



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 Connections** – BLE (FTMS) and ANT+ (FEC) for seamless device pairing.
- **Easy to calibrate and control**
- **Mechanical Calibration** – Enables hands-on learning in educational environments.
- **Perfect fit frame** – Vastly increases adjustability to fit every unique user.
- **Designed for Education** – ideal for teaching load calculation and measurement accuracy
- **For education, research & testing**

Max user weight 180 kg

Monark test software

Wireless connection

Pendulum system



Specifications

MONARK LC2

FRAME	
Type	Sport, perfect fit
Handlebar	Racing handlebars
Stem	Adjustable, horizontal 60 mm, vertical 500-910 mm
Seatpost	Adjustable, horizontal 60 mm, vertical 530-940 mm
Saddle	Racing Unicus, black
BB	68/122 mm
Crank	Steel, 170 mm
Pedals	9/16", pedals with foot straps
RESISTANCE	
System	Manual pendulum system
Flywheel	18.6 kg
DISPLAY	
RPM	Yes
HR	Yes, ANT+
Time	Yes, HH:MM:SS
Speed	Yes, km/h
Distance	Yes, km
Power/Watt	Yes
CONNECTIVITY	
Wireless connection	BLE and ANT+
WEIGHT & DIMENSIONS	
Max user weight	180 kg (397 lbs)
Recommended user length	>150cm (>59 inches)
Length (mm)	1405 mm (55.3 inches)
Width (mm)	640 mm (Max 25.2 inches)
Height (mm)	Max 1240 mm (Max 48.8 inches)
Weight (kg)	77 kg (169.8 lbs)
POWER REQUIREMENTS	
Powered by an internal battery bank – charges via USB-C or direct power if needed.	



CONNECTION

Direct connectivity.
Wireless: BLE and ANT+



SOFTWARE

SOFTWARE COMPABILITY

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



HEART

HEART RATE MONITORING

Displays heartrate when connected via chestbelt (ANT+)



TEST

TEST FUNCTIONALITY

For aerobic testing and educating exercise physiology



FORCE

CONSTANT FORCE

Maintains a fixed resistance (kp) regardless of cadence

ISO 9001

Monark Exercise AB has been ISO 9001 certified since 1992. The model is:

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



Description

MONARK LC2

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.

SOFTWARE & INTEGRATION

Wireless data export via BLE (FTMS) and ANT+ (FE-C) for real-time monitoring.
Compatible with third-party apps for performance tracking and documentation.
Not controllable by external software or devices.



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.



Monark Exercise AB

Monark has over 100 years of experience in bicycle production. This long tradition has resulted in deep know-how, hands-on expertise, and a genuine understanding of product quality and performance. Since the early 1900s, Monark cycles have represented precision, reliability, durability, and quality.

Today, we are a trusted global provider of high-precision cycle ergometers for research, sports science, clinical use and performance testing.

We develop, manufacture, and market ergometers and exercise bikes. Our largest customer groups are within health care, sports medicine, and exercise physiology.

For more information: www.monarkexercise.se / www.monarksportsmed.com



PRODUCTS FOR LIFE AND PERFORMANCE



MONARK EXERCISE

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