



MONARK LC4

MAIN FEATURES

- Monark G3 display-system
- Super fast motor
- Perfect fit frame
- Stand alone, 4 fixed test protocols
- Calibrated watt in display

THE BASICS

- Perfect cycle feeling
- Easy to use your own saddle, handlebar and pedals
- Speed independent power control
- Remote workload control (USB)
- Easy to control and calibrate
- ANT+ and 5 kHz HR systems
- Easy to connect to PC Monark Test Software
- Workload range 15-700 Watt
- Protocols: Increment, PWC, Åstrand, YMCA
- Training mode: Watt and METS



Max user weight 180 kg

Medical Device class IIa

Monark Test Software

Specifications

MONARK LC4

| | |
|----------------------------------|---|
| Certifications | EU directive 93/42/EU class IIa |
| 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 | Unicus, black |
| BB | 68/110 mm |
| Crank | Steel, 172.5 mm |
| Pedals | 9/16", combi SPD |
| RESISTANCE | |
| System | Pendulum |
| Flywheel | 20 kg |
| DISPLAY | |
| RPM | Yes |
| HR | ANT+, 5 kHz |
| Time | Yes |
| Speed | Yes |
| Distance | Yes |
| Watt | Yes |
| Connectivity | |
| Usb | Yes |
| | |
| WEIGHT & MEASUREMENTS | |
| Max user weight | 180 kg |
| | |
| Length [mm] | 1405 mm |
| Width [mm] | 640 mm |
| Height [mm] | Max 1240 mm |
| Weight [kg] | 77 kg |
| POWER REQUIREMENTS | 220V (12V, 5,0 A) |



FIXED PROTOCOL

For test or training controlled through the display or PC program.



PC CONNECTION

Direct connection to PC through a USB cable.



SOFTWARE

For fitness testing and in some cases, even training can be used with this model.



HEART RATE

Equipped to measure heartrate via chestbelt.



TEST

Offers the possibility of performing different tests thanks to the accurate workload which can be calibrated.



CONSTANT POWER MODE

Symbol for speed independent.

MEDICAL CE

Monark Exercise AB is since 1992 ISO 9001 certified. All models are:

- Approved under CE Certificate No. 15 36 01 (MDD IIa)
- Anti-corrosion treated and powder coated
- Made in Sweden