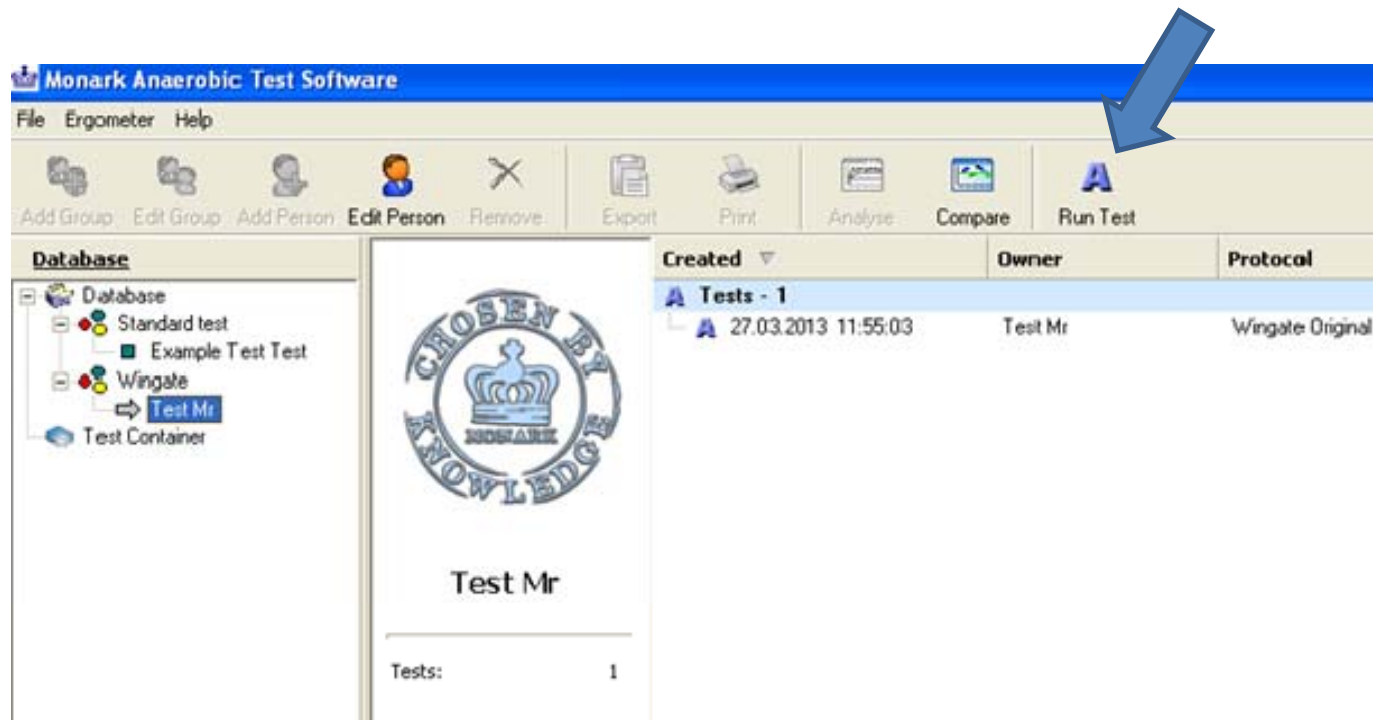


The screenshot displays the Monark Anaerobic Test Software interface. The title bar reads "Monark Anaerobic Test Software". The menu bar includes "File", "Ergometer", and "Help". The toolbar contains icons for "Add Group", "Edit Group", "Add Person", "Edit Person", "Remove", "Export", "Print", "Analyze", "Compare", and "Run Test". A blue arrow points to the "Add Person" icon. The "Database" pane on the left shows a tree view with "Database" expanded, containing "Standard test", "Example Test Test", "Wingate", "Test Mr", and "Test Container". A blue arrow points to "Test Mr". The main area shows a logo for "CHOSEN BY KNOWLEDGE" with a crown and the name "Wingate" below it. At the bottom left, it displays "Persons: 1" and "Tests: 0". A table on the right lists the subject entry:

Name	Owner	Type	Created
Test Mr	Wingate	Persons	27.03.2013 11:54:37

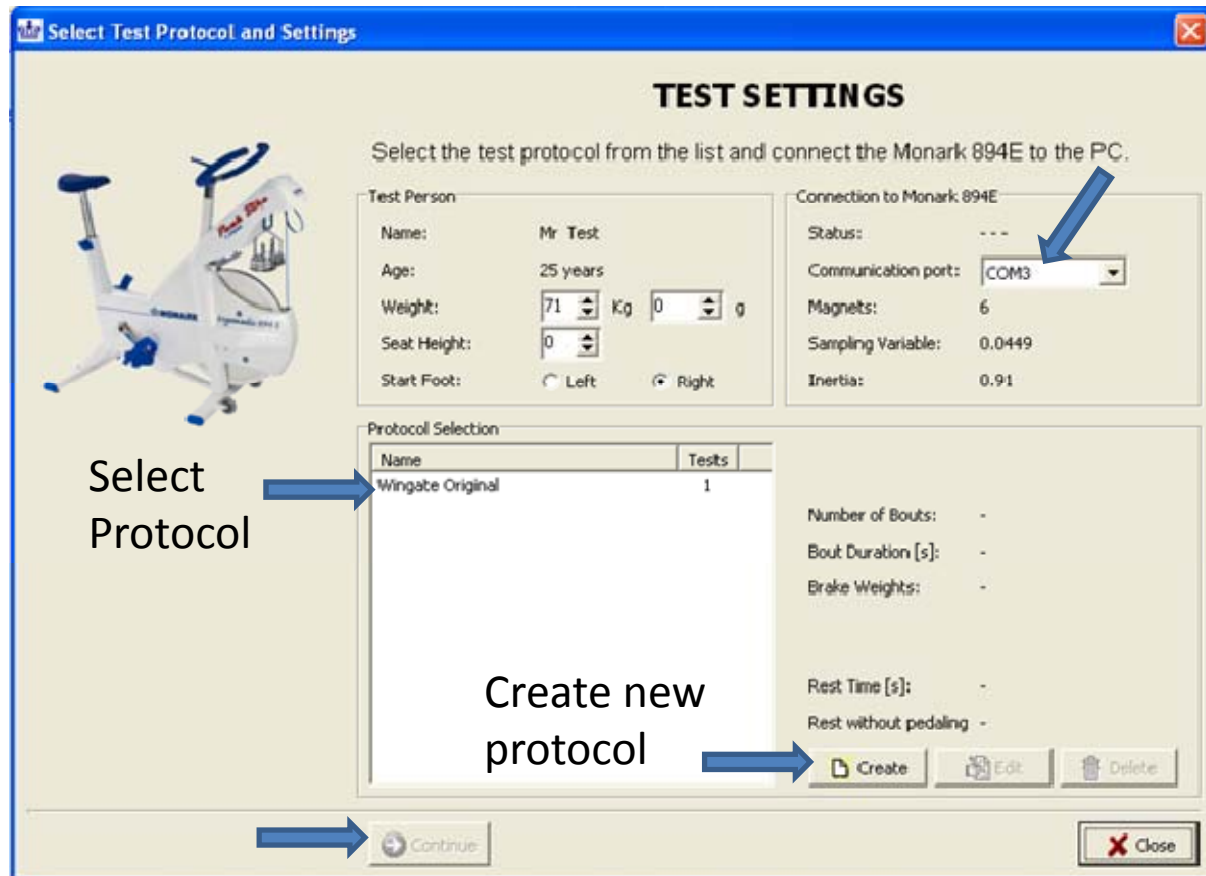
Running a Test

- Click run test once a subject has been selected



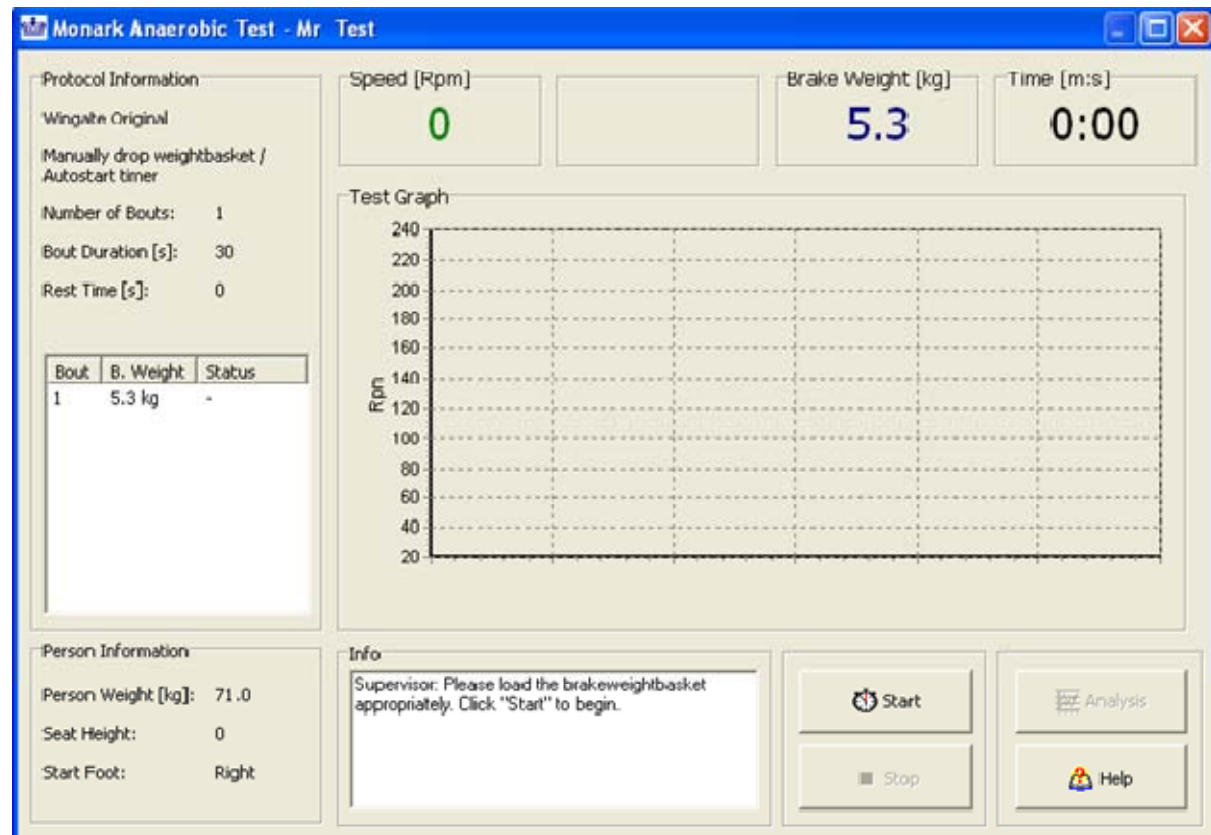
Running a Test

- A test can now be selected in the protocol selection box, continue will become available to select
- You can also the subjects weight if required
- To create a new protocol select create and insert the number of stages, time of the test, how load is applied etc
- Make sure the correct communication port is selected (usually COM3)
- This needs to be selected by going to: file – settings-communication port



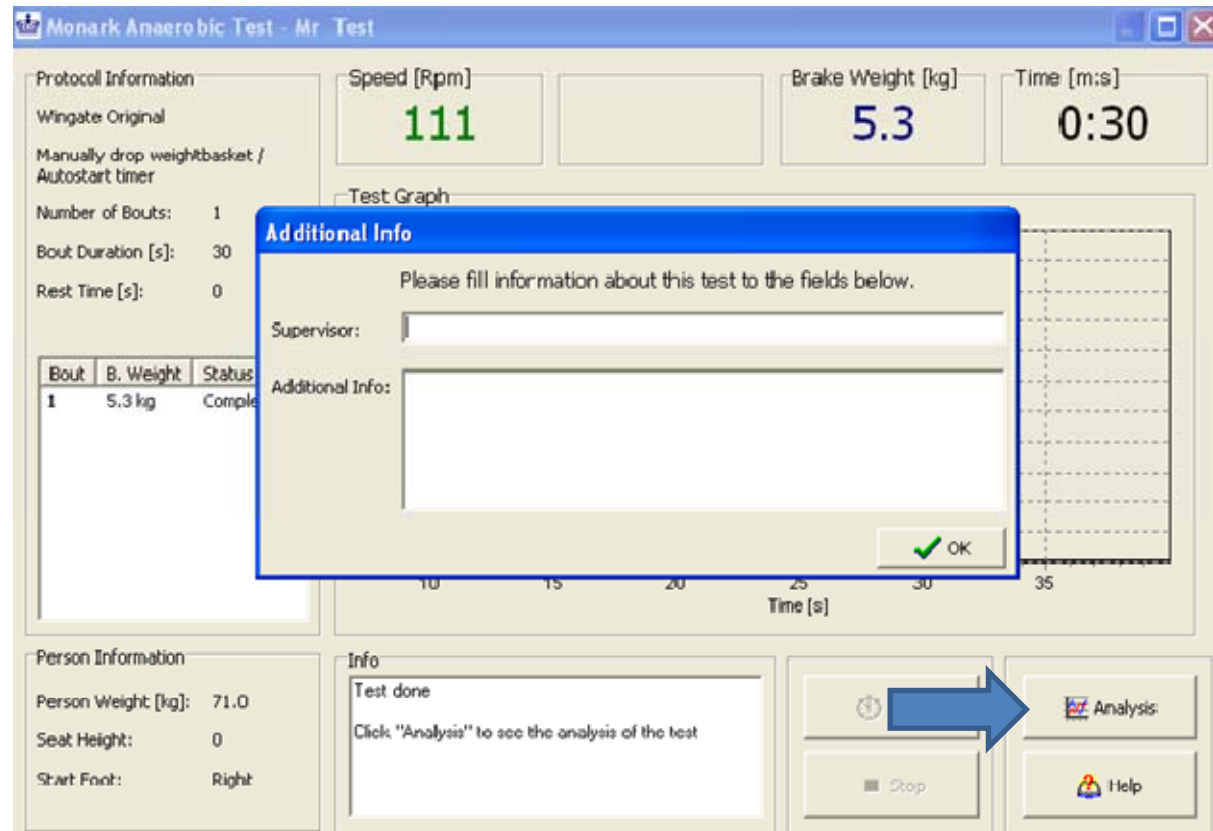
Testing

- Load the basket to the required load e.g. 5.3kg (7.5% body weight)
- Get the subject to start pedalling up to speed and click start
- The load will drop automatically or a button on the handlebars can be pressed to release it onto the flywheel
- After an initial lag time, data will begin recording on the graph displayed
- The test will automatically stop once it has been completed



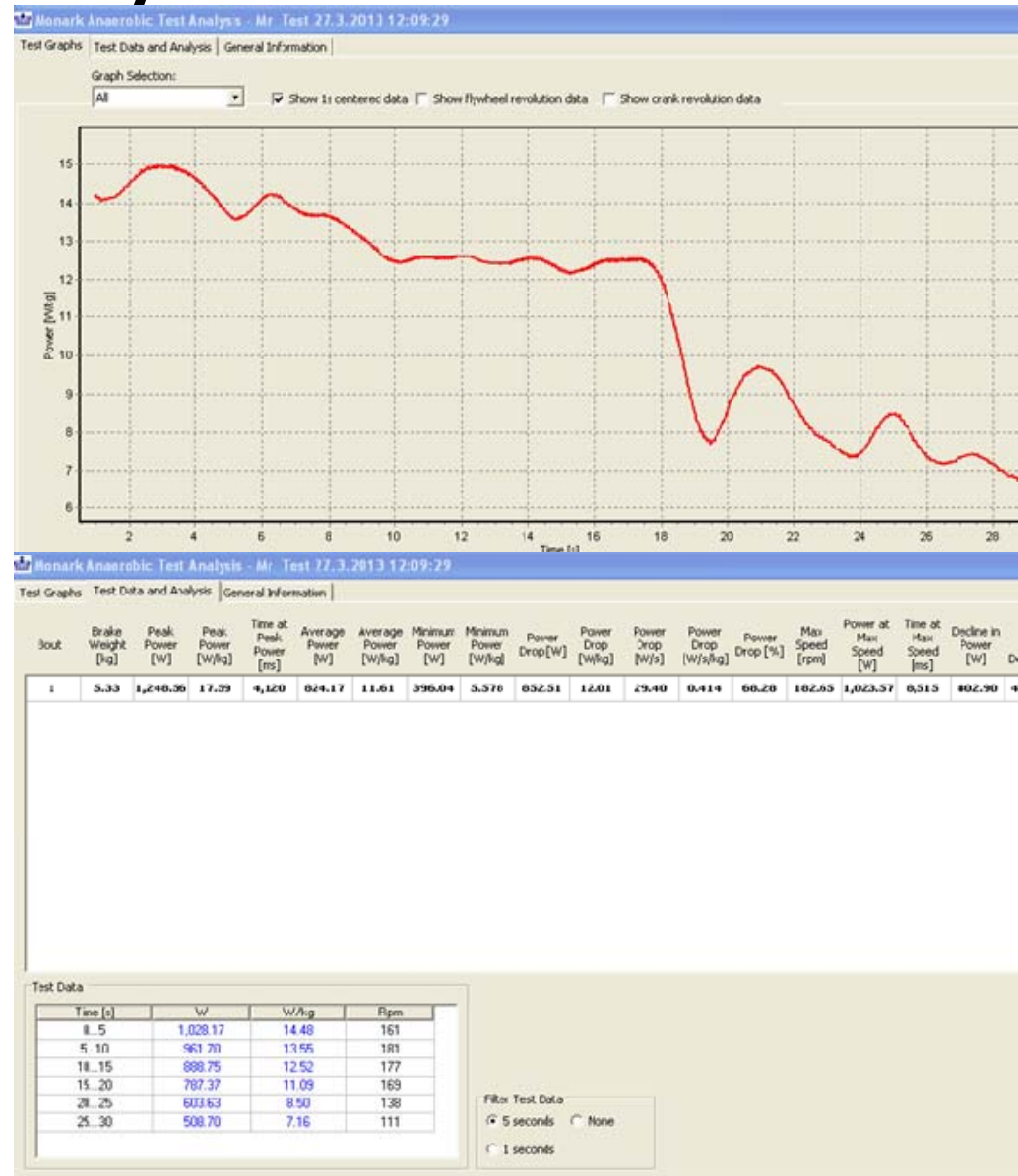
Analysis

- Once the test is completed the additional info box appears. Just press ok, there is no need to write anything
- Select analysis



Analysis

- A graph on the data recorded throughout the test will appear
- Toggle between this and test data and analysis to see numeric data



Exporting Data to Excel

- To export to excel, select the export tab at the top of the screen

