



# 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

<b>Certifications</b>	EU directive 93/42/EU class IIa
<b>Frame</b>	
<b>Type</b>	Sports, perfect fit
<b>Handlebar</b>	Racing handlebar
<b>Stem</b>	Adjustable, horizontal 60 mm, vertical 500-910 mm
<b>Seatpost</b>	Adjustable, horizontal 60 mm, vertical 530-940 mm
<b>Saddle</b>	Unicus, black
<b>BB</b>	68/110 mm
<b>Crank</b>	Steel, 172.5 mm
<b>Pedals</b>	9/16", combi SPD
<b>RESISTANCE</b>	
<b>System</b>	Pendulum
<b>Flywheel</b>	20 kg
<b>DISPLAY</b>	
<b>RPM</b>	Yes
<b>HR</b>	ANT+, 5 kHz
<b>Time</b>	Yes
<b>Speed</b>	Yes
<b>Distance</b>	Yes
<b>Watt</b>	Yes
<b>Connectivity</b>	
<b>Usb</b>	Yes
<b>WEIGHT &amp; MEASUREMENTS</b>	
<b>Max user weight</b>	180 kg
<b>Length [mm]</b>	1405 mm
<b>Width [mm]</b>	640 mm
<b>Height [mm]</b>	Max 1240 mm
<b>Weight [kg]</b>	77 kg
<b>POWER REQUIREMENTS</b>	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