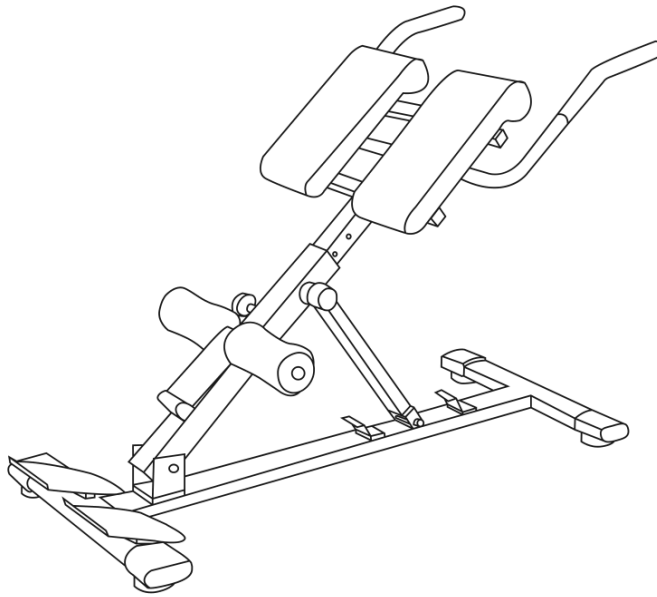


Genau Hiper Pro Folding Hyperextension Bench

User Manual

This translation was made automatically.

THANK YOU FOR YOUR PURCHASE!



Thank you for purchasing the Genau Hiper Pro hyperextension bench. 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

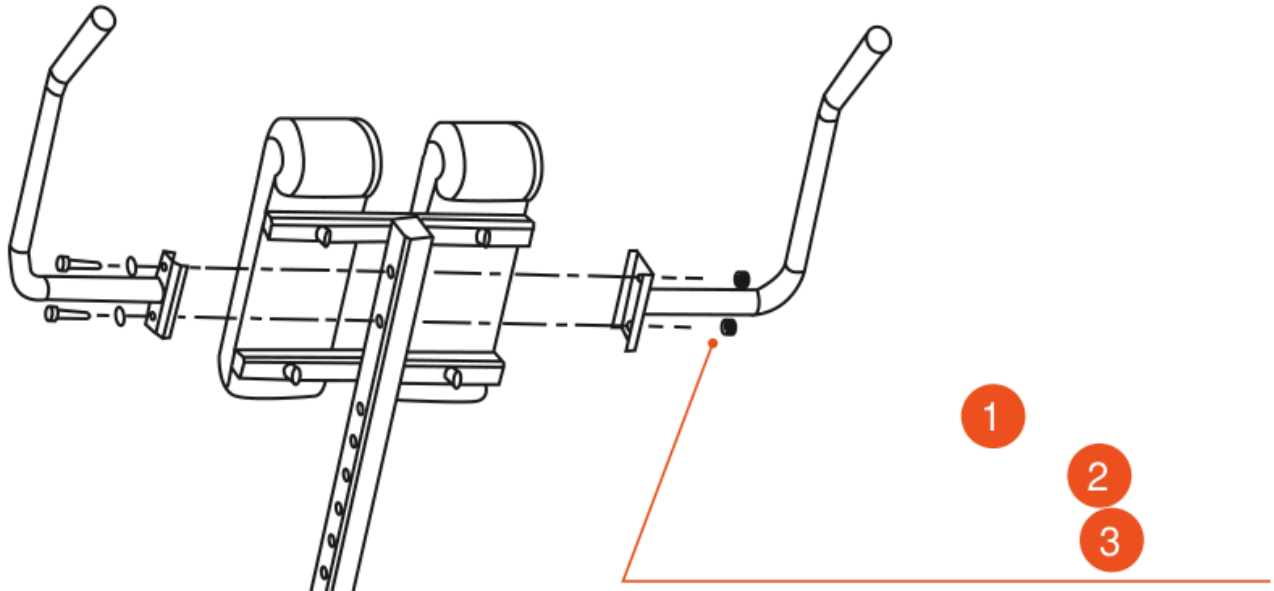
The translation of this section has not been reviewed yet. The official text is in Russian.

Warning! Consult a physician before starting any exercise program. This is especially important for people over 35 or those with existing health problems. Read all instructions before using any fitness equipment. We are not responsible for injury or property damage resulting from the use of this product. Keep these instructions.

- Keep children and pets away from the equipment. DO NOT leave children unattended in the same room as the equipment.
- Only one person may use the equipment at a time.
- If you feel dizzy or nauseous, have chest pain or any other symptoms, stop exercising immediately. SEEK MEDICAL ATTENTION URGENTLY.
- Place the machine on a flat, clean surface. Do NOT use it near water or outdoors.
- The free space around the equipment must be at least 0.6 m larger than the exercise area. This is necessary for safely stepping off the equipment in an emergency. If two machines are placed side by side, the free area may be shared.
- Keep your hands away from moving parts.
- Wear suitable sportswear. DO NOT wear robes or loose clothing that could catch on the equipment. Sports shoes are recommended.
- Use the equipment only for its intended purpose as described in the instructions. DO NOT use unsuitable accessories.
- Do not place sharp objects near the equipment.
- People with disabilities should use the equipment only under the supervision of a qualified specialist or physician.
- Warm up and stretch before use.
- Do not use the equipment if it is not working properly.
- Maximum user weight: 150 kg.

ASSEMBLY

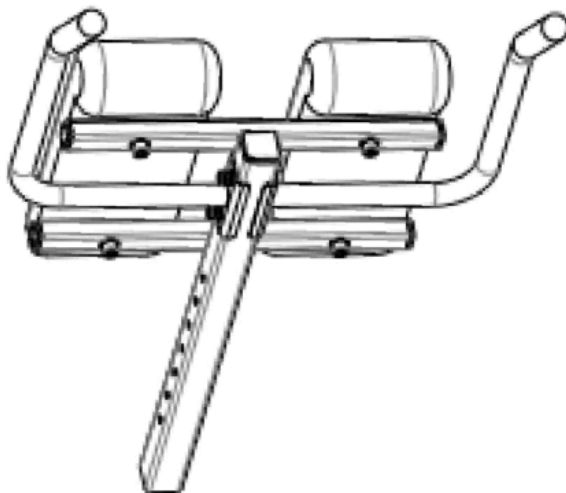
STEP 1



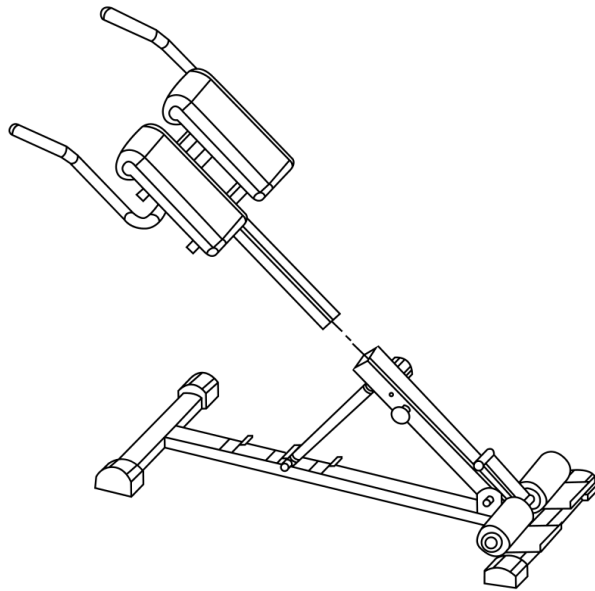
In the picture:

- 1. 24 - M10 x 60 mm bolt (2 pcs)
- 2. 27 - Washer (2 pcs)
- 3. 26 - Nut (2 pcs)

Screw the left and right handles (3, 4) to the adjustable tubular frame (5). Use bolt 24 (M10×60 mm), washer 27 (Ø10) and nut 26 (M10).



STEP 2



Now connect the two posts together. Secure them with the shaped knob 13 and the locking pin 19. After this, the device is ready for use.

WORKOUT TIPS AND RECOMMENDATIONS

Warm-up and Cool-down

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

Warm-up is a very important part of a workout. A warm-up must be done before every workout. It helps warm up the body, stretch the muscles and allows 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

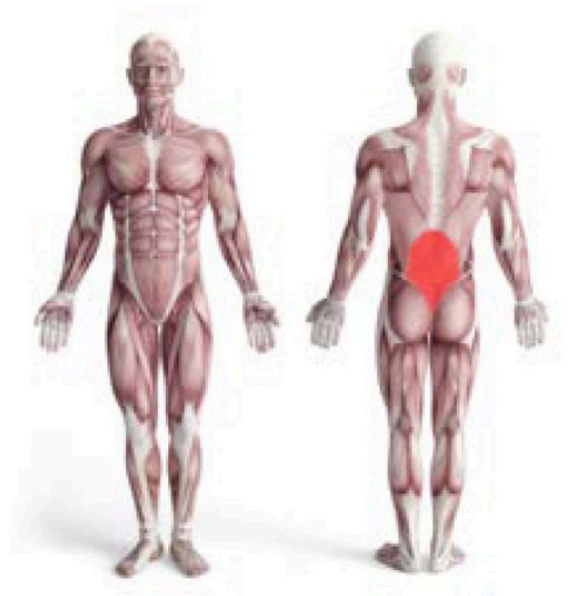
Lean against a wall with both hands, tilt your body at a 45-degree angle to the floor and alternately move your left and right legs back, as if walking.

BENCH EXERCISES

Hyperextensions (Back stretch)

Training effect

Hyperextensions are an effective training method for strengthening the muscles of the lumbar spine.



Starting position



During the exercise, secure your feet under the support roller. The seat pad supports the pelvic area. Cross your arms behind your head. Elbows point to the sides. Slowly lean forward until your thighs and torso form almost a right angle.

Return to the starting position

Slowly raise your torso back to the starting position until your back and legs form a straight line.

Note: During the exercise, do not arch your back beyond the line of the body (torso–buttocks–legs). To avoid strain and back pain, do not swing your torso. Perform the exercise smoothly and slowly.

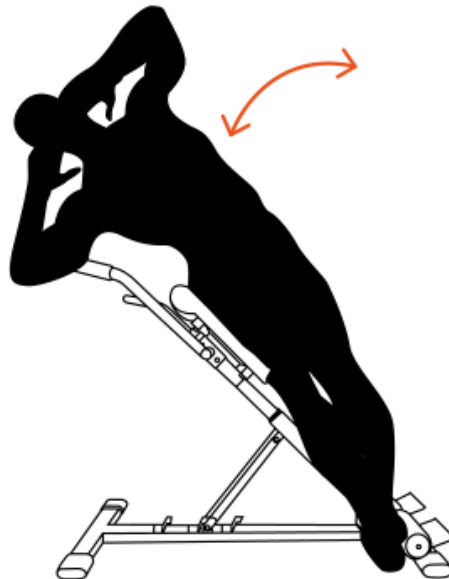
Side bends on the hyperextension bench

Training effect

This exercise is effective for strengthening the lateral abdominal muscles. These muscles produce the sideways movement of the rib cage toward the pelvis.



Starting position



Lie on your side on the bench and secure your feet under the support roller. The pelvic area rests on the seat pad, arms are crossed on the chest. Lower your torso toward the floor. Stop when your torso is almost parallel to the floor.

Return to the starting position

Slowly raise your torso and return to the starting position. Depending on the intensity of your workout, perform the exercise 10–20 times, then repeat on the other side.

Note: Make sure your legs and torso remain completely stable. Move your torso only sideways so as not to overload the lower back.

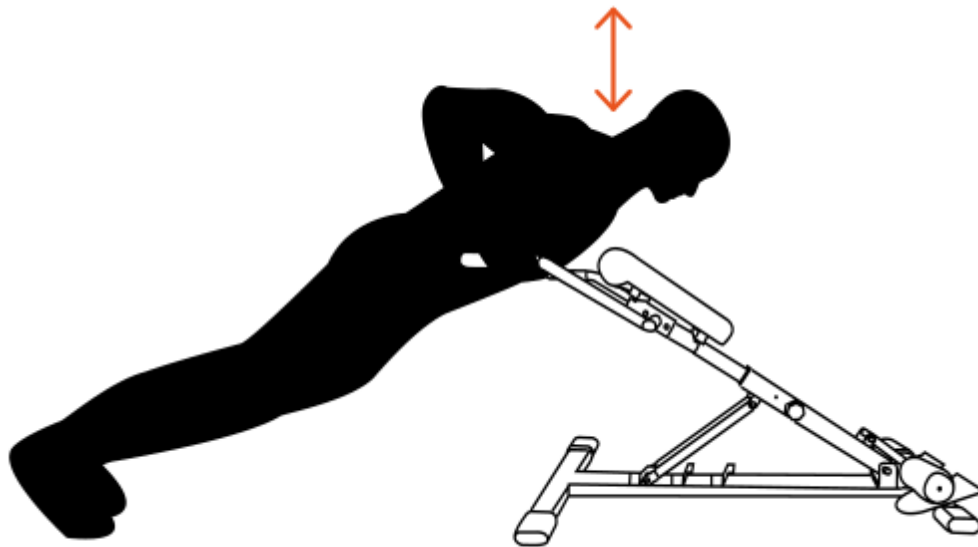
Push-ups

Training effect

Push-ups are a bodyweight exercise that effectively strengthens the shoulder, arm and chest muscles.



Starting position



To perform the exercise, set the equipment to its lowest position and use the handles as supports for push-ups. Keep your head in line with your body, looking down. Lower your body toward the floor. To work the chest muscles fully, perform the exercise with the maximum range of motion.

Return to the starting position

Raise your body smoothly and under control, returning to the starting position.

Note: To increase the intensity of the workout, avoid jerking and momentum with the upper body. Extra weight can also increase the load.

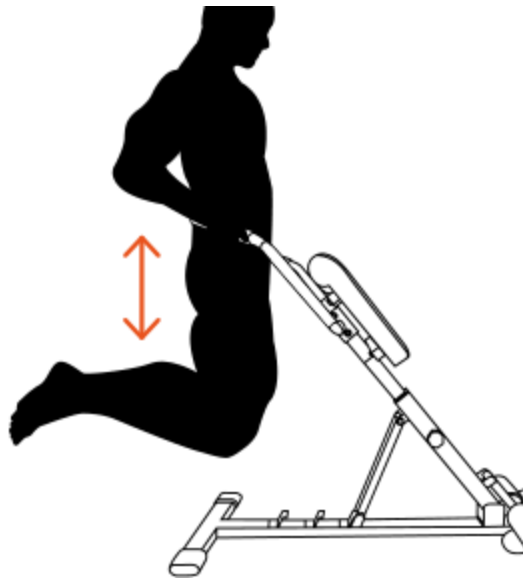
Dips

Training effect

Dips are a multi-joint exercise, as they involve the shoulder joint and the elbows. The exercise is especially effective for strengthening the triceps, chest muscles and shoulders.



Starting position



For this exercise, start in the support position, holding the handles. Bend your legs back and tilt your head slightly down so that the cervical spine stays in a neutral position. Bend your arms and lower your body toward the floor.

Return to the starting position

Raise your body smoothly and under control until you return to the starting position. At the end of the movement the elbows straighten fully, which briefly relieves the load on the chest and triceps.

Note: To increase the training intensity, you can add extra weight.

CARE, STORAGE AND MAINTENANCE

Attention!

- The safety level of the equipment is maintained only with regular inspection for wear and damage.
- Replace defective components immediately and/or do not use the equipment until it is repaired.
- Pay special attention to the parts most subject to wear.
- Lubricate the moving parts periodically with light oil to prevent premature wear.
- The equipment can be cleaned with a damp cloth and a mild non-abrasive cleaner.
- Do not use solvents.
- Do not attempt to repair the equipment yourself. If you have difficulty with assembly or operation, or believe that some parts are missing, contact the manufacturer or an authorized service agent.

Compact storage

- Loosen the locking screw (19) under the seat pad mount and pull it out.
- Push the front support tube toward the seat pad mount and align the locking pin with the hole in the inner adjustable tube.
- In this position the device can be stored compactly, for example under a bed or next to a wardrobe.

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
Net weight	17.2 kg
Dimensions (L × W × H)	108 × 62 × 93 cm
Folded dimensions (L × W × H)	119 × 63 × 27 cm
Maximum user weight	150 kg
Locking system	3-level
Height adjustment	6-level

Manufacturer: ZHEJIANG DDS SPORTS EQUIPMENT CO.,LTD, No. 2, Jingui South Road, Huachuan Industrial Zone, Yongkang City, Zhejiang Province, China.

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)