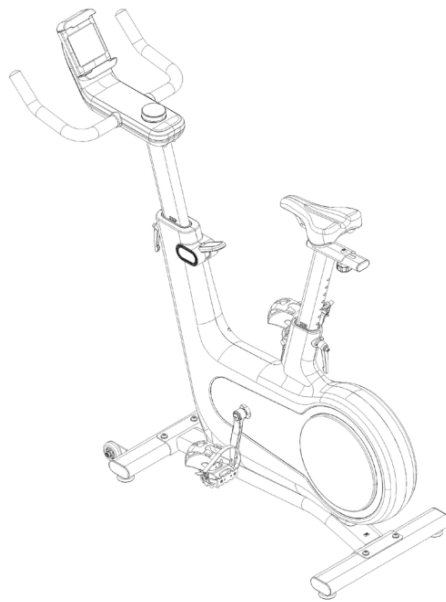


Genau Spin Bike Girex Exercise Bike

User Manual

This translation was made automatically.

THANK YOU FOR YOUR PURCHASE!



Thank you for purchasing the Genau Spin Bike Girex exercise bike. Please use the equipment correctly to ensure your safety and health. Before you start using it, read the information below carefully.

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

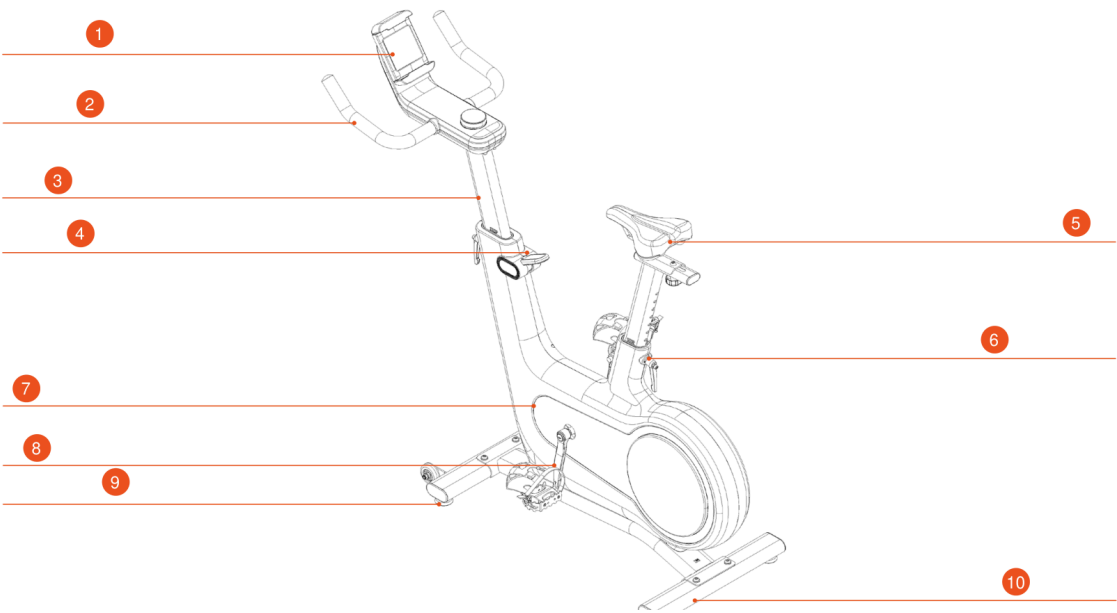
The translation of this section has not been reviewed yet. The official text is in Russian.

Attention! To ensure your safety and avoid injury, read the following instructions carefully before using the bike and pay attention to the precautions given.

Note: Although the design and safety of the product have been carefully checked, be sure to follow the instructions below before use. We are not responsible for consequences caused by improper use.

- The equipment is not intended for people with disabilities or for children. Do not use it if you feel unwell.
- Do not use the equipment in a dusty or overly damp room. Avoid static electricity. Use only original parts.
- This exercise bike is intended for indoor use. Place it on a level surface. Do not put foreign objects on the equipment.
- If the power cord is damaged, it must be replaced by a specialist from the manufacturer or a service center. If the equipment is not used for a long time, disconnect the power.
- Always unplug the device from the socket if it is not used for a long time.
- This product belongs to category H. After use, lock the flywheel to avoid injury.
- Do not place the equipment near heating appliances or moving objects.
- Disconnect the power before moving the equipment. Do not disassemble the device yourself.
- Wear close-fitting, fastened clothing while exercising. Do not allow any part of your clothing to touch moving parts.
- If you feel unwell, stop exercising immediately and consult a doctor.
- Use only suitable sockets. Do not touch the plug with wet hands.
- The equipment is intended for home use only. It is not suitable for professional training or medical purposes.
- Do not use the equipment if the housing or welded seams are damaged.
- Do not exercise after eating, when tired, or when feeling unwell — it may be harmful to your health.
- Do not allow needles, debris or water to get on the power plug.
- Always disconnect the equipment from the mains after use.

PRODUCT COMPONENTS



In the picture:

- 1. Phone holder
- 2. Front handlebars
- 3. Handlebar post
- 4. Brake lever
- 5. Seat
- 6. Quick-release clamp
- 7. Frame
- 8. Pedal
- 9. Front stabilizer
- 10. Rear stabilizer

Packing List

No.	Item	Unit	Qty
1	Frame	pcs	1
2	Front stabilizer	pcs	1
3	Rear stabilizer	pcs	1
4	Pedal	pcs	1
5	Tube	pcs	1
6	Seat	pcs	1

No.	Item	Unit	Qty
7	Handlebar post	pcs	1
8	Front armrest	pcs	1
9	Quick-release clamp	pcs	2

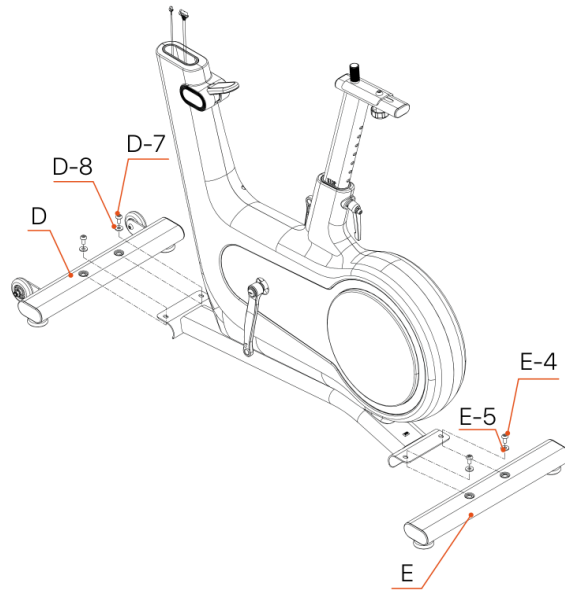
Tool list

No.	Item	Unit	Qty
1	L-shaped hex key with Phillips screwdriver, 5 mm	pcs	1
2	Open-end wrench	pcs	1
3	Hex socket bolt M8 × 20	pcs	4
4	Flat washer $\phi 8.5 \times \phi 16 \times 1.5T$	pcs	4
5	Wrench	pcs	1
6	User Manual	pcs	1
7	Horizontal handle	pcs	1
8	Flat gasket $\phi 10.5 \times \phi 21 \times 2T$	pcs	1

ASSEMBLY

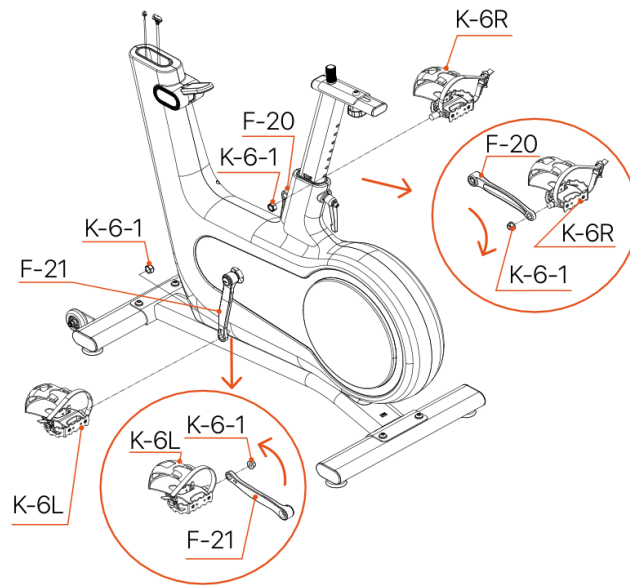
Note: During installation, first fasten all screws loosely. After the frame is fully assembled, tighten them securely.

STEP 1



- Take the front support tube D# and the rear support tube E# out of the packaging.
- Remove the pre-installed hex screws (D-7# and D-8#) on the front support, as well as the screws (E-4# and E-5#) on the rear support.
- Use the 5 mm L-shaped hex key (K-3#) from the kit for installation, as shown in the figure below.
- Install the front and rear supports on the frame, then tighten screws D-7# and E-4# with the L-shaped hex key K-3#.

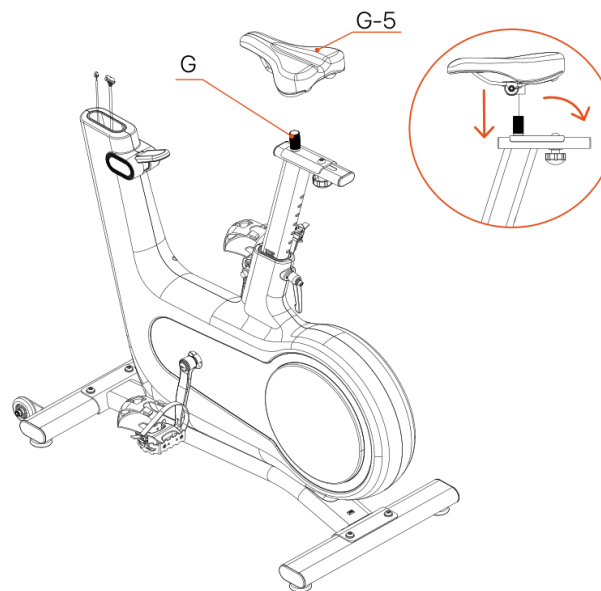
STEP 2



- Take the right pedal K-6R# and the left pedal K-6L# out of the packaging.
- Install them as shown in the diagram.
- Use the universal wrench K-5# to turn and tighten the pedals in the direction indicated by the arrow.

Note: the pedals have left-hand and right-hand threads and are installed accordingly.

STEP 3



- Take the seat G-5# out of the packaging and install it as shown below.
- Adjust the angle and position of the seat G-5#, then secure it with the universal wrench K-4#.
- To adjust the firmness of the seat, press the air cushion from the front.



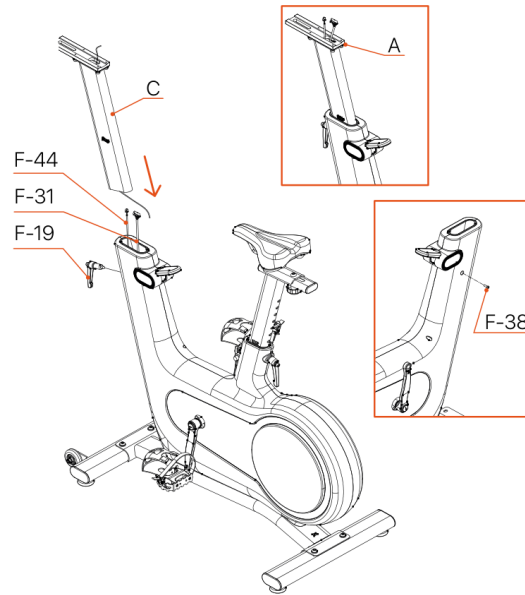
In the picture:

1. Safety cushion compression point
2. Release valve

- To reduce the pressure, turn the valve counterclockwise.
- To increase the pressure, turn the valve clockwise while holding the air cushion pressed.

Note: The air cushion must not be compressed more than 8 times.

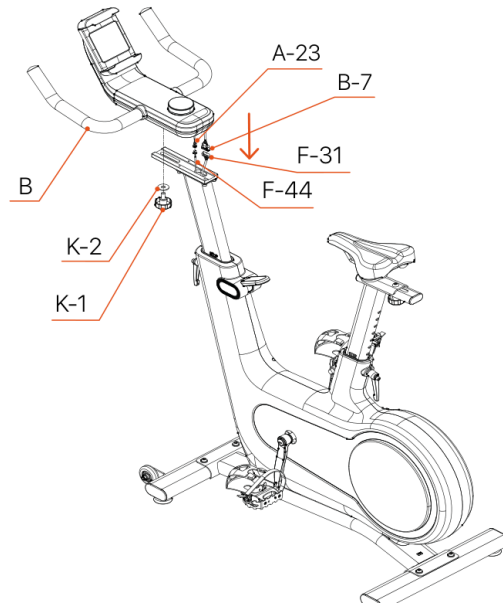
STEP 4



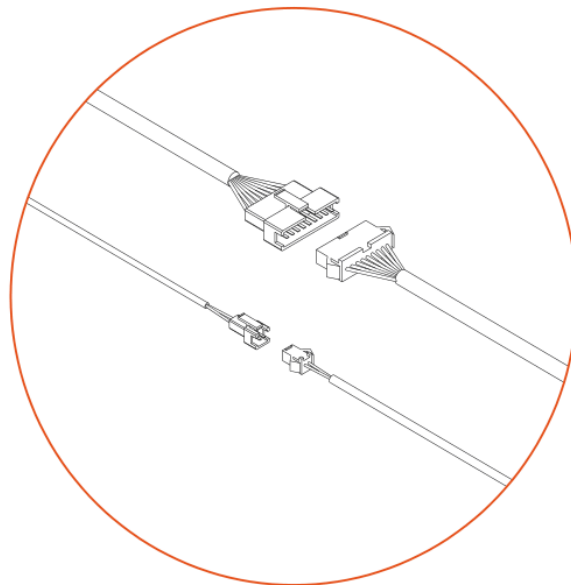
- Take the handlebar post C# out of the packaging. Install the quick-release clamp F-19#, then remove the pre-installed Phillips-head screw F-38# from the frame of the equipment.
- Install the parts as follows:
 - First, secure the lower end of the cable inside the handlebar post using the two connecting wires.
 - Then pass the two connecting wires from the frame of the equipment through the handlebar post C#.
 - Insert the post into the frame of the equipment, then pull the wires out through the opening using the cable.
- Adjust the handlebar post to the required height and secure it with the quick-release clamp F-19#, then put screw F-38# back in its original position and tighten it with the L-shaped hex key K-3#.

Note: Screw F-38# must only be installed after the handlebar post has been installed.

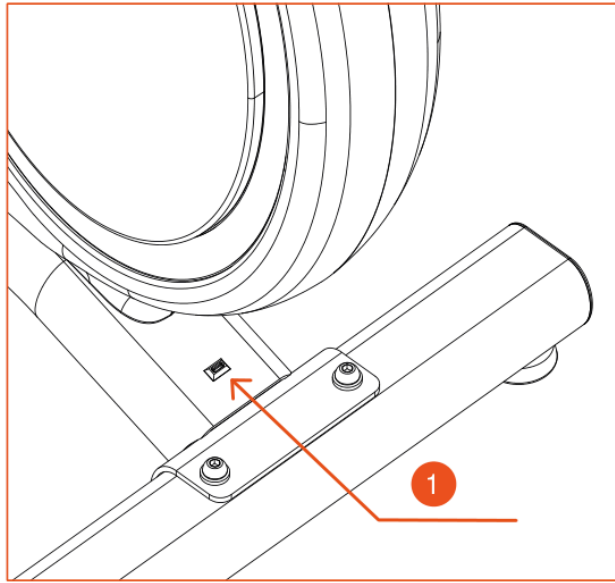
STEP 5



- Take the front handlebars B# out of the packaging and remove the horizontal locking handle K-1# from the bag with the instructions. Install it together with the flat washer K-2#, as shown in the figure.
- First, connect cable F-31# to cable B-7# as shown in the diagram.
- Then connect cable F-44# to cable A-23#, as shown in the illustration.
- Insert the connected cables into the threaded holes on the vertical handlebar tube.
- Install the front handlebars B# into the guide slot of the handlebar tube.
- After that, insert K-1# and K-2# through the slot holes, align them with the threaded holes of the handlebars B#, and tighten the handle clockwise.



STEP 6



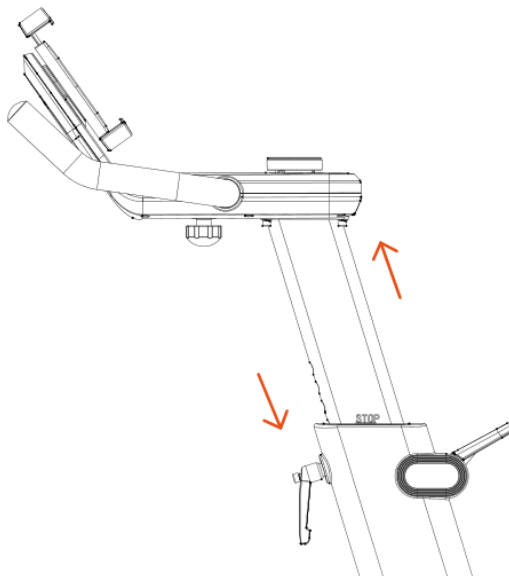
In the picture:

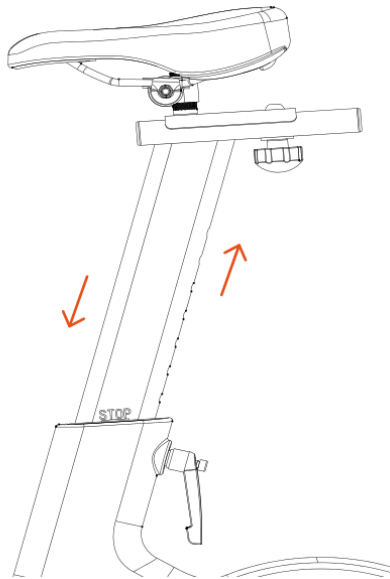
1. Type C

- After the equipment is fully assembled and all the loosely fastened screws are finally tightened, the device is ready for use.
- For optimal performance, it is recommended to charge the device for 10 minutes before first use or after a long period of non-use.

INSTRUCTIONS FOR USE AND PRECAUTIONS

Height adjustment



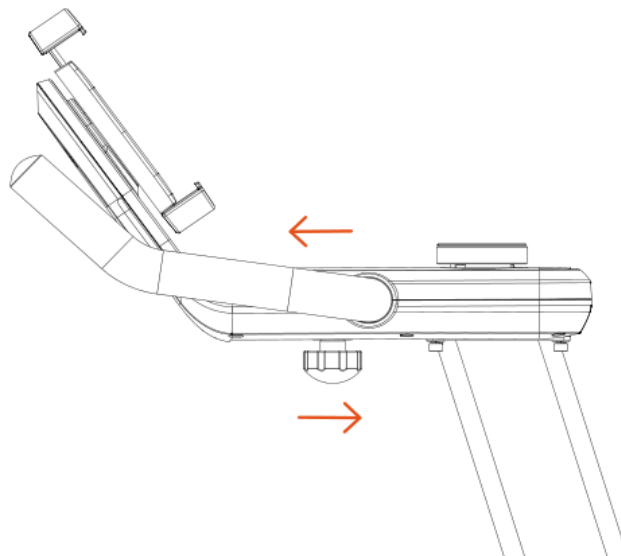


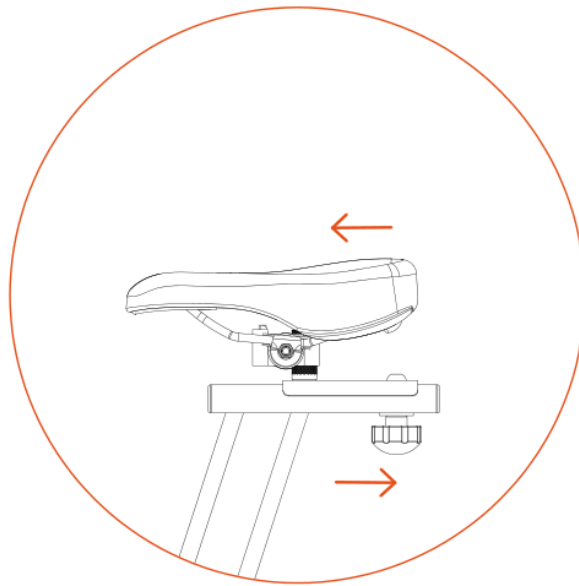
You can quickly adjust the height of the handlebars and seat post by loosening or tightening the quick-release clamp according to your posture and comfort level, then lock it in place.

Adjust the position so that it is as comfortable as possible for you. While using the bike, make sure your feet are securely fastened in the pedals with the straps.

Note: The maximum adjustment height of the handlebar post must not exceed the STOP mark.

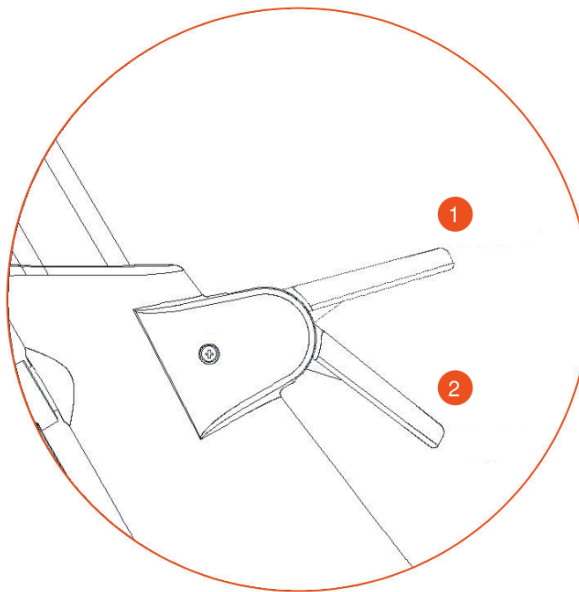
Adjusting the seat and handlebar position





- To adjust the position of the seat and handlebars, loosen the horizontal locking handle, move them to the desired position, then tighten the handle again.

Resistance adjustment

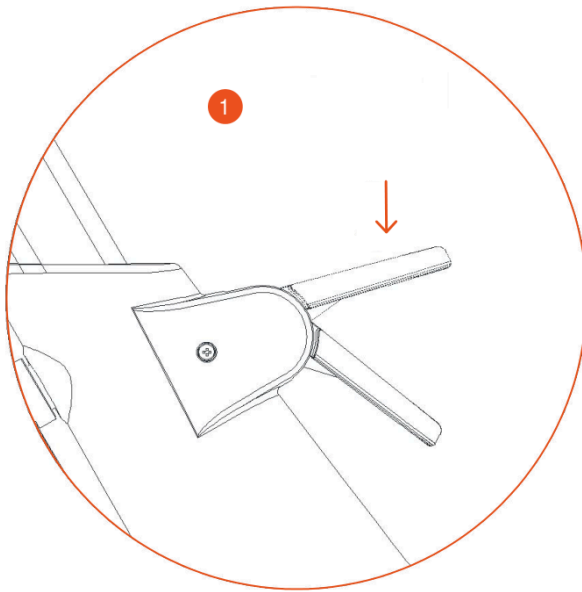


In the picture:

1. Loosen

2. Tighten

Adjust the resistance by turning the adjustment knob. During normal exercise, raise the brake lever to release the brake.

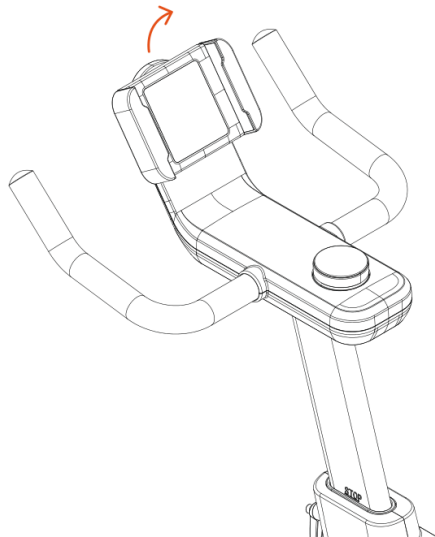


In the picture:

1. Emergency stop / flywheel lock

In an emergency, or when the device is not in use, press the brake lever down to lock the flywheel.

Using the phone holder



- Place the phone on the holder and pull the clamp to secure it.
- The holder can rotate 90°, which allows the phone to be used in landscape mode.
- Wireless charging is also provided — simply pedal at more than 60 revolutions per minute to charge the phone.

MAIN DISPLAY DESCRIPTION

No.	Mode	Brief description
1	Full screen	1. The outer ring has 24 light indicators. 2. Heart rate (bpm) is displayed. 3. Resistance level LEVEL (1 to 32) is displayed. 4. Workout data is displayed: speed, time, distance, calories.
2	Cycle mode	1. The data switches every 3 seconds. 2. The small window shows the resistance level LEVEL. 3. The main window alternately shows: speed, time, distance, calories. 4. The Bluetooth indicator shows the connection status: on — connected, off — not connected. 5. In motion mode, the outer ring of indicators is on by default.
3	Hold mode	1. Briefly press the knob to switch display modes and hold the required data. 2. The main window can show held data: speed, time, distance, calories. 3. The small window shows the resistance level LEVEL. 4. In motion mode, the outer ring of indicators is on by default.

Basic operating instructions

No.	Mode	Brief description
1	Sleep mode / wake-up	1. Sleep mode, the display is off. 2. Briefly press the knob or start moving to activate the device.
2	Press the knob	1. If there is no action or movement, the device goes to sleep mode after 1 minute. 2. In sleep mode, briefly press the button to activate the device. 3. In active mode, briefly press the button to enter workout mode. 4. To reset the data and enter active mode, hold the knob for 2 seconds while moving. 5. A sound signal is emitted when the knob is pressed.
3	Turn the knob	1. Turn clockwise to increase the resistance. 2. Turn counterclockwise to decrease the resistance. 3. A sound signal is emitted when the knob is turned.

- When the controller is switched on, a long sound signal (BUZZER) sounds, the controller display lights up and the device enters the READY state.
- After switching on, the resistance level is automatically set to «1».
- If no action is performed within 1 minute, the device will reset automatically and all data will be cleared.
- If no action is performed within 3 minutes, the display will turn off completely and the device will enter standby mode.
- READY state: briefly press the knob or start pedaling the bike to enter workout mode immediately.
- If pulse measurement is supported, the small window will alternately show the heart rate and the resistance level LEVEL, switching between this data every 3 seconds.
- If the pulse measurement function is not supported, the small window will show only the resistance level LEVEL.

- By default, the main window works in digital switching mode with the SCAN icon on, displaying speed, time, distance and calories in sequence at 3-second intervals.
- A short press on the knob switches the display to hold mode, in which the SCAN icon is not shown.
- In hold mode, the display shows a fixed value: speed, time, distance or calories.

Displayed data

No.	Parameter	Brief description
1	Pulse	Heart rate: shows the pulse in real time (if the function is supported), otherwise it is not shown.
2	Level	The higher the level (1–32), the greater the resistance.
3	Scan	Shown: data is displayed in cycle mode. Hidden: data is displayed in hold mode.
4	Speed	0.0 ~ 999.9 km/h
5	Time	00:00 ~ 99:59. When the device is in active mode, the timer starts on a short press of the button or when movement is detected. It stops after 4 seconds of inactivity.
6	Distance	0.0 ~ 999.9 km
7	Calories	0.0 ~ 999.9 kcal. Proportional to the resistance level: level 1 corresponds to 11.4 kcal/km, level 32 to 44.6 kcal/km
8	Bluetooth	Appears: Bluetooth is connected. Disappears: Bluetooth is disconnected

CARE, STORAGE AND MAINTENANCE

Cleaning

Regular and thorough cleaning will extend the service life of the exercise bike.

Remove dust and dirt, and make sure your shoes are clean so as not to bring debris inside the equipment.

Maintenance

Replace worn or damaged parts immediately.

Do not use the equipment until faulty parts have been replaced. Pay special attention to parts subject to wear.

WORKOUT TIPS AND RECOMMENDATIONS

Warm-up and Cool-down

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

The warm-up is a very important part of a workout. A warm-up should be done before every workout. It helps warm up the body, stretch the muscles and allow the body to adapt to more intense exercise. Repeating the warm-up at the end of the exercise can help relieve muscle soreness.

We suggest doing the appropriate warm-up and cool-down exercises according to the following scheme:



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.

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

SERVICE

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

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

Official website genau.kg