

How to use.....The Monark Wingate

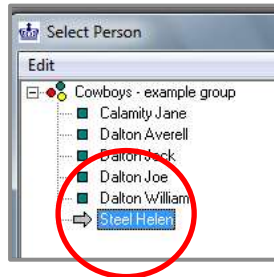
Open Wingate Anaerobic Test Software from start menu

To enter participants data

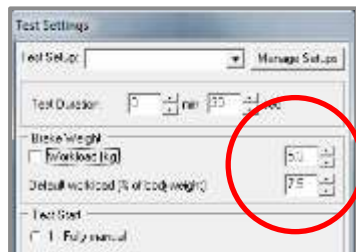


To enter a person details click

- Then add person
- In personal data enter, Name, Height and Weight and sex (Ignore address) then click OK
- Highlight participant's name and click OK

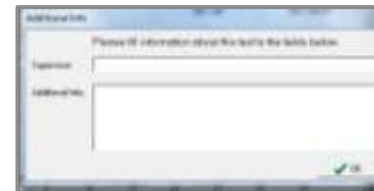


- Adjust test duration to desired test length. Add weight in KG stated in the brake weight section (Remembering that the basket weights 1KG)

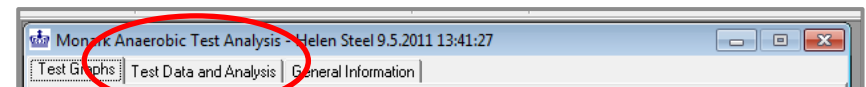


To start a test

- You are now ready to commence the test – See relevant protocol on the wall displayed by the bike
- Click OK when this screen below comes up



- Then click analysis, then test data analysis



- You must then copy down any results you will need as results will not be stored