



CUDIS Introduces the CUDIS 002 Sporty Ring for AI-Powered Fitness Tracking and Everyday Recovery

May 18, 2026

LOS ANGELES, CA - May 18, 2026 - PRESSADVANTAGE -

CUDIS has introduced the CUDIS 002 Sporty Ring, an AI-powered fitness tracking ring designed for users who want a lighter and more flexible way to monitor movement, recovery, and everyday wellness. According to product information published on cudis.xyz and supporting campaign materials, the new ring combines wellness tracking, AI-guided personal insights, interchangeable silicone styling, and a no-subscription ownership model in a single wearable built for daily use.

The CUDIS 002 Sporty Ring is positioned around continuous support for the metrics many active users care about most. On the product page, The CUDIS ring tracks sleep, recovery, stress, and activity, while its AI coach is designed to turn those signals into a wellness plan tailored to the individual user. This framing puts the product less in the category of passive tracking and more in the category of practical daily guidance for people trying to train smarter and stay more consistent.

CUDIS also places strong emphasis on wearability and appearance. The CUDIS 002 Sporty Ring is offered

in 12 colors, and the company highlights interchangeable silicone shells or bands as part of the product experience. Campaign language for the product describes the concept as a ring with infinite fits, while the product page emphasizes that users can choose from multiple color options to better match daily style and routine instead of treating a wearable as a fixed accessory.

For fitness-oriented users, the product's training appeal comes from both breadth of tracking and data interpretation. CUDIS states that the ring supports 30+ activities, while a third-party review of the campaign describes the device as monitoring biometric signals including heart rate, HRV, sleep stages, activity intensity, calorie burn, and stress. The same review says the AI coach translates those inputs into personalized daily guidance, including recovery targets and training load guidance. Taken together, that positions the device as a more adaptive option for users who want wearable data to influence what they do next, not just summarize what already happened.

The product's commercial model is another notable differentiator. Described as a CUDIS fitness ring without subscription, the device includes all features without monthly or hidden fees. That is reinforced in campaign materials that describe the ring as offering daily wear and daily rewards without requiring recurring payments. In a wearable market where subscription layers are increasingly common, that message gives CUDIS a clearer value proposition for buyers who want predictable ownership cost.

CUDIS also connects product usage to a broader incentive system. The company says users can earn Health Points from daily habits such as sleep, steps, and workouts, then redeem those points for real rewards. Campaign materials further describe the CUDIS Store as a place where users can redeem points for items such as sports apparel, coupons, supplements, gym passes, yoga sessions, and other partner offers. For public positioning, this is best understood as a reward points marketplace tied to healthy routines and ongoing engagement.

Supporting materials also provide additional context around the brand's performance claims. A third-party review citing internal brand data says early findings from CUDIS's existing user base suggest daily wear is associated with an average of 15 additional hours of deep sleep per month, approximately 6 more hours of monthly physical activity, 15 percent higher vitality, and up to 30 percent fewer training-related injuries. Those figures are presented as manufacturer-reported early data rather than clinically validated outcomes, but they help explain how CUDIS is framing the potential value of more consistent daily use.

As an AI-powered sporty ring, the CUDIS fitness ring tracker brings together wellness monitoring, AI-guided interpretation, interchangeable silicone styling, 12-color personalization, support for 30+ tracked activities, zero subscription fees, and a reward points marketplace under the CUDIS Store umbrella. The result is a

product aimed at users who want health and training support in a wearable that feels both practical and easier to keep using over time.

###

For more information about CUDIS, contact the company here: [Dirk YuanDirk@beatbit.io](mailto:Dirk.Yuan@beatbit.io) Los Angeles, CA

CUDIS

CUDIS- All day wearable coach for your wellness, recovery, and anti-aging strategies, trusted by Olympians. Meet with 250000+ members from 103 countries worldwide.

Website: <https://www.cudis.xyz/>

Email: Dirk@beatbit.io

