

产品详述
 INDIVIDUAL
PRODUCT DETAILS

RU5A 立式健身车
Upright Bike



1.产品卡
Identity Card

型号 (Model)	RU5A
中文名 (Chinese Name)	立式健身车
英文名 (English Name)	Upright 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、可调式坐垫(Adjustable Seat 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

RU5A采用经典立式健身车结构，骑行姿态自然舒适，更贴近日常骑行体验。产品适用于有氧耐力训练、心肺功能提升及下肢肌群锻炼，可满足从日常健身到高强度间歇训练等多样化训练需求。

作为 RU5 立式健身车的升级版本，RU5A 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

RU5A adopts a classic upright stationary bike frame design, delivering a natural and comfortable riding posture that closely replicates real-life cycling experience. This unit is ideal for aerobic endurance training, cardiovascular conditioning and lower-body muscle workouts, accommodating diverse training demands ranging from daily fitness routines to high-intensity interval training .

As the upgraded model of the RU5 upright exercise bike, the RU5A comes with an upgraded display panel, replacing the original standard screen with an acrylic touch display.

Made of premium acrylic, the screen features excellent scratch, wear and impact resistance. It effectively avoids scratches and aging damage to greatly boost long-term durability. The screen can maintain clear visuals and sensitive touch response even with frequent daily tapping operations.

A three-color breathing light is fitted on the top of the display: blue for standby, green for workout mode and red for stop status, which allows users to quickly check the equipment operating state.

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.



可调式坐垫

舒适的坐垫配有快速调节把手，操作更为便捷。

Adjustable Seat Cushion

Equipped with a comfortable seat cushion and adjustable hand grips for easier operation.



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)	1050mm×730mm×1493mm
净重 Net Weight	70kg
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	11级调节，上下范围24cm 11-level adjustment, vertical travel: 24 cm
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