

LC7



**MONARK**
SPORTS & MEDICAL

MODERN FORCE

Advanced speed independent accuracy

Reliable data for Sport Scientists

OPEN SOURCE

Easy to adapt to your testing needs

*Increased possibilities for testing,
training and research*

PERFECT FIT

*Infinite micro-adjustments and settings for
ultimate performance*



LC7



Specification LC7

Power output

Continuous (50-100rpm)	4-700W
Peak (at rpm)	1400W (200rpm)
Smallest increment	1W

Workload Control

Linear	Yes
Fixed torque	Yes
Heart rate controlled	Yes
Constant power (rpm range)	Yes (30-200rpm)

Breaking system

Calibration	Computerized pendulum
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Control unit

Interface	Fujitsu STYLISTIC Q550, Windows 7, 32 bit, Intel processor
Power source	Digital RS232, USB
Type of unit	Power adaptor Touchscreen

Electronic display

Workload	10.1", 1280x800 pixel, touchscreen
Force	Yes
RPM	Yes
HR	Yes
Time	Yes
Distance	Yes
% of max HR	Yes
Target HR	Yes
Calories	Yes

Features

Vo2 max test	Yes (external)
Vo2 submax test	Yes
EKG (worktest)	Yes (external)
Training/Test protocols	Yes (custom)
HRC	Yes
Vo2 controlled	Yes
External control via RS232	Yes

User settings

Crank	Steel, 170 mm standard, 172,5 mm optinal
Pedals	9/16" LOOK/SPD compatible
Seat	Racing seat
Seatpost	
Vertical	545-890 mm (21,8-35,6 inch)
Horizontal	350 mm (14 inch)
Handlebar	All handlebars
Vertical	465-765 mm (18,6-30,6 inch)
Horizontal	200 mm (8 inch)
Distance seat - handlebar	170-815 mm (6,8-32,6 inch)

Technical specification

LxWxH in mm	1405x640x1240 mm
LxWxH in inch	56,2x25,6x49,6 inch
BB-shell	68*40 mm (2,72*1,6 inch)
BB	116 mm (4,64 inch)
Q-factor	146 mm (5,84 inch)
Weight	77 kg (170 lb)
Flywheel weight	20 kg (44 lb)
Max user weight	125 kg (275 lb)
Painting	Industrial Powder Coating
Rust protection	Double layer

Standard and Safety norm

CE 93/42/EEC MDD class IIa
ISO 9001:2008

Included

PC-software
Calibration weight
Polar Chestbelt



**MONARK**
EXERCISE AB