



MONARK

LC6 NOVO DUO

MAIN FEATURES

- Designed for external control
- Monark Novo Duo touch display
- Monark Novo Duo control unit
- Super fast motor
- Perfect fit frame for true cycling position

THE BASICS

- RPM independent or dependent (power or force mode)
- Easy to calibrate and control
- Use your own saddle, handlebar and pedals
- Connect to external devices (Systems or Apps)
- Wired connection (RS232 or USB)
- Wireless connection BLE (*FTMS) or ANT+ (**FE-C)
- HR system (ANT+)
- Continuous workload range 5-1400 W (at 200 rpm).
- Protocols: Depending external device functionality

*Fitness Machine Service

**Fitness Equipment Controls



Max user weight 180 kg

Monark Test Software

External systems

Specifications

MONARK LC6 Novo Duo

Frame	
Type	Sports, perfect fit
Handlebar	Racing handlebar
Stem	Adjustable, horizontal 200 mm (7,87 inches) vertical 500-910 mm (19,69-35,83 inches)
Seatpost	Adjustable, horizontal 200 mm (7,87 inches) vertical 530-940 mm (20,87-37,01 inches)
Saddle	Racing
BB	68/107 mm
Crank	Steel, 172,5 mm
Pedals	9/16", combi SPD
RESISTANCE	
System	Pendulum
Flywheel	20 kg (44,09 lbs)
DISPLAY	
RPM	Yes
HR	ANT+
Time	Yes
Speed	Yes
Distance	Yes
Watt	Yes
Connectivity	
Wired connection	RS232 and USB
Wireless connection	BLE and ANT+
WEIGHT & MEASUREMENTS	
Max user weight	180 kg (396,83 lbs)
Length (mm)	1405-1630 mm (55,31-64,17 inches)
Width (mm)	640 mm (25,20 inches)
Height (mm)	1265 mm at display (49,80 inches) 1240 mm at saddle (48,82 inches)
Weight (kg)	77 kg (169 lbs)
POWER REQUIREMENTS	220V (12V, 5,0A)



ECG

Can be controlled from different ECG brands either analogue or digital.



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 (ANT+)



TEST

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



CONSTANT POWER MODE

Symbol for speed independent.



FIXED PROTOCOL

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

ISO 9001

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

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