

产品详述
 INDIVIDUAL
PRODUCT DETAILS

RR5A 卧式健身车
Recumbent Bike



1.产品卡
Identity Card

型号 (Model)	RR5A
中文名 (Chinese Name)	卧式健身车
英文名 (English Name)	Recumbent Bike
产品系列 (Series)	R 系列 R Series
核心优势 (Core Strength)	1、18.5英寸LED触控面板 (18.5-inch LED Touch Panel) 2、手握式心率检测 (Hand Grip Heart Rate Detection) 3、透气网眼靠垫 (Ventilated Mesh Back Cushion) 4、三色呼吸灯 (Three-color Breathing Light)

一句话点评 (One-line Pitch)

“依托 R 系列成熟的产品优势，通过触控按键的升级，实现了耐用性、实用性与美观度的全面升级。”

"Leveraging mature strengths of the R Series, upgraded touch buttons achieve comprehensive enhancements in durability, functionality and appearance."

2. 产品综述

RR5A卧式健身车采用人体工学后仰靠背结构，搭配透气网眼靠垫与加宽坐垫，保持训练时的核心稳定，减少代偿，维持有氧输出质量；平缓伸展的骑行姿态降低膝关节负荷，让训练者能持续更长时间、更大量的耐力训练，兼顾追求训练强度与需要控制关节压力的人群。

作为 RR5 卧式健身车的升级版本，RR5A 核心优化升级显示面板，将原版普通屏幕更换为亚克力触控显示屏。

亚克力材质具备优良的抗刮、耐磨、抗磕碰特性，不易出现划痕与老化损耗，显著提升屏幕长期使用耐久度，即便日常频繁触控操作，屏幕也能长期保持显示清晰、操控灵敏。

显示屏顶部配有三色呼吸灯，蓝色代表待机、绿色代表运动中、红色代表停止，设备运行状态一目了然。

2. Product Overview

The RR5A Recumbent Exercise Bike features an ergonomically reclined backrest paired with breathable mesh back padding and an extra-wide seat cushion. This design stabilizes your core throughout workouts, minimizes compensatory movements, and preserves consistent aerobic performance.

Its gently stretched cycling posture reduces knee joint strain, enabling users to sustain longer, higher-volume endurance training. It caters to both users seeking intense workouts and those requiring minimized joint impact during exercise.

As the upgraded variant of the RR5 recumbent bike, the RR5A's core improvement lies in its display panel: the standard basic screen of the original model is replaced with an acrylic touch control display.

Acrylic boasts superior scratch, abrasion and impact resistance, resisting scratches and aging damage to drastically boost long-term display durability. The screen maintains crisp visuals and responsive touch sensitivity even with frequent daily operation.

A 3-color breathing indicator light is mounted atop the display: blue for standby mode, green for workout-in-progress, and red for stop status, delivering clear, at-a-glance equipment status recognition.

3. 产品卖点 | Key Features



18.5英寸LED触控面板

操控面板升级为触摸按键，彻底解决了按键寿命短的问题，可实现长年稳定使用，经久耐用。

18.5-inch LED Touch Panel

The control panel is upgraded to touch buttons, which completely resolves the issue of short service life and ensures long-term stable performance and excellent durability.



手握式心率检测

人体工学心率感应握把，集成阻力调节按键。

Hand Grip Heart Rate Detection

Ergonomic heart rate sensing grips with integrated resistance adjustment buttons.



透气网眼靠垫

透气网眼靠垫快速导汗散湿，长时间坐靠清爽舒适。

Ventilated Mesh Back Cushion

Ventilated mesh back cushion wicks sweat rapidly for cool comfort in long-time use.



三色呼吸灯

顶部配有呼吸灯，蓝、绿、红三种颜色，分别代表待机、运动中和停止三种状态。

Three-color Breathing Light

A breathing light is equipped on the top with three colors: blue, green and red, indicating standby, exercising and stopped status respectively.

4.主要参数

产品尺寸（长x宽x高） Dimensions (L × W × H)	1678mm×640mm×1495mm
净重 Net Weight	88kg
使用者最大体重 Maximum User Weight	160kg
飞轮重量 Flywheel Weight	8.5kg
脚踏板材质 Pedal Material	ABS
座椅调节 Seat Adjustment	16级调节，前后范围27cm 16-level adjustable, with 27cm front-to-back adjustment range
额定功率 Rated power	300w
供电电压 Supply Voltage	磁控电机自发电 Self-powered Magnetic Control Motor
屏幕类型 Screen Type	18.5英寸LED显示屏 18.5-inch LED Touch Panel
屏幕材质 Screen Material	亚克力 Acrylic
点阵窗口 Display window	6LED窗口+32*12点阵 6 LED Windows + 32×12 Dot Matrix
按键类型 Button type	弹簧触摸按键 Spring Touch Buttons

4.主要参数

处理器参数 Processor Specifications	8位微控制器 8-bit MCU
内存参数 Memory Specifications	32K内存 32K RAM
显示信息 Display Information	时间、距离、阻力、转速、心率、卡路里、运动当量、功率 Time, Distance, Resistance,RPM, Heart rate, Calories, MET, Power
阻力档位 Resistance Levels	20
快捷按键 Quick Access Keys	阻力加减 Resistance +/-
心率监测 Heart Rate Monitoring	手握式心率 Hand Grip Heart Rate
运动模式 Training Modes	快速启动、程序模式（10种预设训练程序）、目标模式 Quick start, program modes (10 preset training programs), Target Mode
节能环保 Energy-Saving Function	待机熄屏 Standby Screen Off
充电功能 Charging Function	无 NO
三色呼吸灯 Three-color Breathing Light	顶部配有呼吸灯，蓝、绿、红三种颜色，分别代表待机、运动中和停止三种状态 A breathing light is equipped on the top with three colors: blue, green and red, indicating standby, exercising and stopped status respectively.

4.主要参数

水杯架 Cup Holder	有 Yes
蓝牙 Bluetooth	选配 Optional
WI-FI	选配 Optional