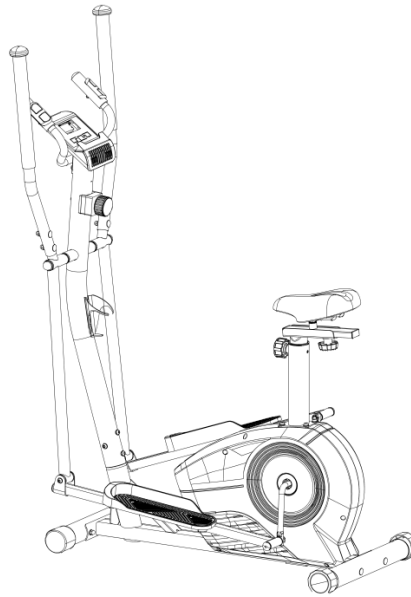


Genau GN-102 Elliptical Trainer

User Manual

This translation was made automatically.

THANK YOU FOR YOUR PURCHASE!



Thank you for purchasing the Genau GN-102 elliptical trainer. Please use the equipment correctly to ensure your safety and health. Before use, 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

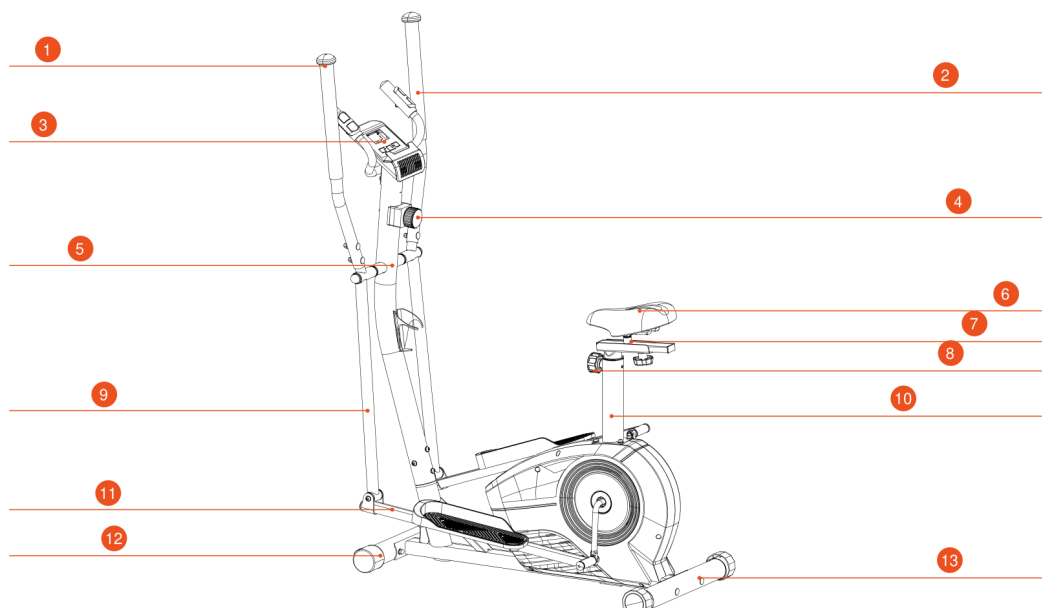
The translation of this section has not been reviewed yet. The official text is in Russian.

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

Note: Although the product has been carefully designed and manufactured with safety in mind, be sure to follow the instructions below. We are not responsible for the consequences of improper use.

- This elliptical trainer is intended for indoor use only. Place it on a flat, hard surface. Do not place foreign objects on it.
- If the power cord is damaged, it must be replaced by the manufacturer's specialist, a service center or authorized personnel. If the trainer is not used for a long time, be sure to disconnect it from the mains.
- Always unplug the power plug when the trainer is not in use for a long time.
- The product is not intended for people with disabilities or for children. Do not use it if you feel unwell — this may lead to injury.
- Do not use the trainer in dusty rooms or in high humidity. Avoid static electricity, as it may affect the operation of the console. Use only original parts.
- Do not place the battery near hot or moving objects.
- Do not disassemble the trainer without permission — this may have serious consequences.
- Wear close-fitting clothing and avoid loose or hanging parts of clothing.
- If you feel unwell, stop using the trainer and consult a doctor.
- The trainer is suitable for home use only, not for professional training or medical purposes.
- Do not use the trainer if the housing is cracked, the welds are damaged or the internal structure is exposed.
- Do not use it immediately after eating, when tired or when feeling unwell.
- Do not scatter needles, debris or water on the power plug.
- Remove the battery from the socket when the trainer is switched off. Dust and moisture may cause a fire.
- This product is class HC. If in doubt about the correctness of the grounding, contact a qualified electrician.

PRODUCT COMPONENTS



In the picture:

- 1. Handles
- 2. Upper handle section
- 3. Console
- 4. Resistance knob
- 5. Handle post
- 6. Seat
- 7. Seat post
- 8. Locking pin
- 9. Lower handle section
- 10. Auxiliary seat post
- 11. Left pedal tube
- 12. Front stabilizer
- 13. Rear stabilizer

Accessory Bag Contents

No.	Item	Unit	Qty
1	Hex key 5 mm	pcs	2
2	Combination wrench	pcs	2
3	Curved washer	pcs	4
4	Nut M8	pcs	4

No.	Item	Unit	Qty
5	Square bolt M8×75	pcs	4
6	Square bolt M8×40	pcs	4
7	Hex socket screw	pcs	4
8	Hex socket bolt L (left-hand thread)	pcs	1
9	Wave washer Ø17.5×Ø23	pcs	2
10	Flat washer Ø13×Ø24	pcs	2
11	Left-hand thread nut	pcs	1
12	Hex socket screw R (right-hand thread)	pcs	1
13	Right-hand thread nut	pcs	1
14	Flat washer Ø9×Ø24	pcs	2
15	Wave washer Ø19.5×Ø23	pcs	2
16	Hex head flange bolt	pcs	2
17	Handle fixing cap	pcs	2
18	Pedal tube connecting shaft	pcs	2
19	Flat washer 8×16	pcs	4
20	Hex socket screw M8×16	pcs	4
21	Spring washer	pcs	4
22	User Manual	pcs	1

Packing List

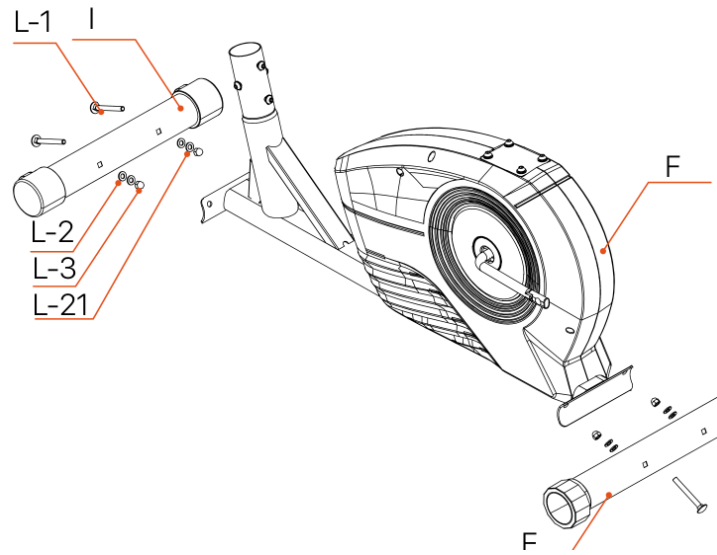
No.	Item	Unit	Qty
1	Frame	pcs	1
2	Console	pcs	1
3	Tool kit	pcs	1
4	Front stabilizer	pcs	1
5	Rear stabilizer	pcs	1
6	Seat post	pcs	1

No.	Item	Unit	Qty
7	Seat	pcs	1
8	Auxiliary seat post	pcs	1
9	Handle post	pcs	1
10	Locking screw	pcs	1
11	Left pedal	pcs	1
12	Left pedal tube	pcs	1
13	Right pedal tube	pcs	1
14	Right pedal	pcs	1
15	Lower handle section	pcs	2
16	Upper handle section	pcs	2
17	Front handlebar	pcs	1
18	Slider tube	pcs	1
19	Bottle holder	pcs	1

ASSEMBLY

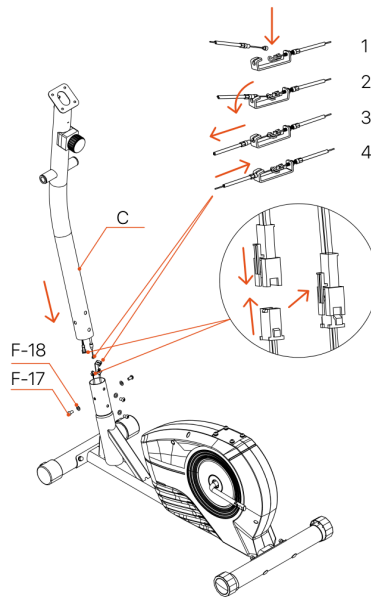
Important! During installation, all screws are first tightened lightly; final tightening is done after the frame is completely assembled.

STEP 1



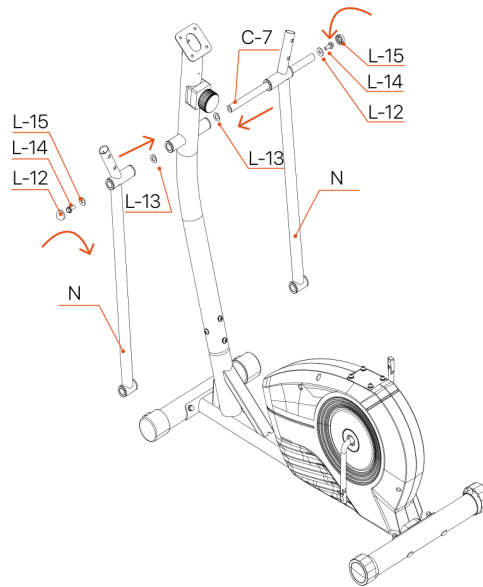
- Take the front stabilizer I, rear stabilizer E, square bolt L-1, arc washer L-2, nut L-3, combination wrench L-20 and spring washer L-21.
- As shown in the picture: install the front/rear stabilizer and use the combination wrench L-20 to tighten the nut L-3.

STEP 2



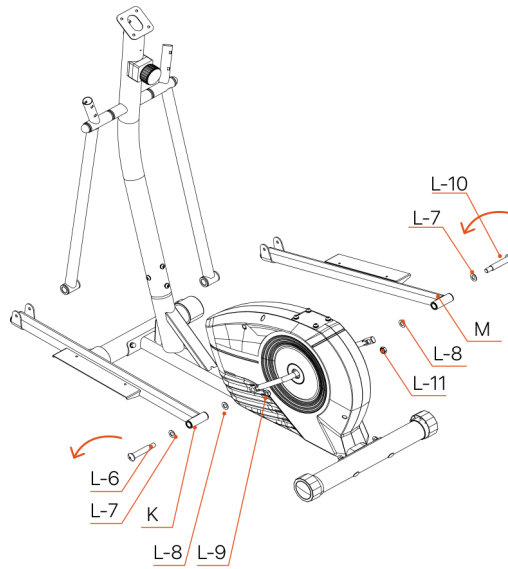
- Take the pendulum arm C out of the package, take the hex key L-19 from the tool set and use it to remove the pre-installed screws F-17 and F-18.
- Install the post C on the frame and connect the wires J-2 and J-3.
- The installation and connection method is shown in the picture: connect the tension regulator wire and place it in the lower wire groove. Insert the post C into the fixed place on the frame and use the hex key L-19 together with the screws F-17 and F-18 to tighten.

STEP 3



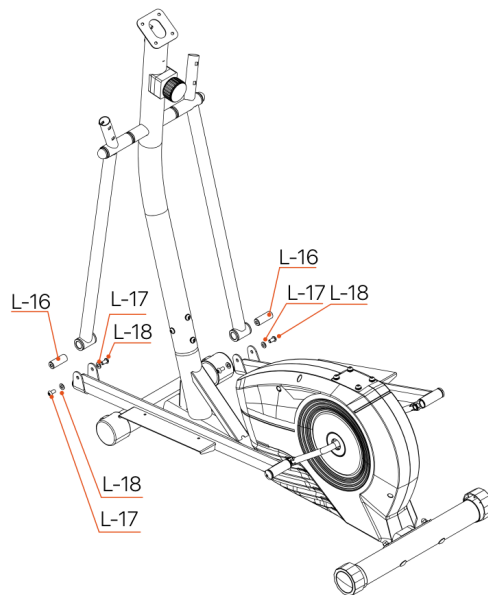
- Take the lower handle N out of the package, as well as the combination wrench L-20 and the screws L-12, L-13, L-14, L-15 from the tool set, and take the handle fixing crossbar C-7.
- As shown in the picture: insert the fixing crossbar into the socket of the post.
- Install the screw L-13 into the fixing crossbar.
- Insert the lower handle into the fixing crossbar.
- Use the screws L-12 and L-14 to fix it to the fixing crossbar C-7.
- Tighten with the combination wrench L-20 in the direction shown in the picture.

STEP 4



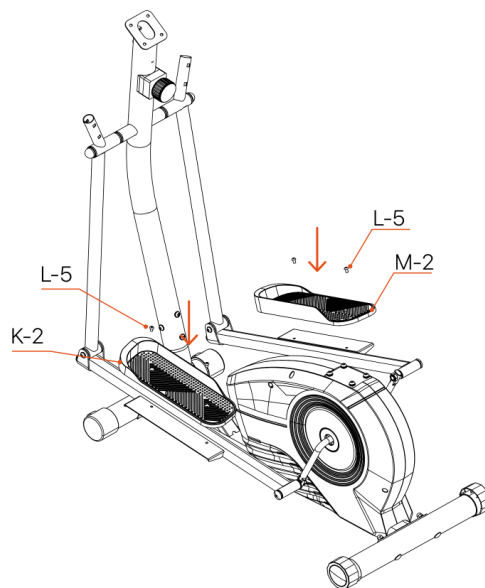
- Take the left pedal tube K and the right pedal tube M out of the package, take the hex key L-19 and the combination wrench L-20 from the tool set. Remove the parts L-6, L-7, L-8, L-9.
- As shown in the picture:
- Pass L-6 through the left pedal tube K and the parts L-7, L-8, L-9 in the direction of the arrow and install L-6 on the frame.
- Fix L-9 from the rear with L-20.
- Remove L-10, L-11, L-8, L-9 (as shown in the picture).
- Assemble L-10 through the right pedal tube M with the parts L-7 and L-8 and install it on the frame in the direction of the arrow.
- Use L-20 to tighten L-11 from the rear.

STEP 5



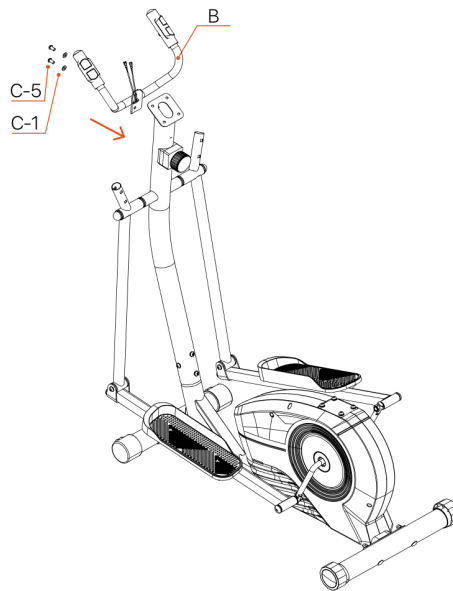
- Take the parts L-16, L-17, L-18 from the tool set. As shown in the picture: insert L-16 into the bushing under the lower handle and join the fixing socket of the pedal tube with the lower handle into a single unit.
- Use the hex key L-19 to tighten the screw set L-17 and L-18.

STEP 6



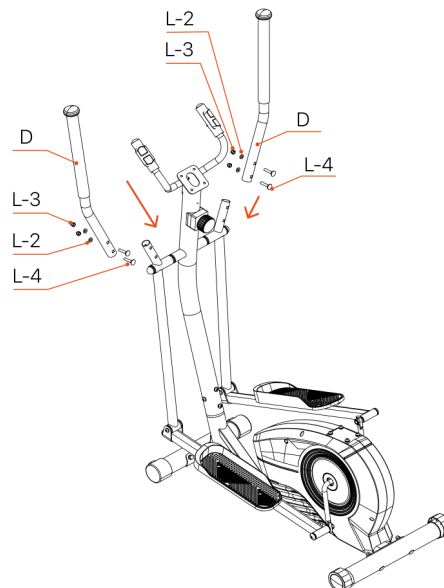
- Take the left pedal K-2 and the right pedal M-2 out of the package and take the hex socket screw L-5 from the tool set.
- As shown in the picture: install the left and right pedals on the step tube, align them with the screw holes and tighten the screw L-5 with the hex key L-19.

STEP 7



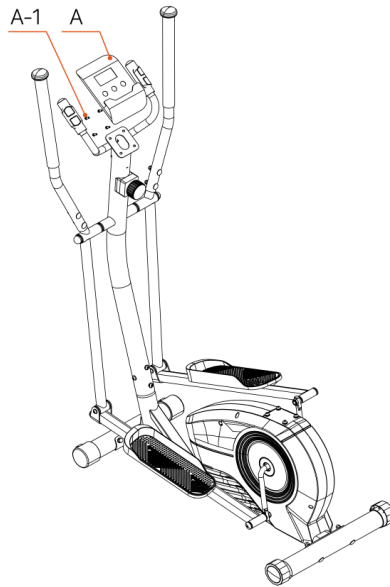
- Take the handrail B out of the package and remove the set of M8*16L screws (2 pcs.) C-1, C-2 pre-installed in the post.
- As shown in the picture: use the screw set C-1, C-2 to align with the holes in the post and fix. Pass the pulse sensor wire J-4 through the hole in the post C and use the hex key L-19 to tighten them.

STEP 8



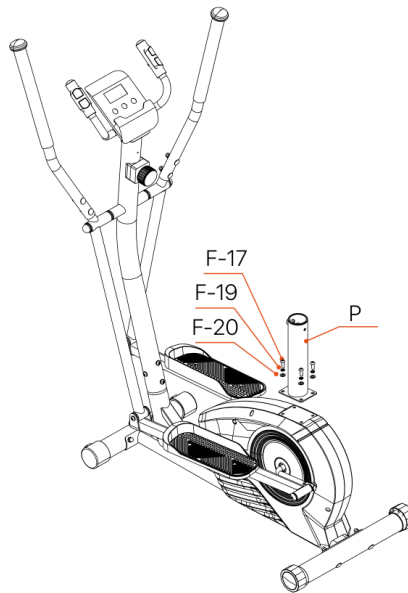
- Take the upper handrail D out of the package and take L-2, L-3, L-4 from the tool set.
- As shown in the picture: insert the upper handrail D into the open end of the lower handrail, align the holes, insert the square bolt L-4 and secure it with the nut L-3, tightening it with the combination wrench L-20.

STEP 9



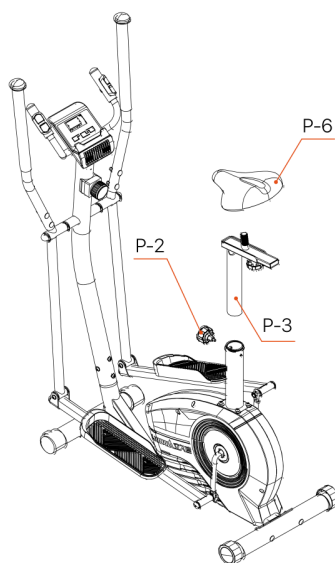
- Take the console A out of the package. Use the Phillips screwdriver of the combination wrench L-20 to remove the screws M512×4pcs from the console A.
- Connect the exposed wires at the back of the console A to the wires in the post C one by one.
- As shown in the picture: place the connected wires in the hole of the post C, align the console with the hole of the post C and secure it with the previously installed screws M512×4pcs.

STEP 10



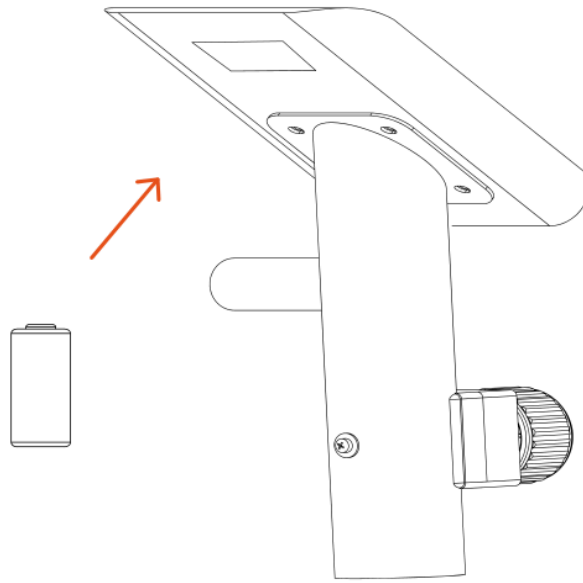
- Take the seat post sleeve P out of the package and remove the pre-installed screws F-17, F-19, F-20 on frame F to prepare.
- As shown in the figure: align the seat post with the hole on the frame and tighten using hex key F-17, F-19 and F-20.

STEP 11

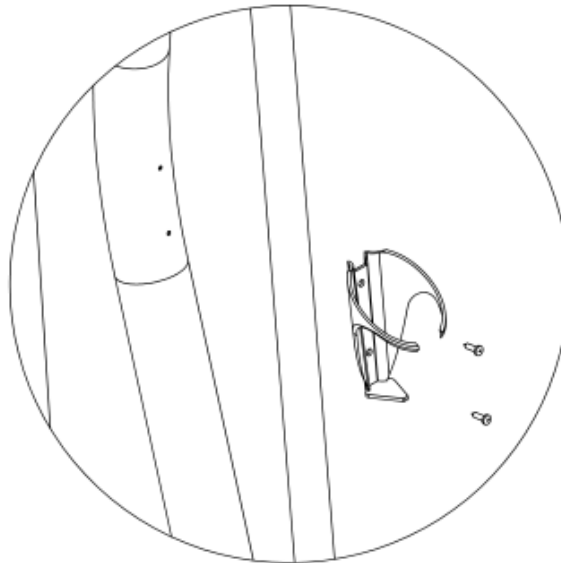


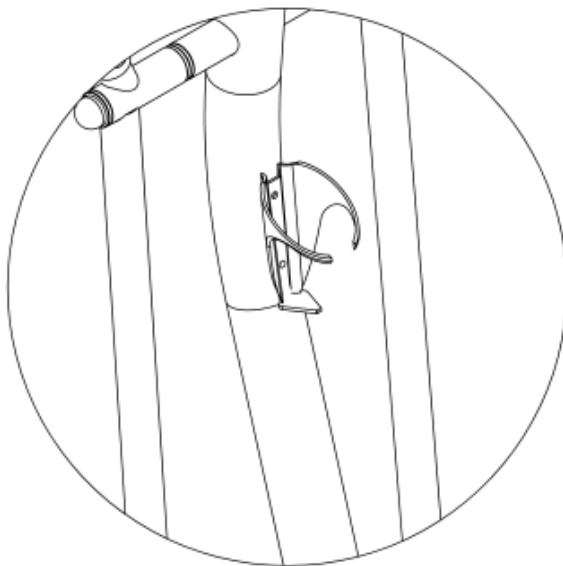
- Take the lock handle P-2, seat P-6 and seat post P-3 out of the package. As shown in the figure: insert seat post P-3 into the fixing hole of the frame and adjust it to the required height.
- Align lock handle P-2 with the corresponding hole and scale on seat post P-3 and tighten lock handle P-2.

STEP 12



- Remove the battery compartment cover under the console, insert batteries (AAA) into the compartment in the correct direction and close the cover again — the console A will then light up.
- Take out bottle holder C-8.
- Remove the pre-installed screws C-9 on the post and use them to fasten the bottle holder to the post with combination wrench L-5.
- The assembly of the entire elliptical trainer is complete.

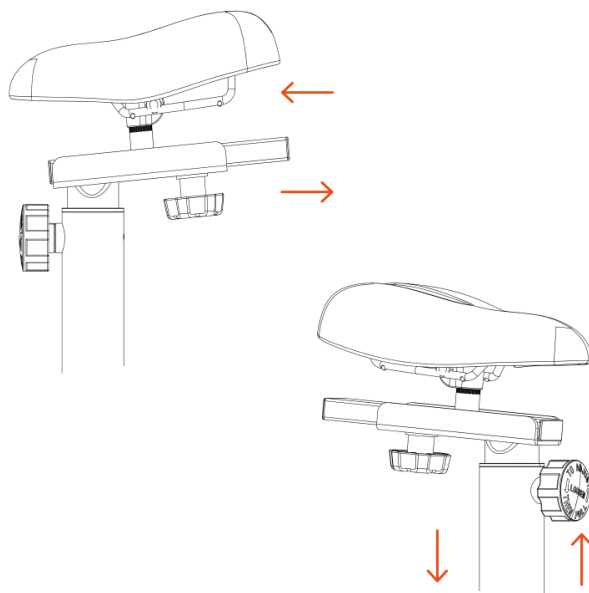




Make sure all installation is completed according to the requirements above and check that nothing has been missed before use.

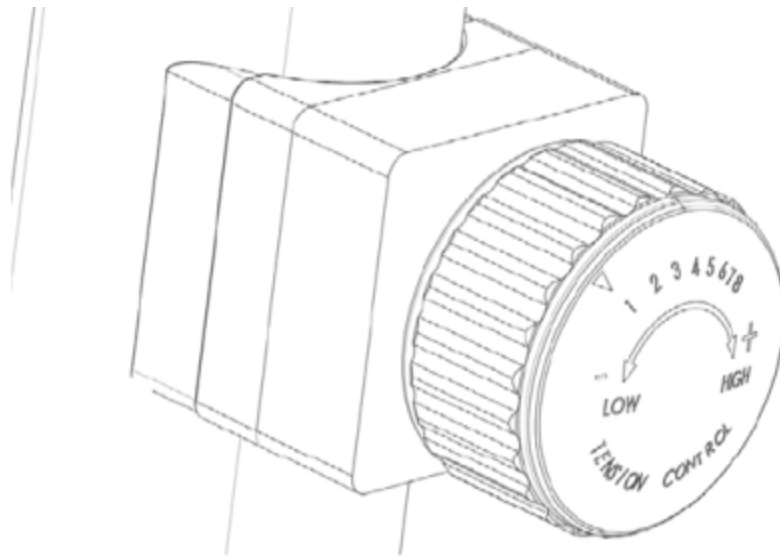
Adjusting the seat

You can adjust the distance of the seat from the handlebars forward and backward with the knob under the seat. The height can be adjusted with the rotating knob.



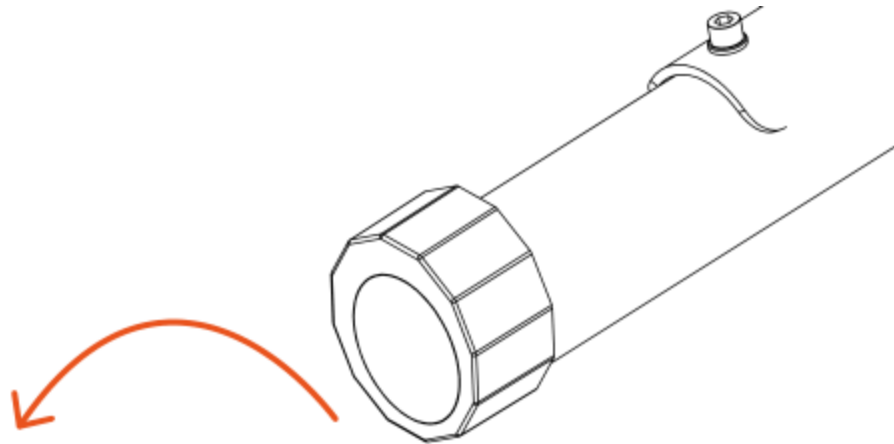
Resistance adjustment

You can adjust the resistance (load) while riding by turning the load regulator on the post.



Leveling

You can level the trainer on the floor using the adjusting screw located on the sides of the front and rear stabilizers.



OPERATION

Console

Function	Description
SCAN	Switching functions
TIME	00:00–99:59 minutes
SPEED	0.0–99.9 km/h (mph)
DISTANCE	0.0–99.99 km (miles)

Function	Description
ODO	0.0–999.9 km (miles)
PULSE	40–240 bpm
CALORIES	0–999.9 kcal

Button Functions

Item	Description
MODE	Function selection
RESET	Reset of all data
SET	Setting a target; after pressing “start” the countdown begins

Use

Item	Description
ON/OFF	The console turns on when any button is pressed or a signal is received. If not used for 4 minutes, it switches off automatically.
RESET	Hold for 3 seconds to reset all data except odo.
MODE	When the indicator is flashing, the automatic scanning mode is activated. Press again to lock on the selected function.

Display Functions

Item	Description
TIME	Shows the workout time.
SPEED	Shows the current speed.
DISTANCE	Shows the distance covered.
ODO	Shows the total distance traveled.
PULSE	Shows the pulse when the sensors are held (the result appears after 5 seconds).
CALORIES	Shows the calories burned.
SCAN	When the indicator is flashing, it shows all parameters in a cycle.

CARE, STORAGE AND MAINTENANCE

Cleaning

Regular cleaning will extend the service life of the elliptical trainer. Remove dust regularly to keep it clean. Make sure your sneakers are clean so as not to bring foreign objects inside the trainer.

Maintenance

Faulty parts must be replaced immediately, or do not use the trainer until they are replaced. Pay special attention to the parts that wear out fastest.

WORKOUT TIPS AND RECOMMENDATIONS

Warm-up and Cool-down

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

Warm-up is a very important part of a workout. It must be done before every workout. Warm-up helps to 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 tilt your head toward your right shoulder, stretch your neck and rotate your head once clockwise and once counterclockwise; then tilt your head toward your left shoulder and make one counterclockwise rotation. 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 possible and hold the position for up to 15 seconds.



Hamstring stretch

Sit down, straighten your right leg, bend your left, take 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 inner side of your right thigh. Then press down on the body, stretch your left and right arms forward to touch your toe; the stronger the pressure, the better. Hold this position for 15 seconds and switch to the left leg.



Calf stretch

Leaning on the wall with both hands, tilt your torso at an angle of 45 degrees to the floor and take your left and right legs back in turn, performing walking movements.

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 «Генау ГМБХ»), Kyrgyzstan. Phone: +996 778 639 000

[Official website genau.kg](https://genau.kg)