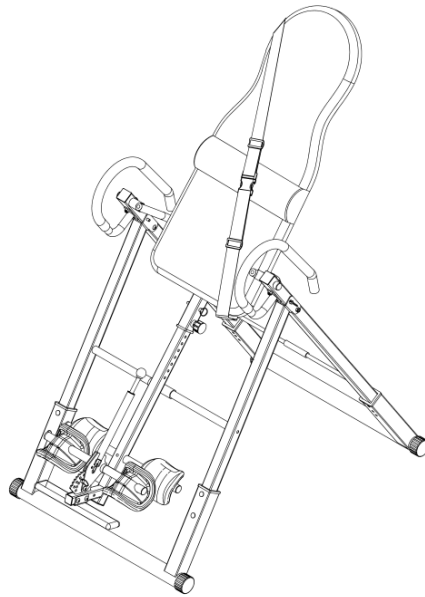


Genau FitSpine EA-550 Black inversion table

User Manual

This translation was made automatically.

THANK YOU FOR YOUR PURCHASE!



Thank you for purchasing a Genau inversion table. Please use the equipment correctly to ensure your safety and health. Read the information below carefully before use.

Please read this manual before assembling and using the treadmill.

As part of our commitment to continuous improvement, the product may be updated when necessary without prior notice. If this manual does not match the product, the actual product takes precedence.

SAFETY INSTRUCTIONS

The translation of this section has not been reviewed yet. The official text is in Russian.

This inversion table has been designed and built for optimal safety. However, some precautions are necessary when using the equipment. Correct use ensures your safety and health. Please read the requirements and recommendations.

Disclaimer: Minors, elderly people and people with poor health must use the equipment only under the supervision of a spotter.

Read and fully understand all instructions. Read all accompanying documents and carefully inspect the equipment before use. It is your responsibility to know how to use the device correctly and to understand the risks of inversion, such as falling, pinching or equipment failure. Remember that only correct assembly, maintenance and operation ensure the safety and effectiveness of your workouts.

WARNING - RISK OF INJURY

- Do not leave it within reach of children. Do not allow children to use the equipment.
- Use with caution if there are pets in the room: a pet's reaction or its movement near the equipment may cause injury.
- Provide supervision if the equipment is used by persons who need supervision because of their health or INSUFFICIENT EXPERIENCE with inversion equipment. The inversion table may be used alone only if you take full responsibility for the inversion process, have exercise experience, feel no discomfort and can confidently bring the table back to the upright position yourself. Be aware that even an experienced person may be unable to return to the upright position for a number of unforeseen reasons. Make sure you have access to means of communication in case of an emergency.
- Use the equipment only for its intended purpose. Do not use additional items not recommended by the manufacturer.
- Use only a solid, level surface for installation. Make sure there is at least 0.5 m of free space around the equipment.
- Do not allow foreign objects to enter the openings of the equipment.
- Before use, check that all screws and nuts are securely fastened. If defects are found or an unusual noise is heard during assembly or use, stop using the equipment immediately until the problem is resolved.
- Make sure nothing interferes with the operation of the device: keep hair, clothing and jewelry away from moving parts. Wear close-fitting clothing to prevent fabric from catching in mechanisms and moving parts.
- Storing and using the table outdoors is prohibited.
- This device is intended for home use only. Maximum load: 136 kg. Maximum height: 195 cm.
- ONLY one person may use the equipment at a time.
- Monitor your condition: stop exercising immediately if you feel unwell. Do not use the equipment right after eating; if you feel nauseous, stop exercising.
- Be sure to consult a doctor before use.

Attention! Keep this manual and the assembly tools in a suitable place for future reference.

This equipment cannot be repaired by the user. In case of breakdown or defects, contact the manufacturer or a certified service center.

For home use only. Not intended for commercial, rental or institutional purposes.

WARNING - RISK OF INJURY

Do not use the equipment under the influence of alcohol, drugs or medication that causes drowsiness or disorientation.

Inspect the device before each use. Make sure all fasteners are securely fixed.

Replace faulty components immediately. If necessary, keep the equipment out of use until it is repaired.

Place the equipment only on a level surface. Keep it away from slippery coverings and raised areas that could make the equipment move and cause an accidental fall.

Wear suitable footwear. Always wear tightly laced sneakers with flat soles. Do not wear shoes with thick soles, boots, high-top shoes or any footwear that covers the ankle, as this may interfere with fastening the ankle locking system.

Adjust the device settings correctly before use. This includes height, weight and inversion angle settings (if available).

Avoid sudden movements. All movements during exercise must be smooth. ALWAYS hold the safety handles while turning over. Do not use additional weights, elastic bands or other equipment during inversion.

For beginners:

- Use a partner's support to find the correct balance settings.
- Make sure you can return to the upright position on your own.

Stop using the equipment if you feel pain, dizziness or light-headedness. Return to the upright position immediately to recover.

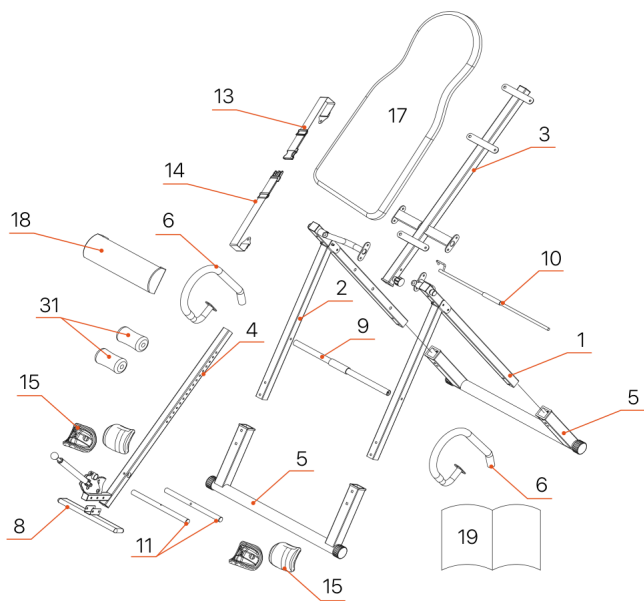
Consult a doctor before use. Below is a list of medical contraindications for inversion.

Medical contraindications for inversion (non-exhaustive list)

- Middle ear infection
- Glaucoma
- Cardiovascular diseases
- Osteoporosis (brittle bones)
- Severe obesity
- Retinal detachment
- Spinal injuries
- Recent or unhealed fractures
- Pregnancy
- Conjunctivitis
- Cerebral sclerosis
- Inserted intramedullary pins

- Hernias (ventral, hiatal)
- High blood pressure
- Severe joint swelling
- Implanted orthopedic devices
- Anticoagulant therapy

PRODUCT COMPONENTS



Packing List

No.	Item	Qty
1	Left support	1
2	Right support	1
3	Backrest frame	1
4	Height adjustment post	1
5	Support base	2
6	Handrail	2
8	Pedal post	1
9	Front lever	1
10	Rear lever	1
11	Foam tube	2

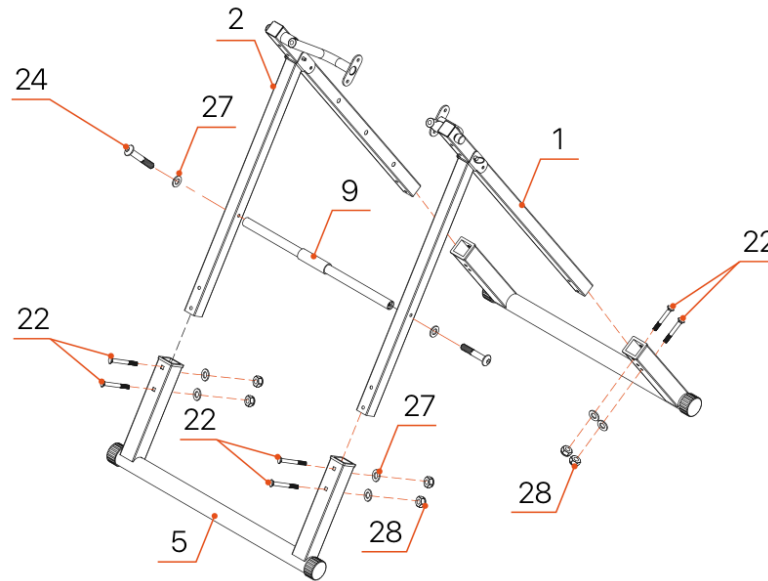
No.	Item	Qty
13	Strap 1	1
14	Strap 2	1
15	U-shaped holder	4
17	Backrest	1
18	Seat cushion	1
19	Manual	1
31	Curved foam	2

Accessory List

No.	Item	Specifications	Qty
20	Ring pin (ball type)	F8×60	3
21	Ring pin (ball type)	F8×28	1
22	Carriage bolt	M8×60	8
23	Large flat head bolt (hex)	M6×16	6
24	Button head hex bolt	M8×55	6
25	Button head hex bolt	M8×45	2
26	Button head hex bolt	M8×20	6
27	Washer	M8	22
28	Lock nut	M8	18
29	Hex key	M5	1
30	Open-end wrench	13-17	1

ASSEMBLY

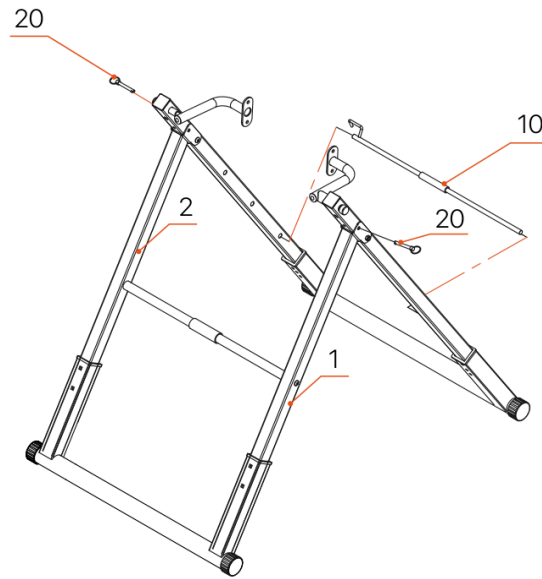
STEP 1



- Take out the left and right supports (No. 1 and No. 2), then fasten them to the support base No. 5 with bolts No. 22 M8×60, washers No. 27 M8 and lock nuts No. 28 M8.
- Use bolts No. 24 M8×55 and washers No. 27 M8 to fasten the front lever No. 9 to the side supports No. 1 and No. 2.

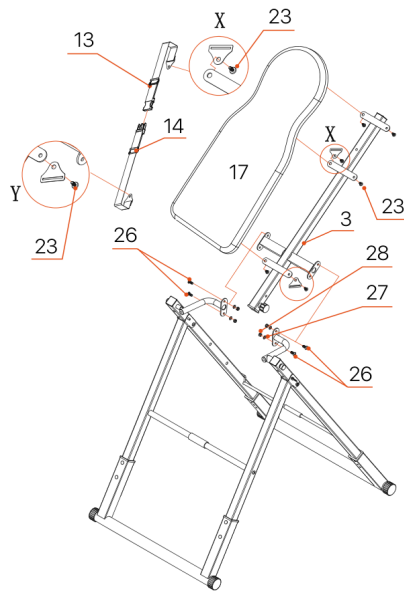
Note! Do not fully tighten all screws at the initial stage of assembly.

STEP 2



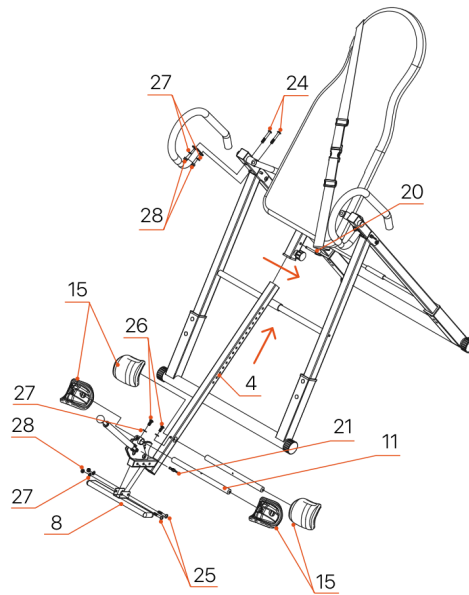
- Unfold the trainer support and insert the ring pin No. 20 into the hole at the joint of the front and rear supports.
- Adjust the optimal tilt angle.
- Insert the rear lever No. 10 into the side holes of the rear support (insert the marked side fully), then secure it with the hooked end over the square tube.
- Installation without locking is also permitted (this allows the trainer to be turned over).
- For the first use, it is recommended to place the lever in the upper hole, then adjust the position if necessary, or do not install it after you have adapted.

STEP 3



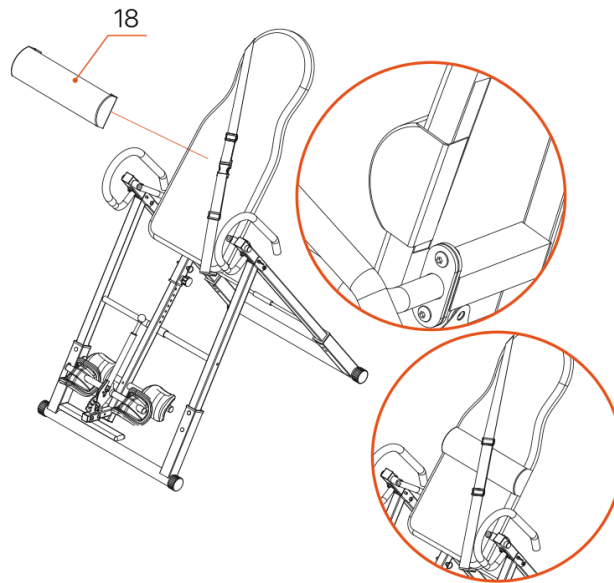
- Use bolts No. 26 M8×20, washers No. 27 M8 and lock nuts No. 28 M8 to connect the metal plates on the backrest frame No. 3 to the plates on the main frame.
- Using bolts No. 23 M6×16, install the backrest cushion No. 17, at the same time fastening the foam materials No. 13 and No. 14 (as shown in diagrams X and Y) to the metal plate mounted on the backrest frame No. 3.

STEP 4



- Insert the foam tube No. 11 into the large hole on the height adjustment frame and fasten it with bolt No. 26 M8×20 and washer No. 27 M8. At the same time, install the U-shaped locking elements No. 15 on both ends of the foam tube.
- Insert the foam tube No. 11 into the hole of the foot support frame and fasten it with bolt No. 26 M8×20 and washer No. 27 M8. Then install the U-shaped locking elements No. 15 on both ends of the tube.
- Fasten the foot support No. 8 to the square tube in the lower part of the height adjustment frame using bolts No. 25 M8×45, washers No. 27 M8 and lock nuts No. 28 M8.
- Insert the assembled height adjustment frame No. 4 into the square tube of the backrest frame No. 3 and secure it with quick-release locks and ring pins No. 20 in the corresponding holes according to the required height.
- Fasten the two handrails No. 6 to the side tubes of the left and right supports using bolts No. 24 M8×55, washers No. 27 M8 and lock nuts No. 28 M8.

STEP 5



- Installing the lumbar cushion: Attach the lumbar cushion No. 18 to the backrest cushion (fasten the hook-and-loop strips on both sides of the lumbar cushion to the strips on the back surface of the backrest cushion). The position can be adjusted in height.

Note! After completing all installation steps, tighten all screws and make sure all connections are assembled correctly before use.

WARM-UP AND COOL-DOWN EXERCISES

A successful workout program consists of three parts: warm-up, aerobic exercise and cool-down.

Warming up is the most important part of a workout and must be done before every session. Warming up helps to warm the body, stretch the muscles and prepare the body for more intense loads. Repeating the warm-up exercises after a workout helps to relieve muscle tension and ease pain. It is recommended to do suitable warm-up and cool-down exercises, as shown below:



Head rolls

First pull your head toward your right shoulder, stretch your neck and turn your head once clockwise and once counterclockwise; pull your head toward your left shoulder and make one turn counterclockwise. Repeat.



Shoulder lifts

Raise your left shoulder and make 5 backward rotations; then raise your right shoulder and make 5 backward rotations, alternating sides.



Side stretch

Raise your arms above your head, then grasp your right wrist with your left hand and reach upward until you feel your right arm fully stretched. Hold for 5 seconds before switching to the other arm.



Quadriceps stretch

Holding onto a wall with your right hand for balance, pull your left foot back with your left hand, bringing the heel as close to your buttock as possible. Hold for 15 seconds, then repeat with the other leg.



Inner thigh stretch

Sitting on the floor, put the soles of your feet together, clasp them with both hands and pull them in as close to your body as possible. Slowly press down on both heels and hold this position for 15 seconds.



Toe touch

Slowly bend forward, relax your back and shoulders and reach for your toes. Bend as low as you can and hold the position for up to 15 seconds.



Hamstring stretch

Sit down, straighten your right leg, bend your left leg, grab your left ankle with your left hand and push it inward so that your left foot is as close to your torso as possible and the sole of the foot is against the inside of your right thigh. Then press forward with your body and reach both arms forward to touch your toes; the more pressure, the better. Hold this position for 15 seconds and switch to the left leg.



Calf stretch

Lean against a wall with both hands, tilt your body at a 45-degree angle to the floor and alternately move your left and right legs back, as if walking.

ADJUSTMENT AND SAFETY TIPS

1. For the first use, the presence of an observer is required for safety.
2. Make sure the foot securing system is firmly fixed and the rollers are installed symmetrically.
3. Set the height adjustment scale according to your height. For example, if you are 160 cm tall, first set the height to 170 cm. If turning over is difficult, reduce the setting until turning over becomes easy.
4. After each adjustment, secure the locking pin and insert the safety pin before use.

Usage plans

The inversion table is designed for stretching and improving flexibility, as well as for improving blood circulation and relieving tension in the spine. Use it for relaxing exercises and stretching, especially if you feel discomfort or tension in your back.

How to use the equipment correctly

- Stand on the platform and secure your ankles in the locking system.
- Slowly begin to lean back, controlling the movement with your hands.
- Use the foot support and adjust the tilt angle to achieve optimal stretching.

Entering inversion

- Raise your arms up to begin the inversion.
- If you want to increase the tilt angle, keep slowly raising your arms above your head.
- To return to the upright position, lower your arms back down.

Height settings

- The height setting adjusts the tilt angle and the inversion position. Make sure you set the height correctly according to your height and weight for safe and effective inversion.

Foot locking system

- The foot locking system helps to hold your ankles securely and prevents them from slipping. Check that the locks are properly fastened before use.

Recommendations for beginners

Use a helper. For the first inversion sessions, ask a partner to help you with the settings and to ensure your safety.

Start with partial inversion. Gradually increase the tilt angle until you feel confident.

Watch the time. In the first sessions, do not stay inverted for longer than 1–2 minutes. You can increase the duration over time.

Note: Always check the equipment before use and make sure all fasteners are securely fixed.

EQUIPMENT CARE RECOMMENDATIONS

Inspect the equipment regularly. Make sure all screws, nuts and pins are securely fastened before each use.

Cleaning. Use a soft cloth to clean the equipment. Do not use abrasive products, so as not to damage the surfaces.

Storage. Store the equipment in a dry place, away from direct sunlight and heat sources.

Important reminders

- Consult a doctor before starting any exercise, especially if you have heart conditions or vascular or bone problems.
- Do not use the equipment for more than 15–20 minutes at a time, to avoid overloading the body.
- Wear suitable clothing and footwear. Do not exercise barefoot or in clothing that is too loose.
- Monitor your condition during exercise and stop if you feel discomfort.

WARRANTY

The translation of this section has not been reviewed yet. The official text is in Russian.

Genau guarantees the high quality and reliability of its products. We strive to offer only the best, which is why all of our equipment comes with a warranty.

Attention! Find the official A4 warranty card in the box and keep it for the entire period of use of the equipment.

Note: If you did not find the warranty card in the box, please contact the service center.

Warranty Terms

1. The warranty period starts from the date of sale.
2. The warranty covers defects caused by manufacturing faults or defective materials.
3. Warranty service is carried out at authorized service centers.
4. If the product breaks down during the warranty period, the customer must bring this warranty card and the complete product to a service center for diagnostics and repair.
5. If the warranty claim is confirmed, the product will be repaired or replaced free of charge.
6. The warranty does not cover the following cases:
 - mechanical damage caused by improper use or transportation;
 - damage caused by liquids, fire, chemicals or other external factors;
 - failures caused by not following the operating instructions;
 - modifications to the design or repairs carried out by unauthorized persons without the approval of the Service;
 - consumables and components with a limited service life (belts, batteries, etc.).

Warranty claims

To receive warranty service, the customer should contact the seller (the place where the equipment was purchased).

[Full Genau warranty card](#)

SPECIFICATIONS

Parameter	Value
Maximum load	136 kg
Maximum height	195 cm

Manufacturer: Zhejiang Dapao Technology Co., Ltd. No. 65, Baihua Mountain Industrial Zone, Wuyi County, Zhejiang Province.

SERVICE

For questions about assembly, operation and warranty, please contact Genau service in Kyrgyzstan.

Genau GmbH LLC (ОсОО «Генау ГМБХ»), Kyrgyzstan. Phone: +996 778 639 000

Official website genau.kg