

R200

Smart Bike Trainer

■ User Manual

FCC Statements

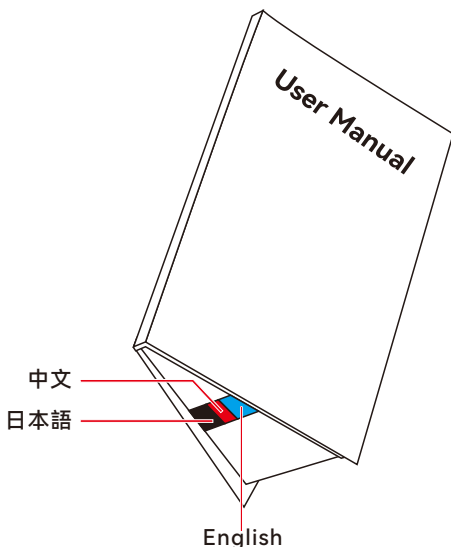
Model: R200
FCC ID: 2A4HX-R200

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

- This device may not cause harmful interference.
- this device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.



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1.1 Quick Start

Find us on Instagram and Facebook for instruction videos, FAQ and more support.

Instagram: [cycplus_official](#)

Facebook: [cycplus](#)

Youtube: [CYCPLUS](#)

Official website: [www.cycplus.com](#)

After-sales email: [steven@cycplus.com](#)



1.2 Notice

1. Keep children and pets away from R200 while in use.
2. Keep clear of the motor and moving parts while in use.
3. The R200 enclosure will heat up during use. Ensure the cooling holes are clear. For high-intensity riding, plug in the power to keep the fan working.
4. Please use the R200 on a stable surface with adjusted leveling feet before use.
5. Use caution when standing while riding on R200.
6. Do not install or disassemble the bicycle until R200 completely stops.
7. Do not use other power source to power R200.
8. Please confirm whether the bicycle is installed properly before every ride.

1.3 Manufacturer Information

Company: Chengdu Chendian Intelligent Technology Co., Ltd.

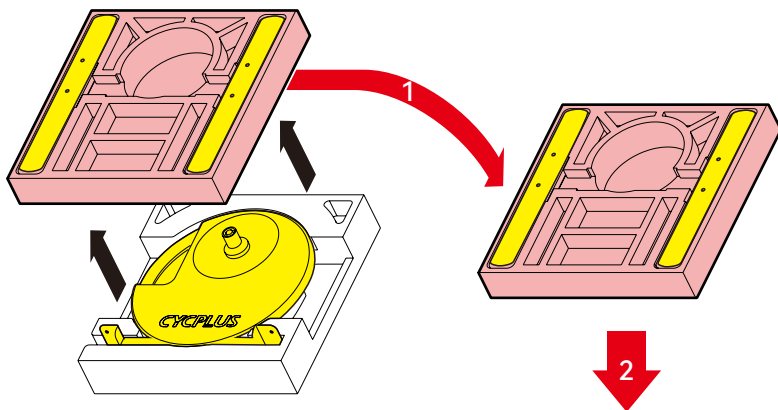
Address: No.88, Tianchen Road, Chengdu, Sichuan Province, China

Warranty : Free repair or replacement within 2 years for non-user-induced damage.

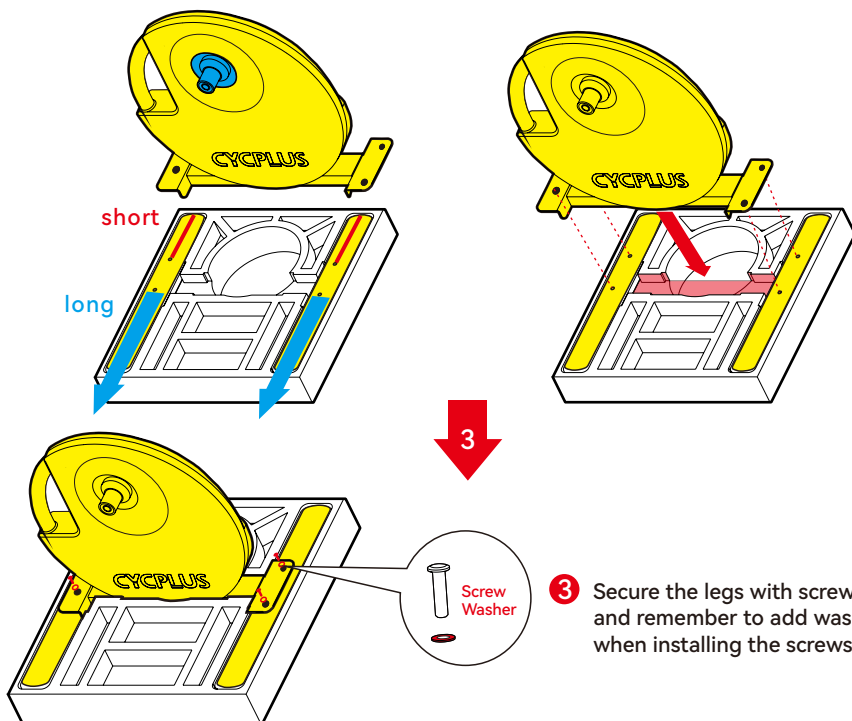
Contact: [steven@cycplus.com](#)

1.4 Unboxing and Quick Installation

- 1** Opening the box, remove the top tray and place it on a flat surface.

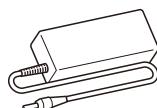
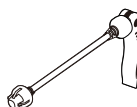
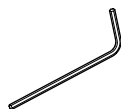
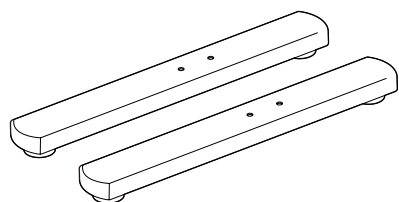
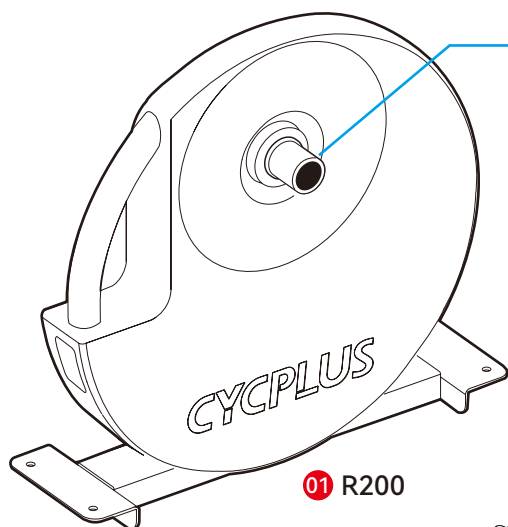


- 2** Take out the main unit and place it upright on the support legs. Make sure the longer end of each leg faces the hub side, as indicated by the blue marking. Use the alignment slot on the tray to position it correctly.



- 3** Secure the legs with screws, and remember to add washers when installing the screws.

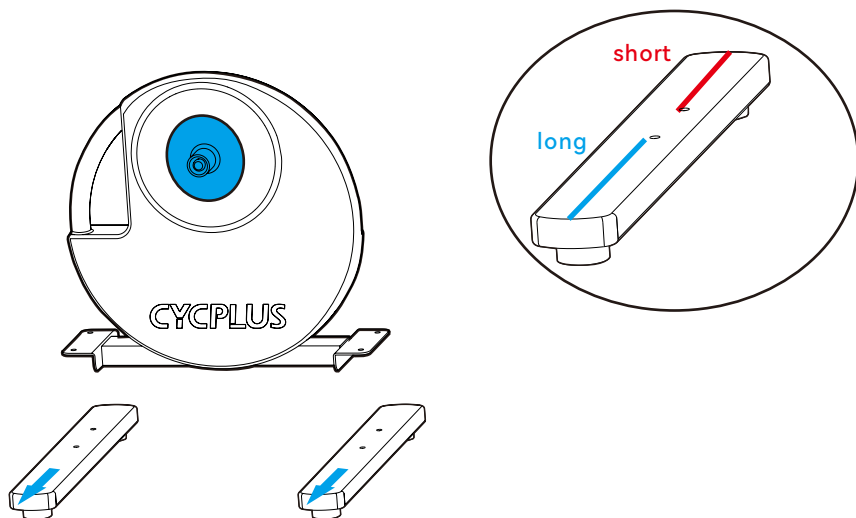
2.1 Packing List



2.1 Installation

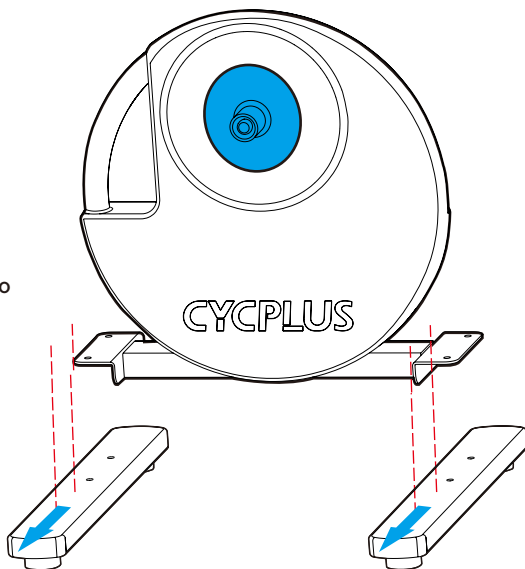
1 Install legs

Each support leg has two ends of different lengths. When installing the legs, make sure the hub side aligns with the longer end of each leg to ensure proper balance.



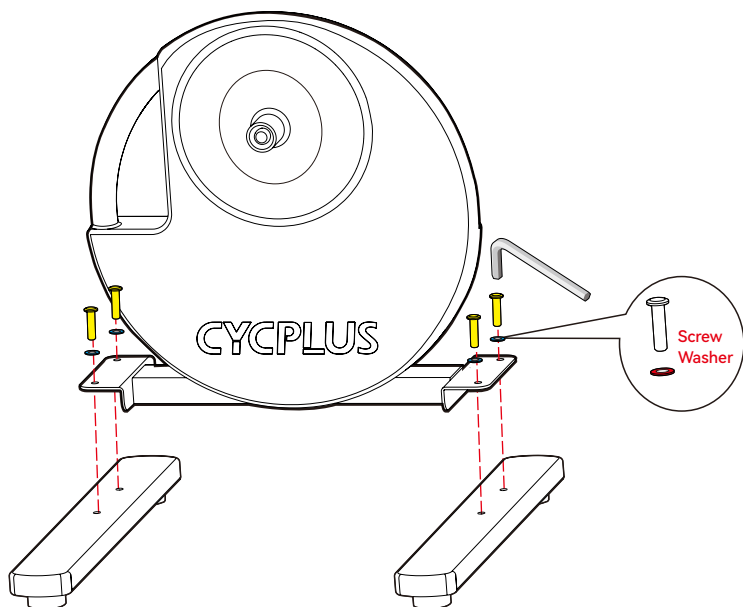
2 Match screw holes

Match the main unit end openings to the leg's central screw holes.



3 Tighten the screws.

Use washers to secure the screws to prevent the screws from loosening in the future.



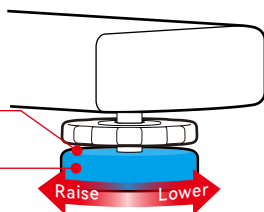
4 Adjust the footpad to balance and stabilize the trainer.

Adjust the footpad height to stabilize the trainer after finishing the installation.

Please ensure the R200 is firmly stable before riding exercise.

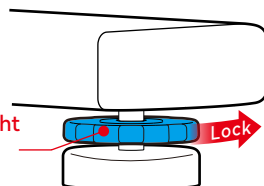
Adjust the height
of the foot

Rotate
clockwise to raise
Rotate
counterclockwise
to lower



Lock the height
of the foot

Rotate
counterclockwise
to secure



2.2 Cassette Mounting

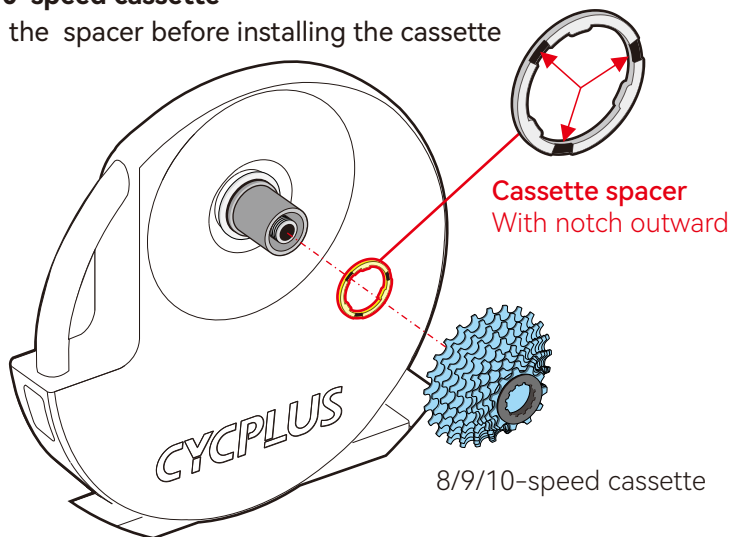
1. Shimano 11/12-speed cassettes

SRAM 11-speed cassette

Install the cassette to the default hub directly.

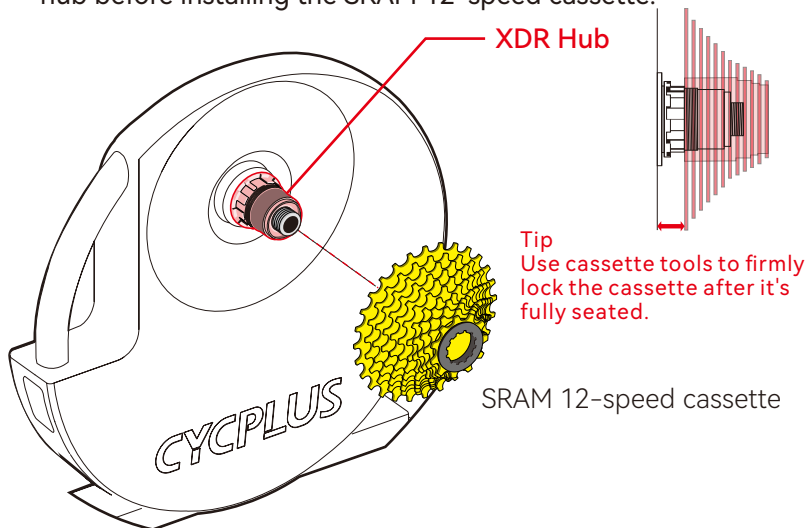
2. 8/9/10-speed cassette

Install the spacer before installing the cassette



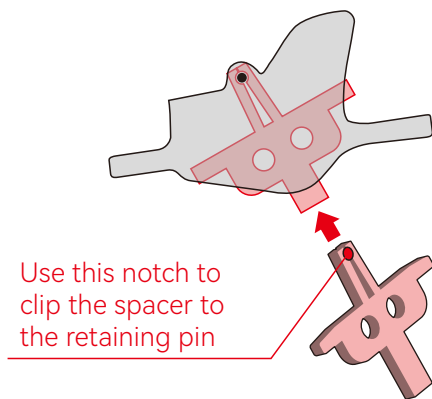
3. SRAM 12-speed cassette

An XDR freehub (sold separately) is required to replace the default hub before installing the SRAM 12-speed cassette.



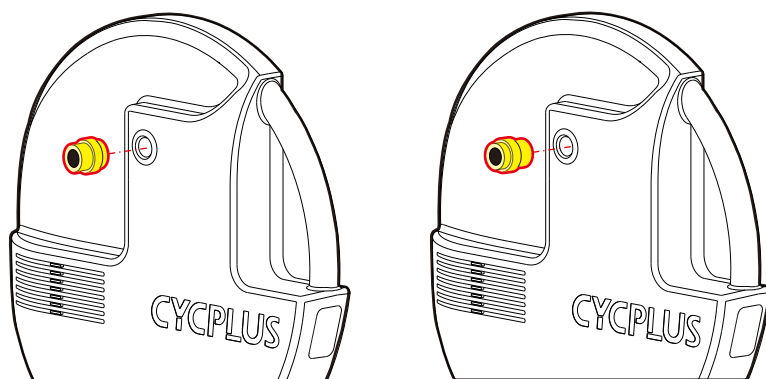
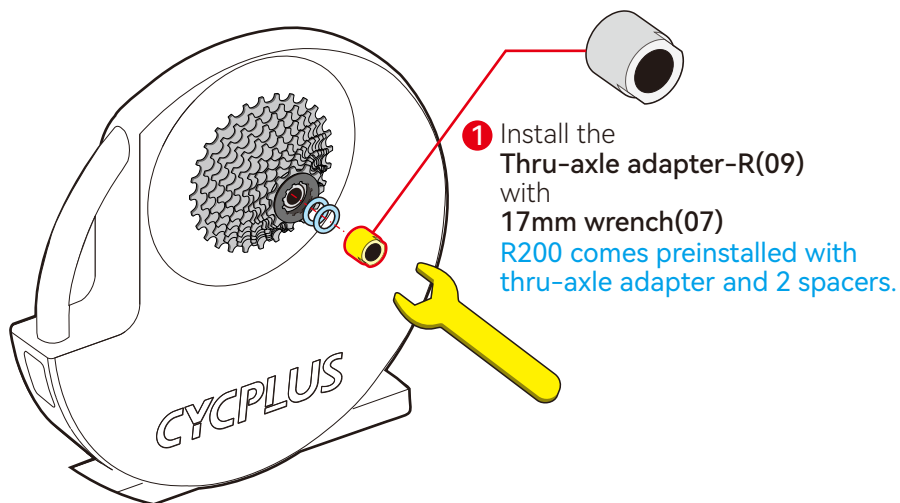
2.3 Precautions and Disclaimer

- 1 Identify the frame type and standard (thru-axle or quick release) before proceeding with installation.
For **thru-axle**, refer to "2.4 For Bikes with Rear Thru-Axles" for installation.
For **quick release**, refer to "2.5 For Bikes with Quick Release Skewers" for installation.
Carefully go through the manual and compare it with the actual parts to make sure all of them are complete and properly installed before mounting your bike to the trainer.
- 2 For hydraulic disc brakes, insert the pad spacer between the brake pads (see image) after removing the rear wheel. This prevents the caliper from closing accidentally.
If the included spacer is incompatible, use your own.

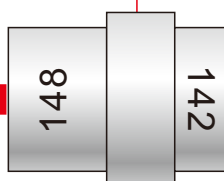


- 3 Make sure the brake pads, cables, and frame do not touch the trainer housing.
If contact occurs, stop immediately and do not proceed. Forcing installation may damage your bike or components. If it does, it may cause damage to the bicycle frame or its components.
- 4 Read the manual carefully and follow the installation steps.
If unsure, contact steven@cycplus.com for support.
CYCPLUS is not responsible for damage or loss caused by incorrect installation, incompatible bike frame or customer's forcing installation.

2.4 For Bikes with Rear Thru-Axes



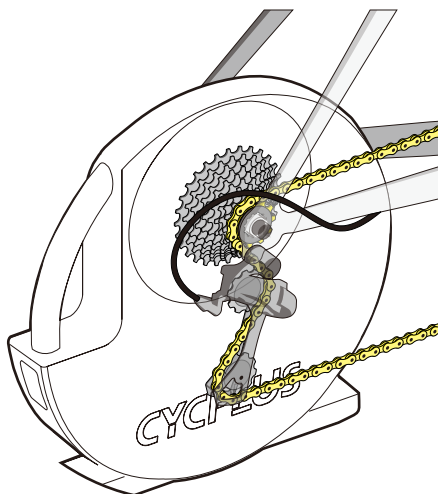
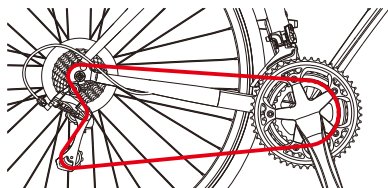
Outwards for
Mountain bike



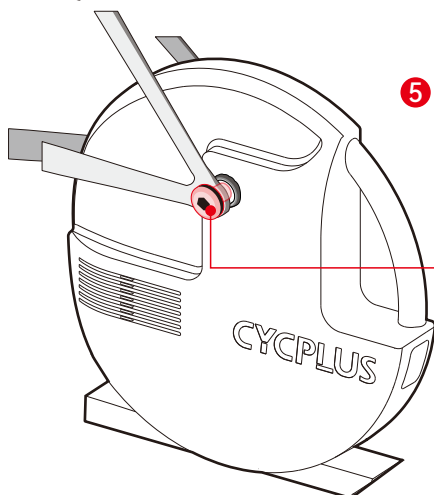
Outwards for
Road bike



- 3** Adjust the shifter until the chain is on the smallest sprockets of both chainwheel and cassette. →



- 4** Align the bicycle chain with the minimum sprocket of the cassette and install the frame onto the bike trainer.



- 5** Secure the bike with the thru-axle of your bike.

Original thru-axle

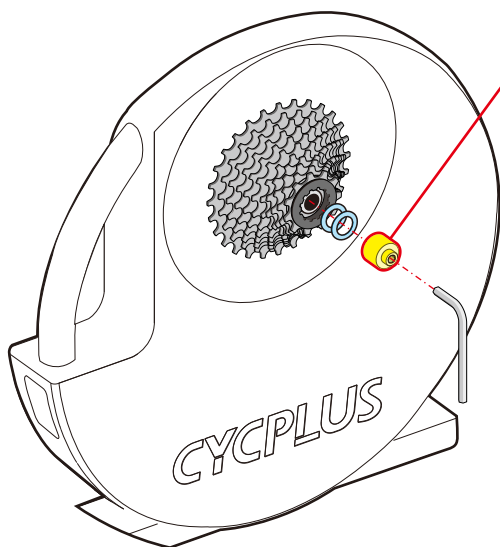
- 6** Shake the bike frame after installation to make sure the frame is secured to R200.



WARNING!

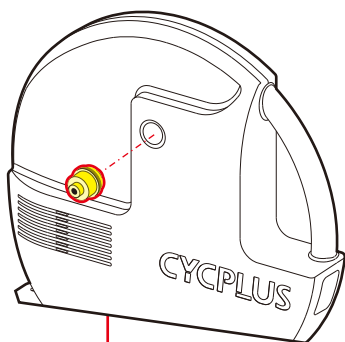
- ① Failure to properly secure the bike can result in serious property damage and personal injury.
- ② Never adjust the quick release skewer or thru axle while someone is sitting on the bike.
- ③ There're still a few bike frames incompatible with R200. Stop the installation immediately if any abnormalities occur.
- ④ Please refer to the disclaimer and don't hesitate to contact us for any installation problems.

2.5 For Bikes with Quick Release Skewers

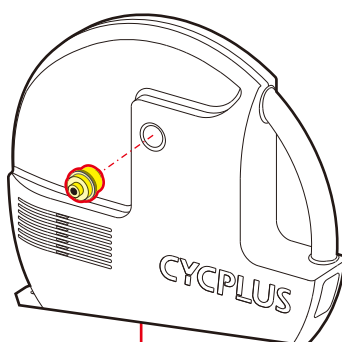


- 1** Install the Quick release adapter-R(11) with the 5mm Allen key(08).

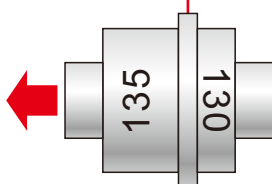
R200 comes preinstalled with thru-axle adapter.
Remove it before installation, and confirm 2 spacers are installed.



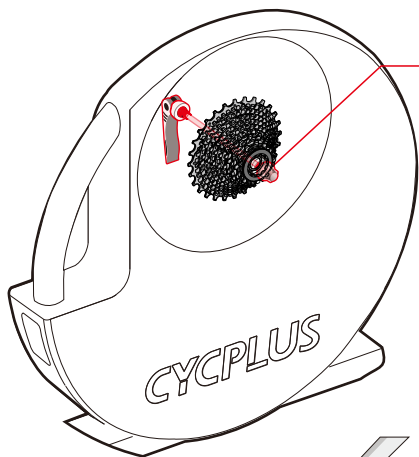
- 2** Install the Quick release adapter-L(12)



Outwards for
Mountain bike
& Road bike
with disk-brake

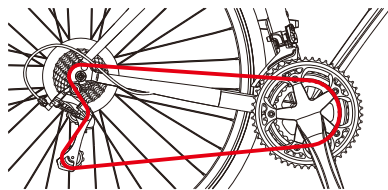


Outwards for
Road bike
with rim brake

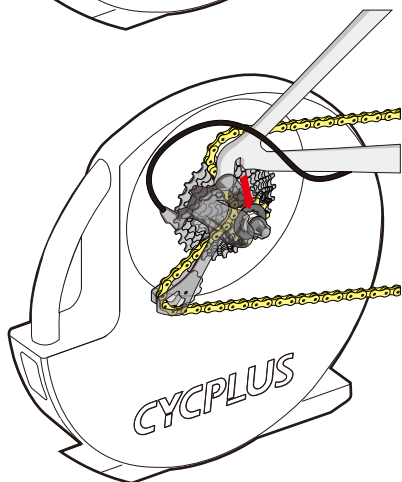


- 3** Insert the quick release skewer into the axle of R200 and install the nut in place, but don't tighten it yet, in order to install the bike frame.

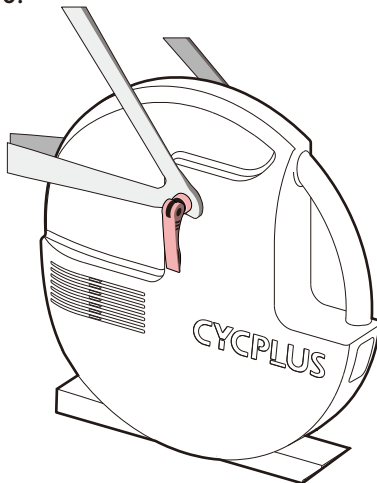
- 4** Adjust the shifter until the chain is on the smallest sprockets of both chainwheel and cassette.



- 5** Align the bike chain with the smallest sprocket of the cassette on R200, and mount the frame to R200.



- 6** Adjust the lock nut of the quick release skewer, and lift and press the handle frequently at the same time until the pressing resistance is appropriate, then press the handle to secure the skewer.



- 7** Shake the bike frame after installation to make sure the frame is secured to R200.

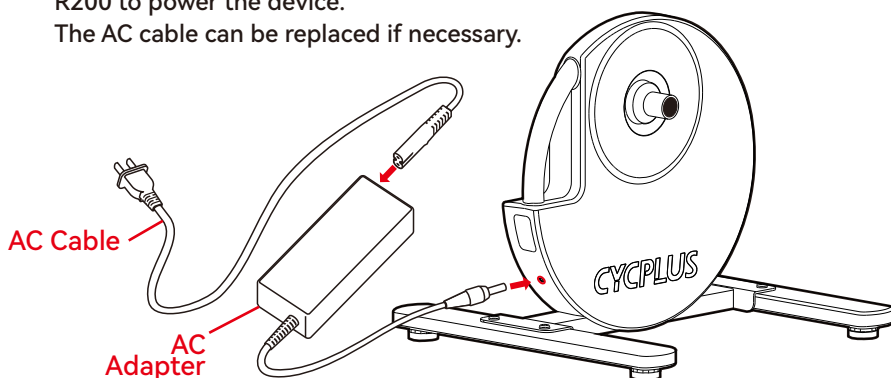


- ① Failure to properly secure the bike can result in serious property damage and personal injury.
- ② Never adjust the quick release skewer or thru axle while someone is sitting on the bike.
- ③ There're still a few bike frames incompatible with R200. Stop the installation immediately if any abnormalities occur.
- ④ Please refer to the disclaimer and don't hesitate to contact us for any installation problems.

2.6 Power Connection

Please only use the AC adapter that comes with R200 to power the device.

The AC cable can be replaced if necessary.



3.1 Working Modes Comparison

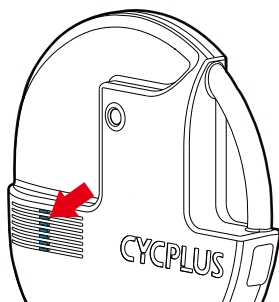
R200 supports two working modes: Unplugged Mode and Plug-in Mode. Plug-in mode is recommended for optimal performance.

	Unplugged Mode	Plug-in Mode
Signal Connection	Pedal to generate power for wireless connection. After stopping, power lasts for 1 - 2 minutes.	Always ready to connect to BLE and ANT.
Simulation Support	Downhill and flywheel inertia simulation not supported.	Supports downhill and flywheel inertia simulation.

For high-intensity riders:

It is recommended to use **plug-in mode** to allow the R200 to dissipate heat after riding.

3.2 Indicator



The indicator shows the operational status of the trainer.

Flashing blue - BLE not connected.

Solid blue - BLE connected.

Flashing red - Overheating protection activated.

Solid red - Fault detected, stop riding,
and contact customer service.

4 Application

1. Download the App

Please download "CYCPLUS" App from [App Store](#) or [Google Play](#).



CYCPLUS APP



App Store



Google Play

2. No Calibration Needed

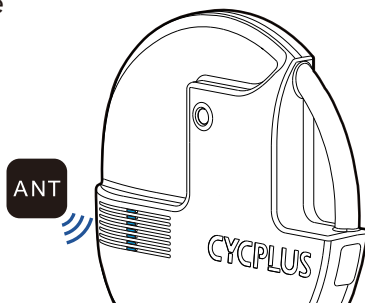
The R200 is a direct-drive trainer and requires no calibration.

3. Connecting via BLE or ANT+

Supports both BLE and ANT+. For a more stable connection, use BLE.

For ANT+, place the receiver close to the R200's indicator.

Important: Only one cycling app can be connected at a time. Don't use a bike computer while connected to an app on your phone or computer.



4. Troubleshooting

Can't find the trainer?

- Unplug the trainer for 5 minutes.
- Open the CYCPLUS app, go to the settings, and disconnect any devices.

Reminder:

If the trainer stays connected to other devices, close all cycling apps and remove the trainer (R200 XXXXX) from your paired BLE devices.

5 Spacers(for possible noise and friction)

5.1 Cassette adjustment spacer(for loud chain noise)

If the chain noise becomes too loud while training, it may be because the distance between the R200 cassette and the rear fork (A) and the distance between your original cassette and the rear fork (B) are different, and the bike chain and cassette do not fit well.

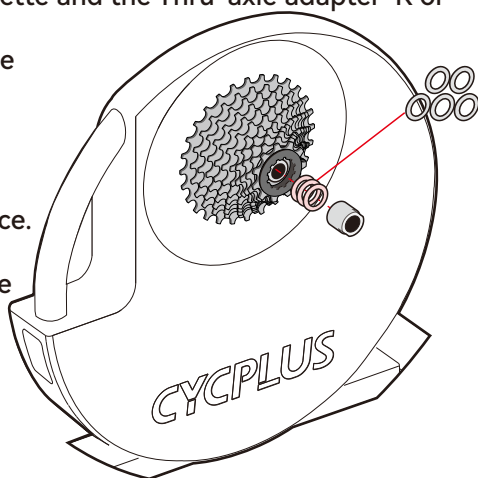
For your convenience in adjusting the distance, there are 2 spacers pre-installed between the cassette and the Thru-axle adapter-R or Quick release adapter-R.

1. $A < B$ Try adding more cassette adjustment spacers to R200.

Each piece is about 0.4mm thick.

2. $A > B$ Try removing some spacers to reduce the distance.

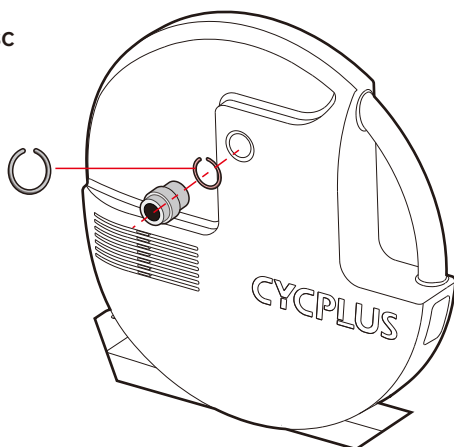
If there are still issues after removing all the spacers, please contact us for help.



5.2 Disc brake spacer(for friction)

If friction occurs between the disc brake on your bike and the R200 housing, you can use disc brake spacers to increase the distance between to avoid friction while training.

*This mostly happens with SRAM spec 140mm disc brakes.



Visit our youtube channel ([CYCPLUS](#)) for more detailed official videos, or contact our customer service for more information.

6 Specifications

Model	CYCPLUS R200
Type	Intelligent Direct – Drive Trainer
Magnet System	52 neodymium magnets + 48 sets of electromagnets
Dimension	L517 × W520 × H465 mm
Net Weight	30 lbs (13.6 kg)
Power Supply	48V/1.25A(Unplugged mode supported)
Maximum Power Output	2200 W
Power Output (40 km/h)	2000 W
Accuracy	±1%
Calibration	No calibration needed
Maximum Gradient	Max gradient support 19%, < 19% at speeds < 18 km/h
Downhill simulation	Plug-in mode only
Maximum Torque	80 N·m
Maximum Braking Force	250 N
Wireless Connectivity	BLE 5.0 & ANT+
Supported Protocols	ANT+ FE-C & BLE FTMS
Frame Compatibility	5 × 130 / 5 × 135(Quick Release) 12 × 142 / 12 × 148(Thru-axle)
Cassette Compatibility	Shimano 8-12 speed cassette SRAM 8-11 speed cassette SRAM 12 speed cassette(XDR hub sold separately)

Product Optimization Notice

To continuously improve product functionality and user experience, we may make adjustments to the design, features, or accessories of the product. The actual item you receive may differ from the description in this manual. Please refer to the physical product as the final reference.

We reserve the right to modify products without prior notice.

Thank you for your understanding and support!