



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 15-700Watt
- Protocols: Increment, PWC, Åstrand, YMCA
- Training mode: Watt and METS



POWER

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	Moody
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	
RS232	Yes
Usb	Yes
WEIGHT & MEASUREMENTS	
Max user weight	180 kg
Lenght (mm)	1405 mm
Width (mm)	640 mm
Height (mm)	Max 1240 mm
Weight (kg)	77 kg
POWER REQUIREMENTS	220V (12V, 2,5 A)



FIXED PROTOCOL

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



PC CONNECTION

Direct connection to PC through a serial 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 or sensors in the handles.



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. 153 601 (MDD IIa)
- Anti-corrosion treated and powder coated
- Made in Sweden