



LC2 with new accessories kit

MONARK LC2



Reliable ergometer for education and precision testing

The Monark LC2 is a manual ergometer with calibration capability, specifically designed for educational settings in physiology and sports science. Equipped with Monark's trusted Manual Pendulum System (MPS), it provides accurate resistance control and enables structured, repeatable testing in both learning and performance-focused environments.

KEY FEATURES

- **MPS** - Manual pendulum system
- **Monark Novo Duo Display** - monochrome touchscreen for clear and quick reading of data.
- **Wireless Connectivity** - BLE (FTMS) and ANT+ (FE-C) for seamless integration with third-party systems.
- **Adjustments for Optimal Fit** - saddle and handlebars adjustable horizontally (6 cm) and vertically.
- **Compatible with Custom Components** - use your own saddle, handlebars, and pedals for a personalized cycling experience.

Max userweight 180 kg

Monark Test Software

Wireless connection



Specifikation

MONARK LC2

TECHNICAL SPECIFICATIONS	
FRAME AND COMFORT	
Frame Type:	Sport, perfect fit
Handlebars:	Racing handlebars
Stem:	Adjustable, horizontal 60 mm, vertical 500-910 mm
Seat Post:	Adjustable, horizontal 60 mm, vertical 530-940 mm
Saddle:	Racing Unicus, black
Pedals:	9/16", SPD/cage combination
RESISTANCE AND PERFORMANCE	
Resistance System:	Manual pendulum system
Flywheel:	18.6 kg
Power Output:	1400 W at 200 RPM
Manual Calibration:	Yes, for precise workload control
RPM-Dependent	Yes
DISPLAY AND CONNECTIVITY	
Screen:	Monochrome touchscreen
RPM Measurement:	Yes
Heart Rate (HR):	Yes, via ANT+
Time:	Yes, HH:MM:SS
Speed:	Yes, km/h
Distance:	Yes, km
Power/Watt:	Yes
Resistance in KP:	Yes
ANT+ Compatibility:	Yes, FE-C
BLE Compatibility:	Yes, FTMS
POWER SUPPLY	
Powered by an internal battery bank - charges via USB-C or direct power if needed.	
WEIGHT AND DIMENSIONS	
Max user weight:	180 kg
Recommended User Height:	150-200 cm
Length:	1405 mm
Width:	640 mm
Height:	Max 1240 mm
Weight:	77 kg

WIRELESS CONNECTIVITY

Supports both BLE and ANT+ for seamless device integration, ensuring accurate and reliable data transmission in real-time.



BLUETHOOTH (BLE)

Compatible with FTMS (Fitness Machine Service), enabling connection to various training software for data tracking and analysis.



ANT+

Supports F-EC (Fitness Equipment Control), allowing seamless integration with ANT+ enabled devices for performance monitoring.



HEART RATE

Displays heartrate when connected via chestbelt (ANT+)

CONTACT

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ISO 9001

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

- Anti-corrosion treated and
- powder coated Made in Sweden



Description

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APPLICATIONS

Monark LC2 is a manually calibrated ergometer developed for education, testing, and performance development. With reliable resistance control and simple calibration through Monark's manual pendulum system (MPS), it is well suited for both teaching and applied research.

LC2 is an ideal tool for:

- **Universities and education** – For hands-on learning in exercise physiology.
- **Sports science researchers** – For studies on power output and cadence efficiency.
- **High-performance training centers** – For structured testing and performance monitoring.
- **Applied research** – For investigating physiological responses during cycling.

ACCESSORIES

To optimize ergonomics and user comfort, we offer a range of accessories:

- **New Clamp** – allows for Monark's standard handlebars and new display mounts.
- **Standard Monark saddle and standard pedals** – for adaptation to rehabilitation environments and individual comfort.



Description

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MEASUREMENT ACCURACY

The Monark pendulum system is built for long-term accuracy and reliability. When calibrated regularly, the system consistently delivers power measurements with an error margin typically below 2%.

Thanks to its mechanical construction, calibration can be performed quickly and easily without the need for external tools or advanced software. This allows users to verify and ensure accuracy as often as needed – even daily – which is critical in research, rehabilitation, and performance testing.

Unlike many electronic systems that rely solely on internal sensors and estimated values, the Monark pendulum offers a direct, physical indication of the applied resistance. This makes it uniquely dependable in environments where trust in the workload is essential.

PRODUCTION AND SUSTAINABILITY

Monark has been manufacturing ergometers since 1954 with a philosophy of delivering precise, reliable, and durable products for research, rehabilitation, and performance development. LC2 is assembled in Sweden, with the majority of its components sourced from Swedish manufacturers.

Our products are used daily by professionals in research, physiotherapy, and sports worldwide. Through continuous product development and close collaboration with experts, we have built a strong reputation for measurement accuracy and ergonomics.

Monark LC2 – A reliable ergometer for precise measurements and education.

