



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 is developed for education, sports science and performance testing.

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 device pairing.
- **For education, research & testing**
- **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
- **Easy to operate and calibrate**

Max User Weight 180 kg

Monark 828 Software

Pendulum System



Specifications

MONARK LC2

FRAME	
Type	Sport, perfect fit
Handlebar	Racing handlebars
Seatpost	Monark standard, H/V adjustable
Saddle	Racing Unicus, black
BB	68/110 mm
Crank	Steel, 172.5 mm
Pedals	9/16", Combi SPD
RESISTANCE	
System	Manual pendulum system
Calibration	Electronic (Novo Duo) and mechanical (Pendulum with 4 kg calibrated weight)
Flywheel	20 kg (44.1 lbs)
DISPLAY	
RPM	Yes
HR	Yes, ANT+
Time	Yes, HH:MM:SS
Speed	Yes, km/h
Distance	Yes, km
Watt / KP	Yes
CONNECTIVITY	
Wireless	BLE (FTMS), ANT+ (FE-C)
WEIGHT & DIMENSIONS	
Max user weight	180 kg (397 lbs)
Recommended user height	>150 cm (>59 in)
Length	1405 mm (55 in)
Width	640 mm (Max 25 in)
Height	Max 1240 mm (Max 49 in)
Weight	77 kg (170 lbs)
POWER REQUIREMENTS	
Powered by a power bank. USB-C charging (power only, no data)	



CONNECTION

Wireless: BLE (FTMS) and ANT+ (FE-C)



SOFTWARE

SOFTWARE COMPATIBILITY

Wireless data export for real-time monitoring and documentation.



HEART

HEART RATE MONITORING

Displays heart rate when connected via chest belt (ANT+)



TEST

TEST FUNCTIONALITY

For aerobic testing and education



FORCE

CONSTANT FORCE

Maintains a fixed resistance (kp) regardless of cadence (RPM)

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

The Monark LC2 is a manually calibrated ergometer developed for education, sports science and performance testing. With reliable resistance control and simple calibration through the Manual Pendulum System (MPS), it is equally suited for teaching, applied research and structured performance monitoring.

Within the sports and performance segment, the LC2 is positioned as the natural successor to the classic Monark 828E – carrying the trusted pendulum principle into modern testing environments.

LC2 is an ideal tool for:

- **Universities and education** – For hands-on learning in exercise physiology.
- **Sports science researchers** – Studies on power output, cadence efficiency and workload accuracy
- **High-performance training centers** – Structured testing and performance development
- **Applied research** – Investigation of physiological responses during cycling

ACCESSORIES

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

- **New clamp** – Enables use of Monark upright handlebar and a new display mount
- **Alternative saddle and pedals** – Ergonomic Monark saddle and pedals for adaptation to rehabilitation settings and individual comfort

SOFTWARE & INTEGRATION

Monark LC2 provides wireless data export for real-time monitoring and documentation.

It supports:

- **Wireless** – BLE (FTMS) and ANT+ (FE-C) for real-time data sharing
- **Heart rate** – Displays heart rate when connected via chest belt (ANT+)
- **Standalone operation** – No external control (resistance is adjusted manually)



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.monarksportsmed.com



PRODUCTS FOR LIFE AND PERFORMANCE



MONARK EXERCISE

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