

Cycplus R200 Bike Trainer



Model: R200

Manufacturer: CYCPLUS

EAN: 6976297861300

Product Code: 1308656

R9,632

Cycplus R200 Bike Trainer

Cycplus R200 is a smart direct-drive bicycle trainer designed for effective and realistic workouts at home. It offers a maximum power output of 2,200 watts, a torque of 80 N.m, and up to 19% incline simulation to faithfully replicate steep climbs. Power measurement accuracy of $\pm 1\%$ ensures reliable workout data, and the compact 517 × 520 × 465 mm design makes the unit space-saving.

Natural riding feel with PMSM motor

At the heart of the R200 is a custom PMSM motor that uses 52 neodymium magnets and 48 electromagnets. This combination allows for smooth and precise resistance control, minimizing dead zones and unnatural power spikes. Optimized motor algorithms translate into a realistic riding experience, similar to that of a real road, both during leisurely rides and dynamic sprints.

Training without an outlet - full freedom of driving

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The Cycplus R200 can generate its own power supply, so it doesn't require a permanent power connection during standard use. This allows you to train anywhere, such as on a terrace or outdoors. After pedaling, the trainer remains active for about 1-2 minutes more, while for high-intensity workouts it is recommended to connect to an external power source.

Realistic terrain and inertia simulation

The trainer supports simulation of ascents and descents, as well as the effect of flywheel inertia, which allows you to feel the natural acceleration and maintenance of speed on descents. All this enables a more immersive and effective workout. *Note: the downhill simulation function works when the device is connected to an external power supply.*

Virtual gear shifting and resistance personalization

The R200 supports virtual gear shifting when paired with the CYCPLUS app and the BC2 remote control (sold separately). This solution allows you to change gears without using physical derailleurs, providing faster and smoother transitions between resistance levels. The system offers up to 60 levels of adjustment, allowing you to precisely match the nature of your ride to your current workout and preferences.

Precise data and automatic calibration

The high-precision torque sensor used and Cycplus' proprietary calibration system make the trainer self-adjust on the fly. The device records power, cadence and speed data, ensuring stable and repeatable measurements even under varying loads.

Quiet operation and efficient cooling

The beltless motor drive eliminates vibration and reduces noise, making the R200 an excellent choice for residential workouts, even during evening hours. In addition, the integrated fan and optimized airflow allow efficient heat dissipation, keeping the motor at a safe operating temperature even during long workout sessions.

Smart connectivity and compatibility

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The trainer communicates wirelessly using BLE 5.0 and ANT+ protocols, so it works seamlessly with popular training apps such as Zwift, Rouvy, TrainerRoad, Kinomap and FulGaz. Additionally, it can be used with bicycle counters from Garmin, Wahoo or iGPSPORT brands, making it easy to integrate into your existing training ecosystem. Cover virtual routes, train in ERG mode and much more! The CYCPLUS app is also available for convenient customization.

Compact and stable design

The solid H-shaped base and adjustable leveling feet ensure stability even during intense riding. The maximum load of the trainer is 120 kg, and the slim profile and small size (520 × 517 × 465 mm) allow the device to be easily integrated into the home space. What's more, automatic calibration speeds up the R200's preparation for use, and the design with hidden cables looks good and makes it easy to keep clean.

Wide compatibility

The Cycplus R200 supports 12 × 142 mm and 12 × 148 mm through axes, as well as 5 × 130 mm and 5 × 135 mm quick release systems. It's also compatible with Shimano and SRAM HG cassettes in the 8 to 12 speed range, as well as the XDR system when an optional drum is used. So you can easily combine it with most bikes on the market.

Included

- Cycplus R200 trainer x1
- Base legs x2
- Mounting screws for the legs x4
- Bolt washers x4
- 5 mm allen wrench x1
- 17 mm wrench x1
- HG cylinder (factory installed) x1
- Right through axle adapter (factory installed) x1
- Thru axle adapter left (factory installed) x1
- Quick release adapter right x1
- Quick release adapter left x1

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- Quick release system x1
- 8-10-speed cassette spacer x1
- Cassette adjustment spacers (including 2 pre-installed with adapter) x7
- Disc brake spacer x1
- Hydraulic disc brake pad spacer x1
- AC adapter x1
- Power cable x1

Manufacturer	Cycplus
Model	R200
Type of trainer	Direct drive
Cassette	On separate sale
Frame design	H-shaped, without folding capability
Virtual gear shifting	Supported
Accuracy of power measurement	±1%
Maximum power	2200 W
Maximum torque	80 N.m
Tilt simulation	Up to 19%
Data generated	Power, cadence, speed
Standalone power mode	Supported
Downhill simulation	Requires external power supply
Motor	PMSM with 52 neodymium magnets and 48 electromagnets
Cooling	Integrated fan
Wireless connectivity	BLE 5.0, ANT+
Compatible axes	12 × 142 mm / 12 × 148 mm (through axle), 5 × 130 mm / 5 × 135 mm (quick release)
Compatible cassettes	Shimano/SRAM HG 8-12-speed, XDR with optional cassette drum
Base dimensions	517 × 520 mm

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Height	465 mm
Maximum load	120 kg
Weight	13.6 kg
Motor color	Black
Number of legs	4

GPSR Link: https://psr-assets.innpro.pl/electric_bikes/sg_electric_bikes.pdf, Gross weight: 16300, Net weight: 15860, Box length: 56,50, Box width: 56,00, Box height: 21,50, Last delivery: 06.10.2026

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