

BASIC TEST / EDUCATION



MONARK LC2

The Monark LC2 elevates Monark Exercise's scientific heritage, offering an ideal ergometer for training, testing, and education. It features the Novo Duo display with BLE and ANT+ compatibility, enabling seamless connectivity with various devices and software. The ergometer's manual adjustment, combined with its unique pendulum system and heavy flywheel, ensures exceptional accuracy, precise resistance control, and a realistic cycling experience.

MAIN FEATURES

- Monark Novo Duo Display
- BLE and ANT+ compatibility
- Monark's pendulum system
- Calibratable
- Perfect fit frame

Max user weight 180 kg

THE BASICS

- Perfect cycling experience
- RPM-dependent power output
- Power output: 1400 Watts at 200 RPM
- Easy to control and calibrate
- ANT+ heart rate system
- Compatible with your own saddle, handlebars, and pedals

SPECIFICATIONS LC2

FRAME	
Type	Sports, perfect fit
Handlebar	Racing handlebar
Stem	Adjustable, horizontal 60 mm, vertical 500-910 mm
Seatpost	Adjustable, horizontal 60 mm, vertical 530-940 mm
Saddle	Racing Unicus, black
BB	68/110 mm
Crank	Steel, 172.5 mm
Pedals	9/16", combi SPD/cage
RESISTANCE	
System	Pendulum
Flywheel	18.6 kg, 44lb
DISPLAY	
RPM	Yes
HR SYSTEM	ANT+
Time	Yes, HH:MM:SS
Speed	Yes, km/h
Distance	Yes, km
Power	Yes, watts
Resistance	Yes, Kp
CONNECTIVITY	
BLE (FTMS) and ANT+ (F_EC)	
WEIGHT & MEASUREMENTS	
Max user weight	180 kg, 396lb
Length (mm)	1405 mm
Width (mm)	640 mm
Height (mm)	Max 1240 mm
Weight (kg)	77 kg, 169lb
POWER REQUIREMENTS	
Powered by an internal power bank or USB-C.	
USB-C port for charging.	

WIRELESS CONNECTION

Using BLE or ANT+ to connect to your device.

SOFTWARE

Any BLE or ANT+ compatible software Training,

Precision System

The unique pendulum system allows calibration of the workload and unmatched accuracy, reliability and repeatability.

DURABILITY

- Anti-corrosion treated and powder coated for long-lasting protection
- Proudly made in Sweden

CONNECTIVITY

- BLE with FTMS (Fitness Machine Service)
- ANT+ with F-EC (Fitness Equipment Control)

CONTACT

info@monarkexercise.se