



MONARK LC2

NOTE!

Use of the product may involve considerable physical stress. It is therefore recommended that people who are not accustomed to cardiovascular exercise or who do not feel completely healthy, should consult a physician for advice.

When using a chest belt, keep in mind that electromagnetic waves can interfere with the pulse signal. Mobile phones and the like should therefore not be used near the bike when using a chest belt.

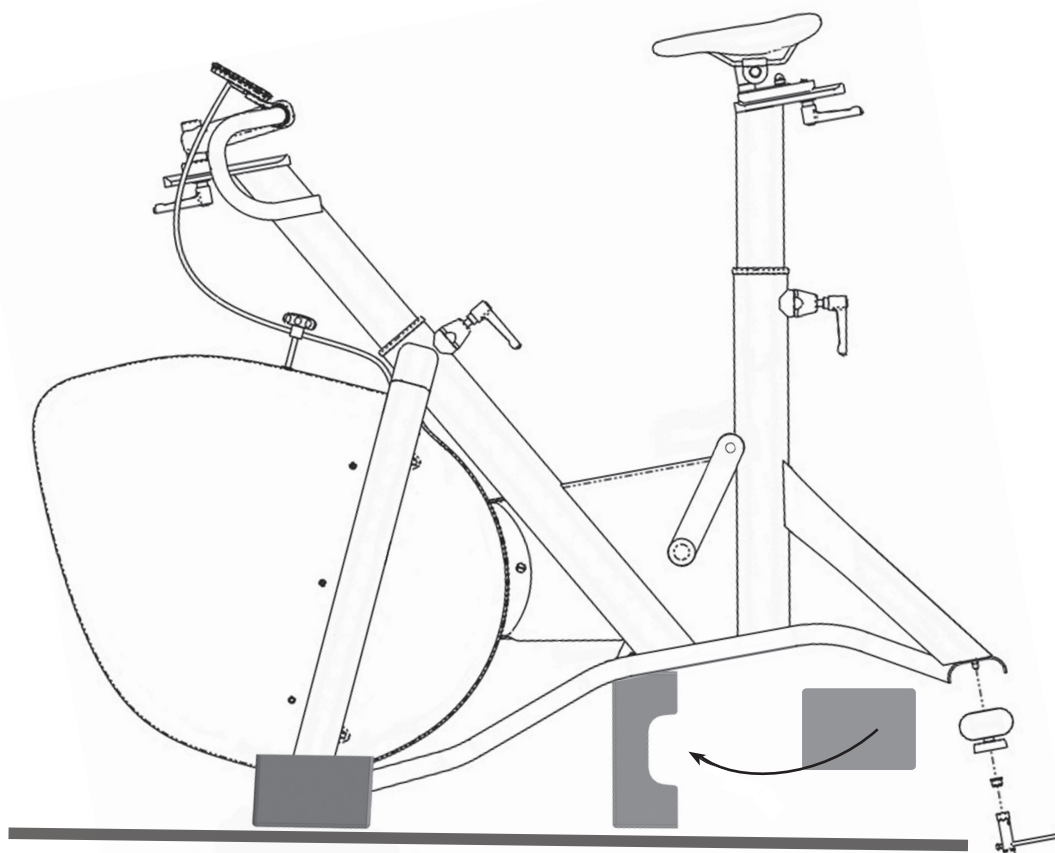
For service, maintenance and spare parts list, refer to our service manual. You can also contact your dealer.

Max user weight 180 kg.

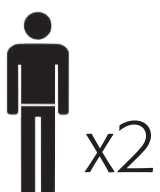
1)



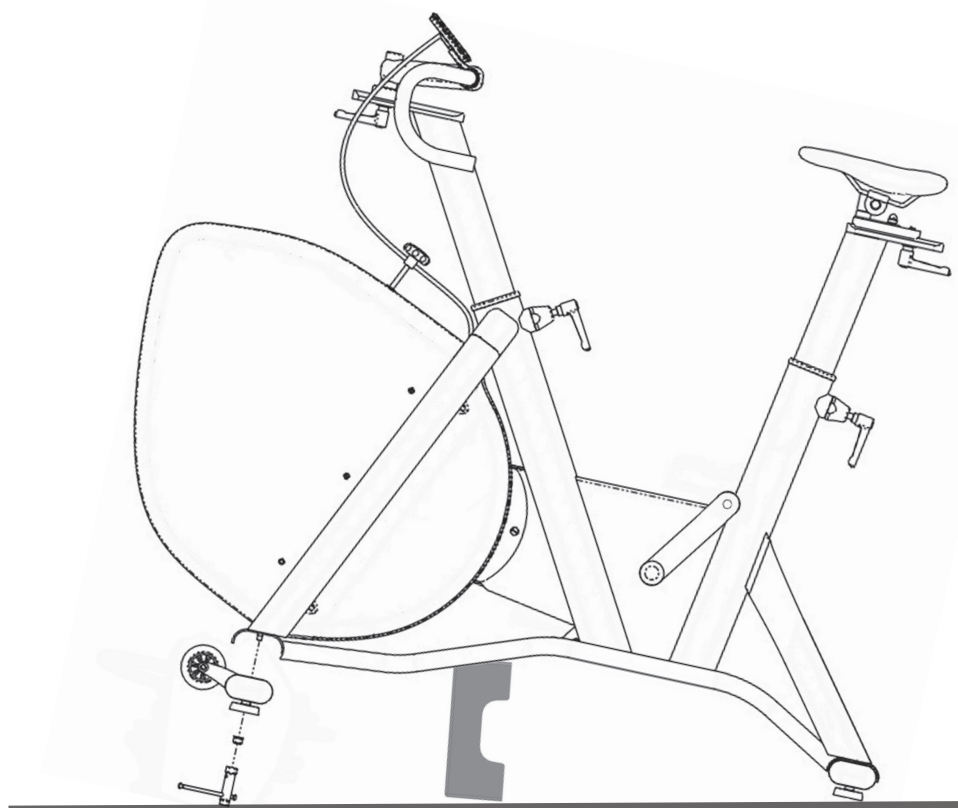
2x



2)



2x

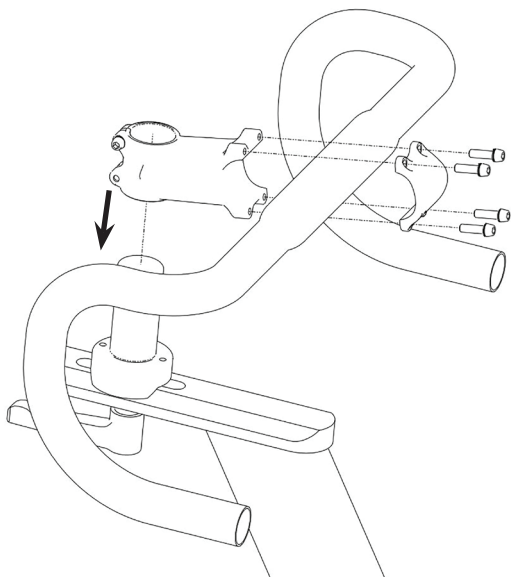


3)

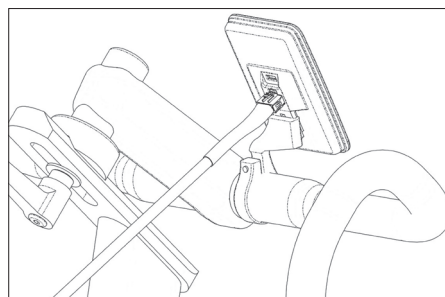
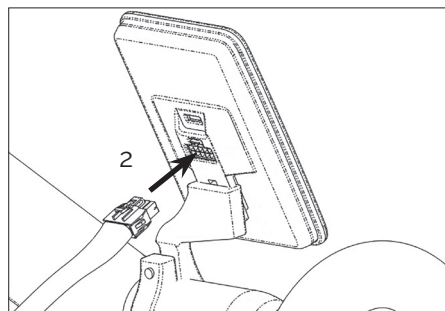
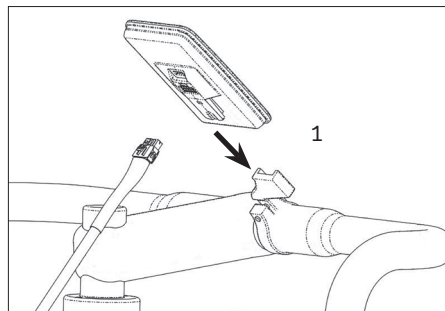


NOTE!

The stem must be inserted at least 10 cm in the frame. This is marked with "MAX" on the stem.



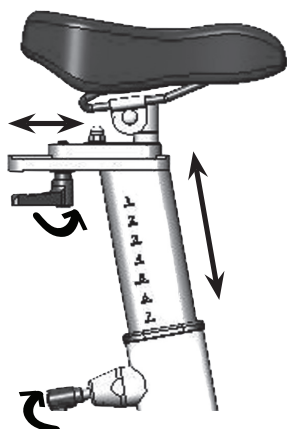
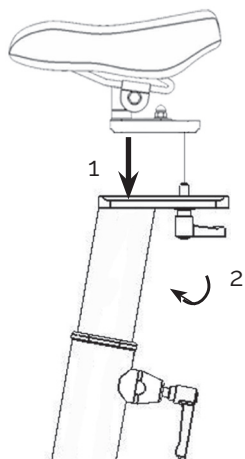
4)



5)

NOTE!

The saddle post must be inserted at least 10 cm in the frame. This is marked with "MAX" on the saddle post.



6)



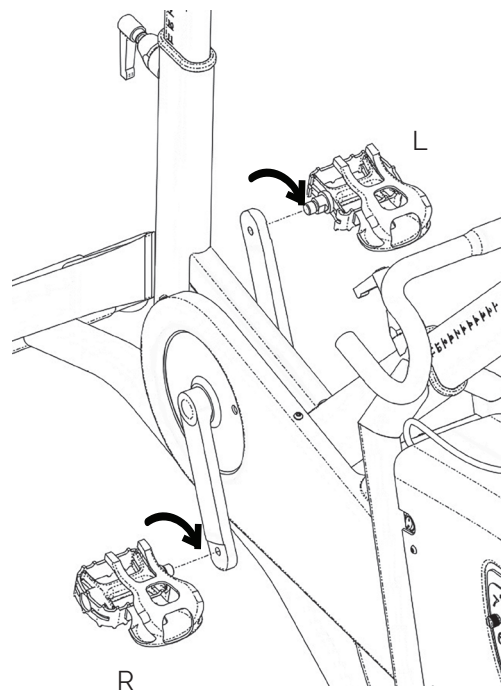
1x R



1x L



1x



NOTE!

When the bike is new, or if you replace the pedals, they must be tightened after 5 hours of use.

DISPLAY

To start the display, press the on / off button on the right side of the bike, see *Fig: On / off*.

Start the measurement by pressing "play"

Pause the measurement by pressing "pause"

Reset the device by pressing "stop"

-  PLAY
-  STOP
-  PAUSE
-  SETTINGS
-  BACK
-  CONNECTED EXTERNAL DEVICE VIA ANT+

When the display is connected to an external device, this is displayed in the upper right corner.

To change the display of data in the display, swipe your finger either to the right or to the left.

After ten minutes of inactivity, the display goes into sleep mode. To restart the display, press on the screen or start pedalling.

Change units

It is possible to switch between kP and watt. You do this by going to "Settings" and selecting Kilopond or Watt as "primary unit".

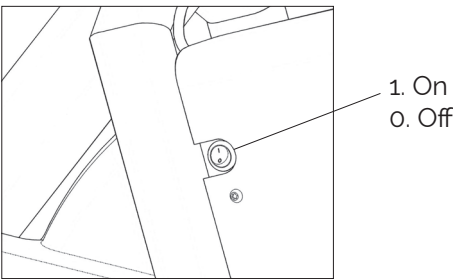


Fig:
On/off

NOTE!

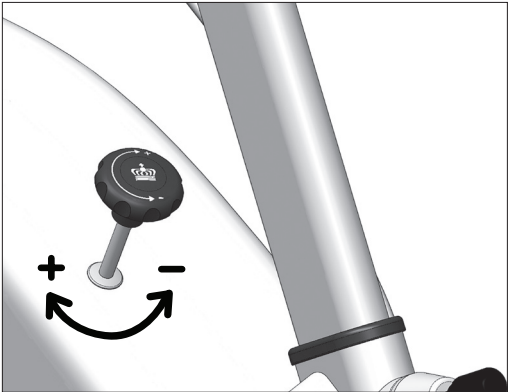
Do not expose the electronic display to direct sunlight or extremely high temperatures. Do not use solvents when cleaning, only a dry cloth.



Fig:
Electronic display.

WORKLOAD ADJUSTMENT

A change of the workload is done either by changing the pedal speed or by turning the workload knob to increase or decrease the brake belt tension on the flywheel.



HEART RATE

The chest belt belt is supplied as standard.

In order for the heart rate measurement to work, it is necessary that the pulse belt is correctly positioned, see *Fig: Placement chest belt*. Moisten the electrodes before use, see *Fig: Moistening the electrodes*.

To make contact with the HR receiver on the bike, the distance should not be more than 100 cm. At the first usage it is important to first pair the chest belt with the display by standing close to it so the display can receive the pulse signal (max. 60 cm).

When the display is connected to a chest belt, this is displayed in the upper right corner.

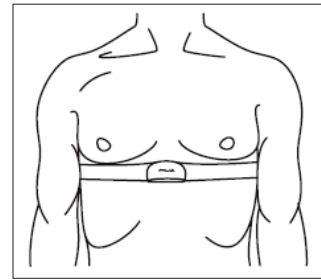


Fig:
Placement chest belt



1

Fig:
Moistening the electrodes (1)

SCALE ADJUSTMENT

First, loosen the tension in the brake belt by screwing the workload knob counter-clockwise. See *Fig: Release the tension in the brake belt*.

Check that 0-index on the scale is in line with the pendulum pointer when the cycle stands still. If not you need to adjust the scale. Loosen the screws so that you can move the scale. Adjust the scale so that the 0 index matches the pendulum pointer. Tighten the screw again. See *Fig: Scale adjustment*.

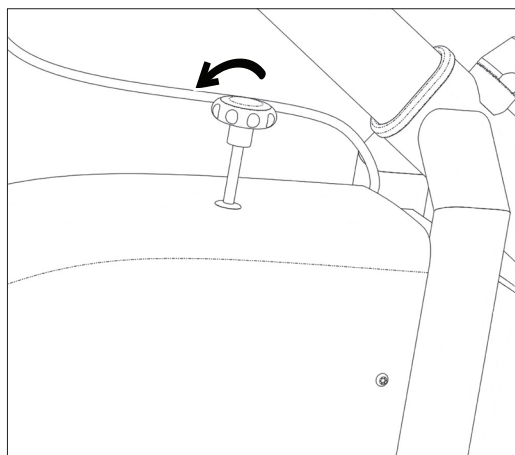


Fig:
Release the tension in the brake belt

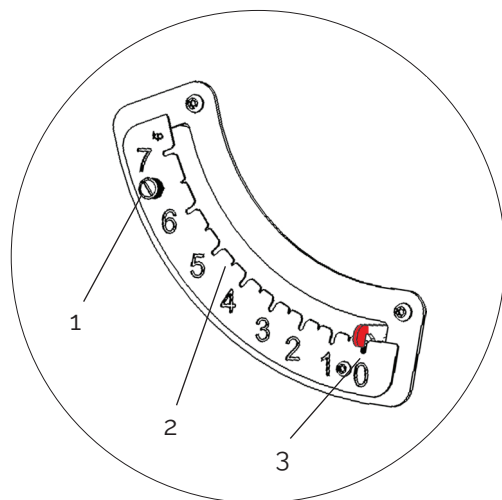


Fig:
Scale adjustment
1) Screw
2) Kp-scale
3) 0-index

CALIBRATION ELECTRONICS

Usually it is not necessary to recalibrate the cycle electronically, but it should be done after each service, change of electronic part, movement or if you adjusted the 0-index.

Start by adjust the scale. Then follow the pictures to the right.

You can cancel the calibration mode at any time by pressing the arrow in the lower left corner of the display.

NOTE!

The pendulum must be kept still at the different positions. This is done by pressing down the pointer into the groove on the scale at each kp value.

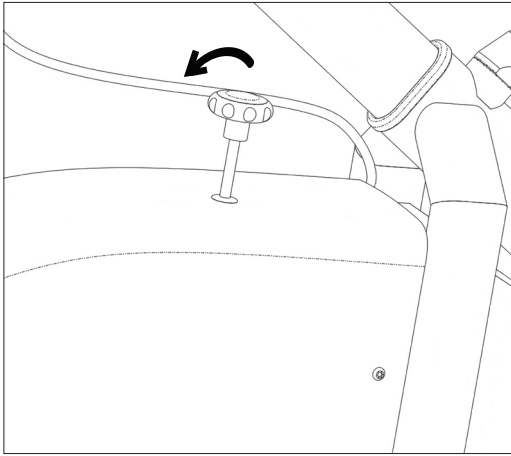


Fig 1:
Loosen the tension in the brake belt by screwing the workload knob counter-clockwise. In the display you select "Settings" and then "Calibrate".

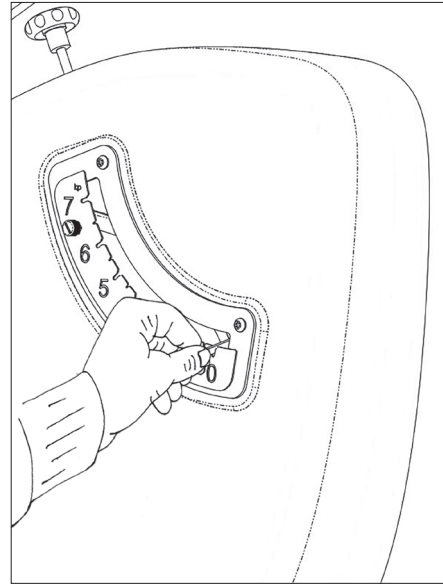


Fig 2:
Hold the pendulum at 0. Press on the screen.

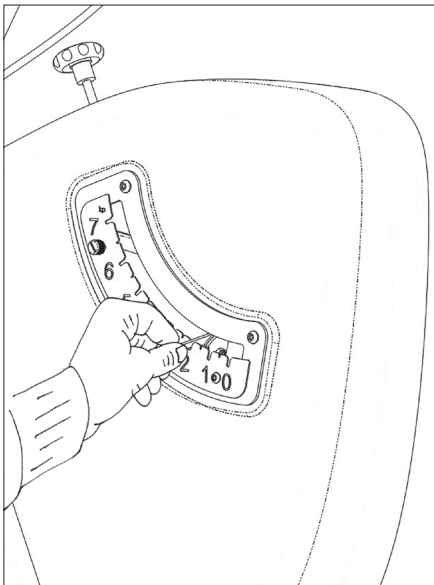


Fig 3:
Hold the pendulum at 2 kp, press on the screen.

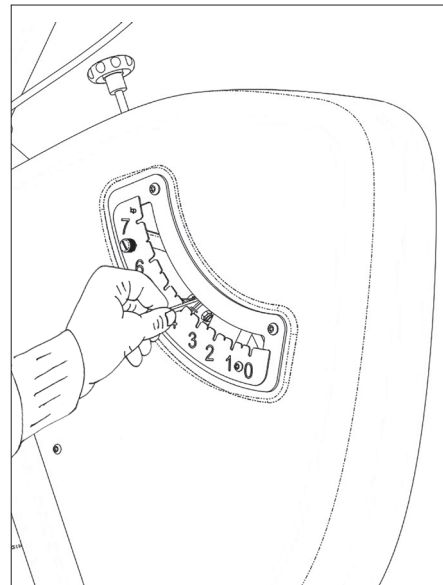


Fig 4:
Hold the pendulum at 4 kp, press on the screen.

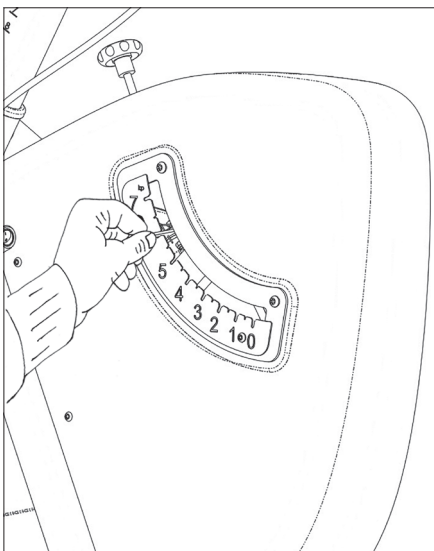


Fig 5:
Hold the pendulum at 6 kp, press on the screen. Complete!

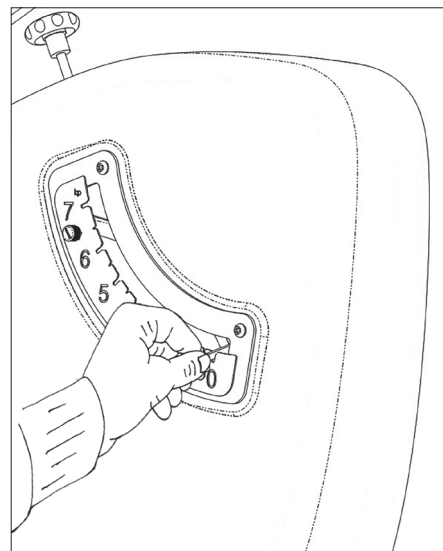


Fig 6:
Move the pendulum to 0 kp again.

CALIBRATION PENDULUM

All test- and exercise cycles are calibrated in the factory, but a calibration of the pendulum can still be done to verify this.

Check the calibration of the pendulum once a year or when needed.

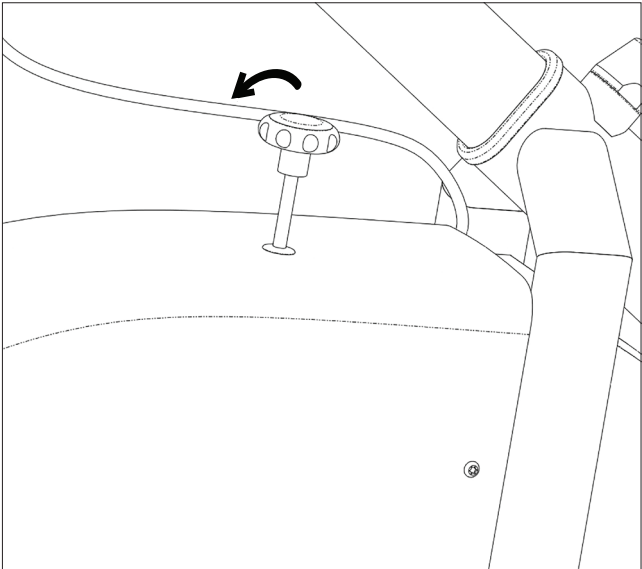


Fig 1:
Remove the workload knob completely (screw counter-clockwise).

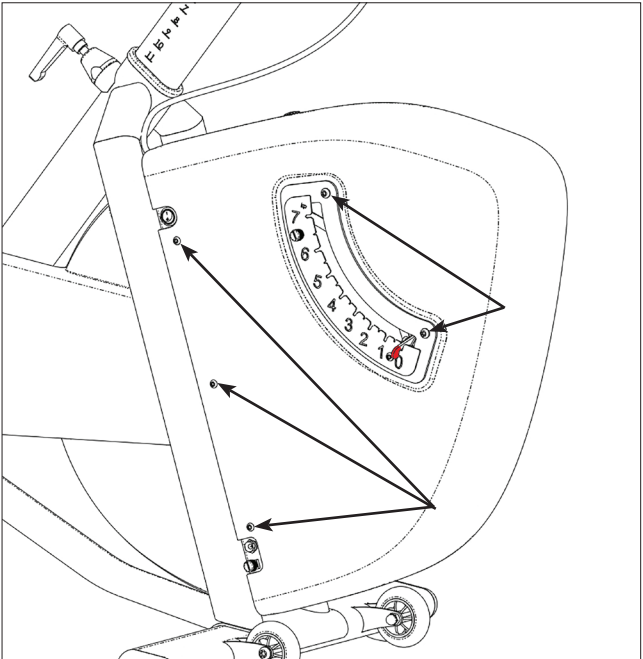


Fig 2:
Remove the screws that holds the cover on the right side. Also remove the scale.

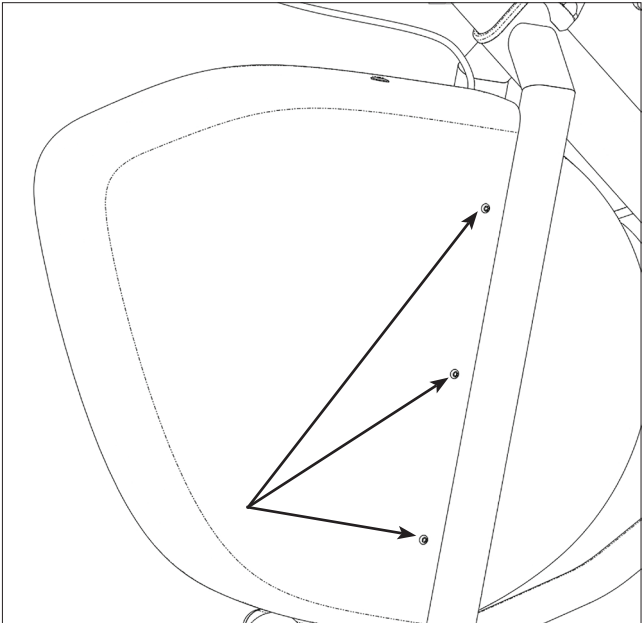


Fig 3:
Remove the screws that holds the cover on the left side.

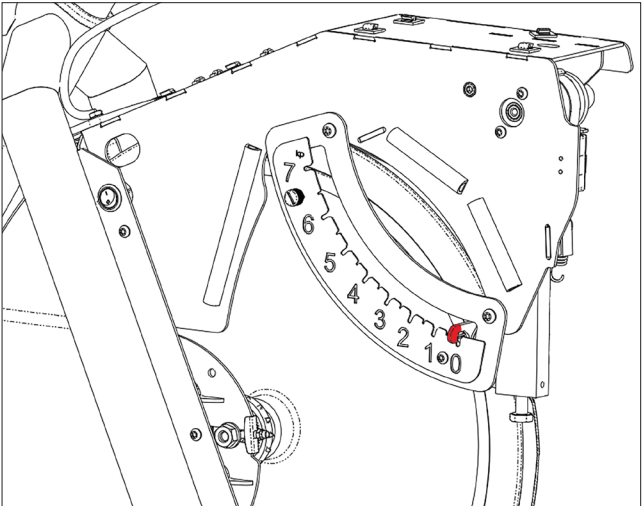


Fig 4:
After removing the cover, you must screw the scale back. Check again that the pendulum is at 0. If not you must adjust the scale, see "Scale zeroing".

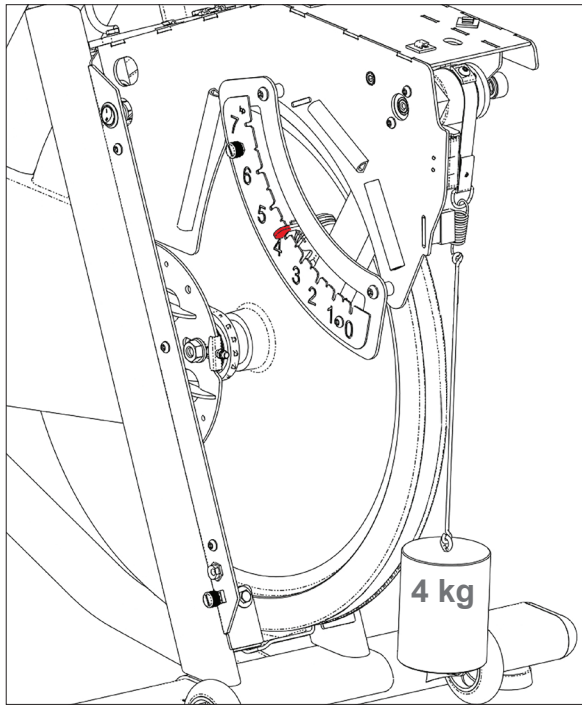


Fig 5:
Hang 4 kg calibration weight in the spring. Then the pendulum pointer should stay at 4 kp on the scale. If not, the adjustment weight in the pendulum must be adjusted, see Fig: *Screw for Adjustment weight in the pendulum*.

If the pendulum goes too high, the adjustment weight must be moved outwards, and if the pendulum goes too low, the weight must be moved inwards. Repeat until the pendulum stops at 4 kp.

NOTE!

The flywheel must be completely stopped before the weight is hung on!

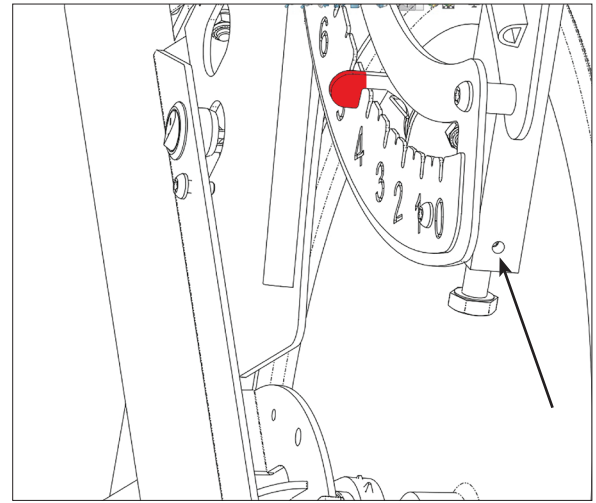


Fig:
Screw for adjustment weight in the pendulum.

When finished, remove the weight and replace the brake belt in the spring. Then unscrew the scale, reassemble the cover, scale and finally screw back the workload knob.

After calibrating the pendulum, you must do an electronic calibration, see section.

CHANGE BATTERY

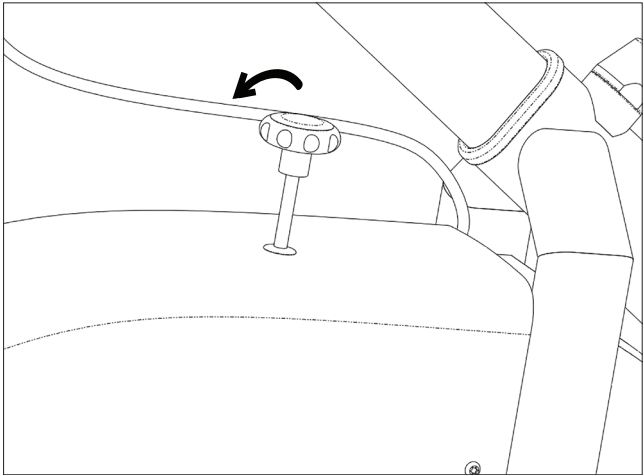


Fig 1:
Unscrew the workload knob completely (counter-clockwise).

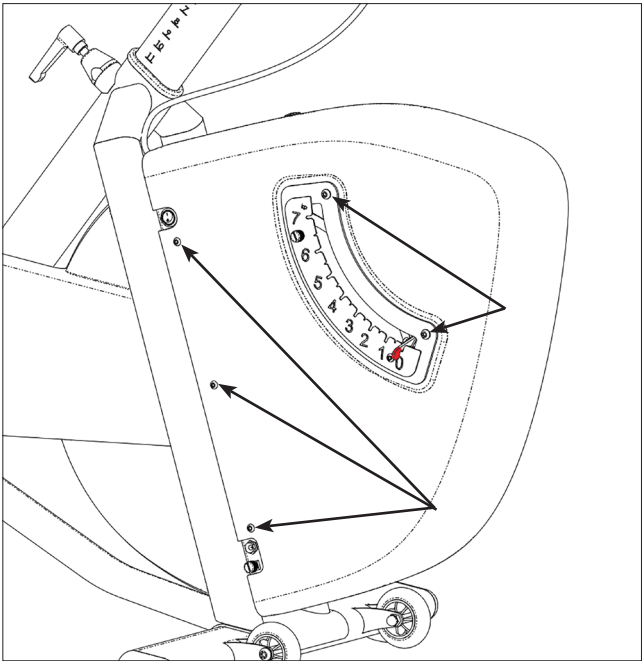


Fig 2:
Remove the screws that holds the cover on the right side. Also remove the scale.

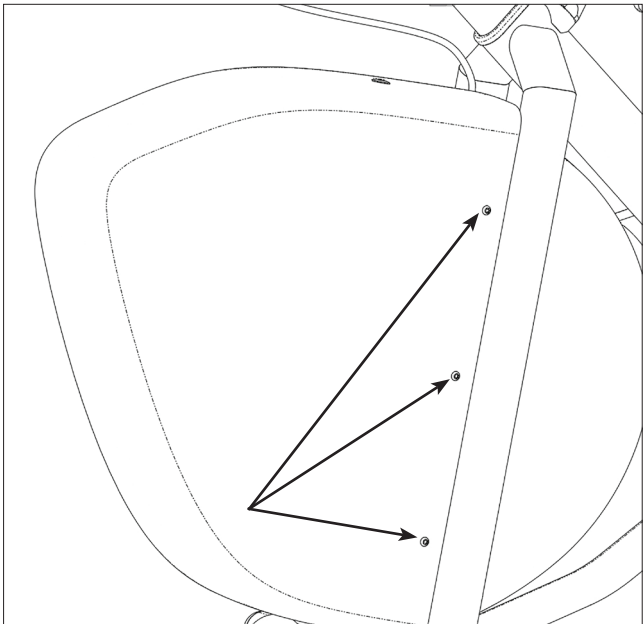


Fig 3:
Remove the screws that holds the cover on the left side.

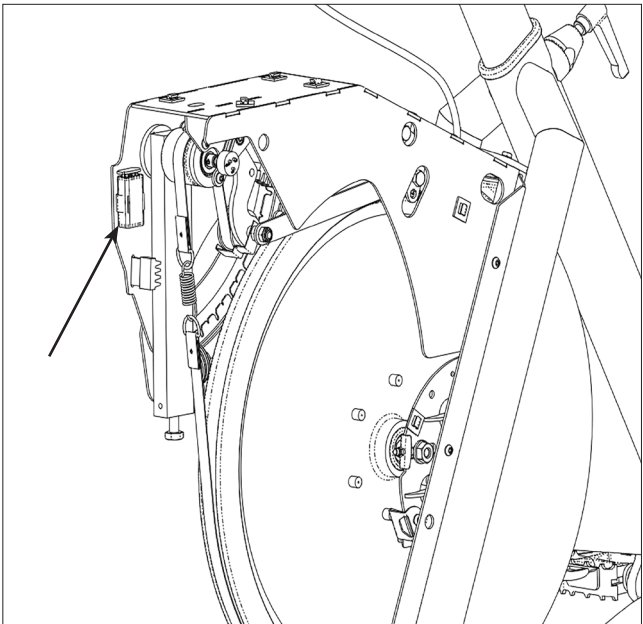


Fig 4:
Replace the battery that you find on the inside of the plate as keeps the scale. Change the battery and reassemble the covers, scale and workload knob.

NOTES

[illegible]



If the product or its packaging is marked with this symbol, it should not be handled as household waste. Instead, it shall be provided to a suitable collection point for the recycling of electrical and electronic equipment.

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