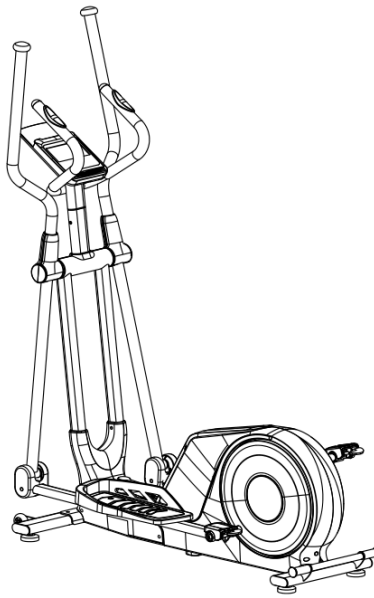


# Foldable elliptical trainer Genau Orbit Fold

User Manual

This translation was made automatically.

## THANK YOU FOR YOUR PURCHASE!



Thank you for purchasing the Orbit Fold elliptical trainer. 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

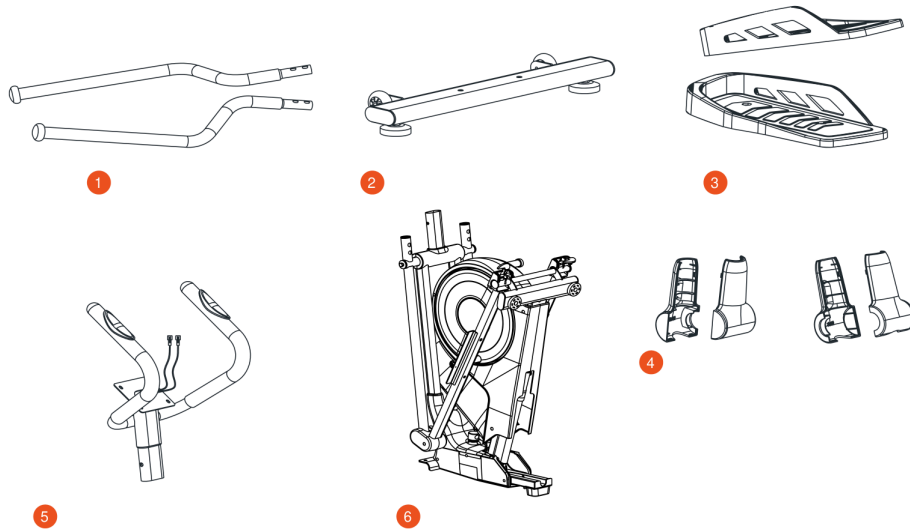
The translation of this section has not been reviewed yet. The official text is in Russian.

**Attention!** For your safety and correct operation, use this equipment in accordance with the instructions. Please read the information below carefully before use.

- It is important to read this manual completely before assembling and using the equipment. Safe and effective operation is possible only with correct assembly, maintenance and use.

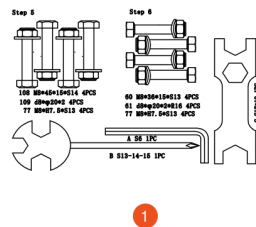
- Consult a doctor before starting any exercise, especially if you have medical conditions or physical limitations that may pose a risk, or if you take medication that affects heart function, blood pressure or cholesterol level.
- Listen to your body. Incorrect or excessive exercise can harm your health. Stop exercising if you feel pain, shortness of breath, dizziness, rapid heartbeat or other alarming symptoms.
- Keep children and pets away from the equipment. For adult use only.
- Use on a flat, hard surface, with a protective mat if necessary. Free space around the equipment: at least 0.6 m.
- Before use, make sure all screws and nuts are tightened. Do not use the equipment if you notice defects or unusual noises until the faults are fixed.
- When using the equipment's computer, the heart rate readings are for reference only and are not a medical indicator.
- Wear suitable clothing and avoid loose items that may catch on the equipment.
- Intended for home use. Maximum user weight: 120 kg.
- Move the equipment carefully to avoid injuring your back.
- Do not use for therapeutic purposes.
- Keep the manual and the assembly tools.

# PRE-ASSEMBLY CHECKLIST



In the picture:

- 1.** Left handlebar — 1 pc. Right handlebar — 1 pc.
- 2.** Front stabilizer — 1 pc
- 3.** Left pedal — 1 pc. Right pedal — 1 pc.
- 4.** Front cover of the pendulum rod, left — 1 pc. Rear cover of the pendulum rod, left — 1 pc. Front cover of the pendulum rod, right — 1 pc. Rear cover of the pendulum rod, right — 1 pc.
- 5.** Center handle / center handlebar — 1 pc.
- 6.** Main frame — 1 pc



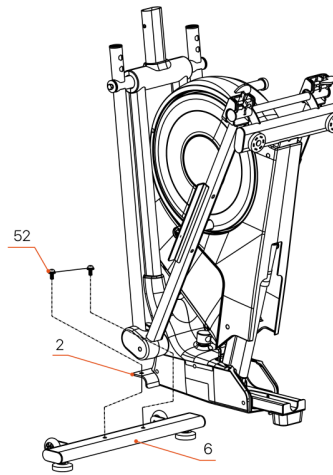
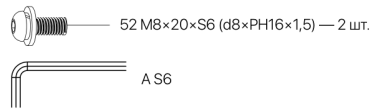
In the picture:

- 1.** Fastener kit — 1 pc.
- 2.** Console — 1 pc

# ASSEMBLY INSTRUCTIONS

Some parts and screws are pre-installed on the trainer. You may need to remove them and install them again.

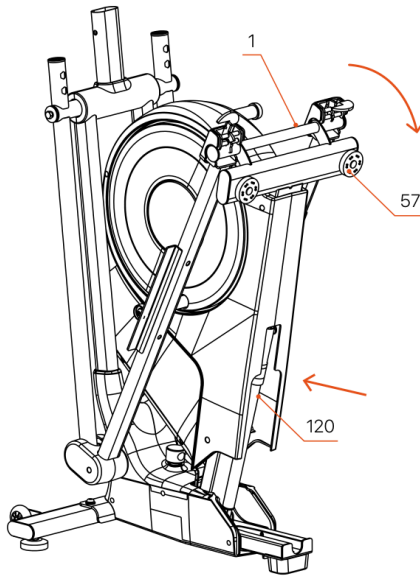
## STEP 1



### Installing the supports

- Take the parts out of the box and remove all protective packaging from them.
- Using the wrench (A), unscrew the pre-installed bolt (52) from the front stabilizer (6).
- Align the front stabilizer (6) with the handle post (2), then put the bolt (52) back and tighten it with the wrench (A).

## STEP 2

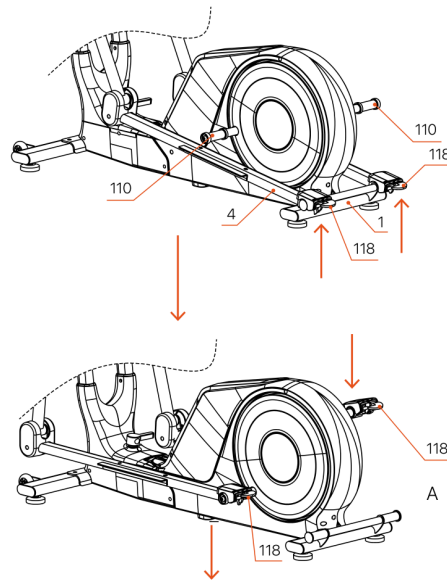


### Unfolding the main frame

- Hold the main frame tube (1) with your right hand and press it down. Then press the cylinder (120) with your foot. Keep holding the frame.
- After it is released, the main frame will begin to unfold. Carefully lower it until the support pad (57) touches the floor.

**Note:** during this process, make sure that people and pets are at a safe distance to avoid accidents.

### STEP 3

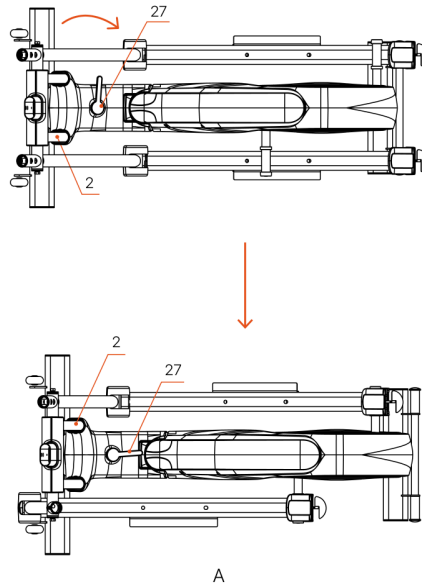


#### Locking the connecting rods

- When the trainer stands steadily, lift the red rod latch (118) by hand to disconnect the connecting rod (4) from the main frame tube (1).
- Press the connecting rod (4) down toward the center of the bushing (110) until you hear a click. This means that the rod is securely locked in place, as shown in figure A.
- Repeat the same procedure on the opposite side for the connecting rod (5).

**Note:** after installation, for safety, lift both connecting rods (4) and (5) to make sure that they are securely locked in the bushings (110) and are centered.

## STEP 4

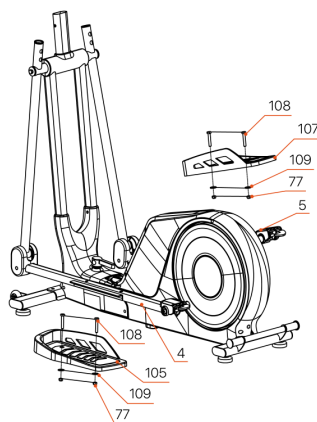
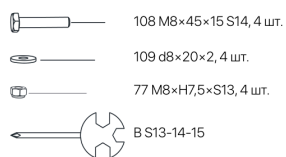


### Locking the main frame

- Carefully holding the handle post (2) with your left hand, take the L-shaped knob (27) with your right hand and turn it clockwise until fully tightened. This will lock the main frame in place, as shown in figure A.

**Note:** make sure that the L-shaped knob is tightened securely. Otherwise, the frame may be unstable or wobble during use.

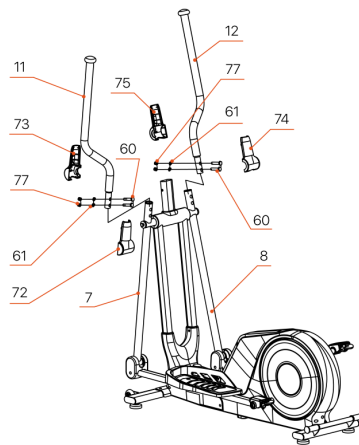
## STEP 5



### Installing the pedals

- Install the left pedal (106) on the left connecting rod (4) using the bolts (108), flat washers (109) and nuts (77). Tighten securely with the wrench (B).
- Install the right pedal (107) on the right connecting rod (5) using the bolts (108), flat washers (109) and nuts (77). Tighten securely with the wrench (B).

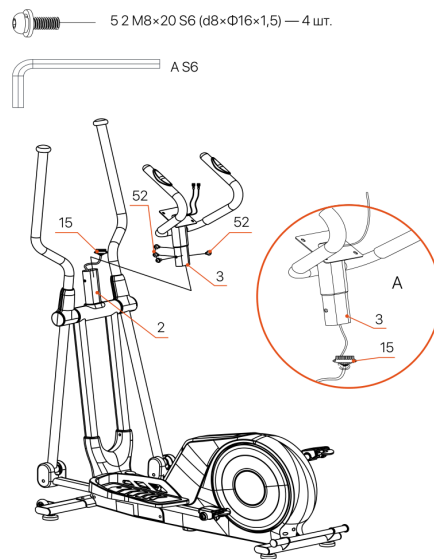
## STEP 6



### Installing the handles and the pendulum rod covers

- Install the left handle (11) on the left pendulum rod (7) using the bolts (60), arc-shaped washers (61) and nuts (77). Tighten securely with the wrench (B).
- Install the right handle (12) on the right pendulum rod (8) using the bolts (60), arc-shaped washers (61) and nuts (77). Tighten with the wrench (B).
- Install the front cover of the left pendulum rod L (72) and the rear cover of the left pendulum rod L (73) on the left pendulum rod (7), then press them together until they lock.
- Do the same on the right side: install the front cover of the right pendulum rod R (74) and the rear cover of the right pendulum rod R (75) on the right pendulum rod (8), then press them together.

## STEP 7

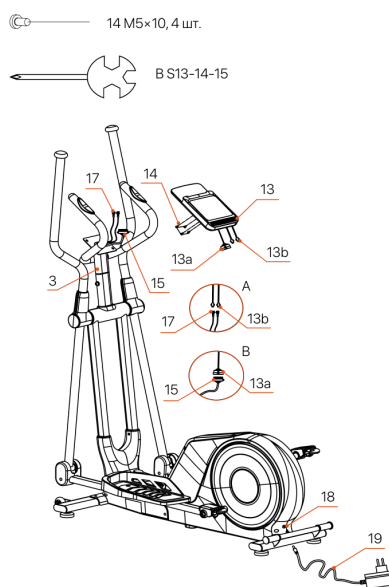


### Installing the center handle

- Using the wrench (A), unscrew the pre-installed bolt (52) from the center handle (3).
- Carefully pass the auxiliary wire from the main wire (15) through the center handle (3), as shown in figure A.
- Insert the center handle (3) into the handle post (2) and secure it with the bolt (52). Tighten with the wrench (A).

**Attention!** Make sure not to pinch or damage the cables during installation. Before tightening the bolts, make sure that all wires are routed correctly and do not get into places where they could be pinched.

## STEP 8



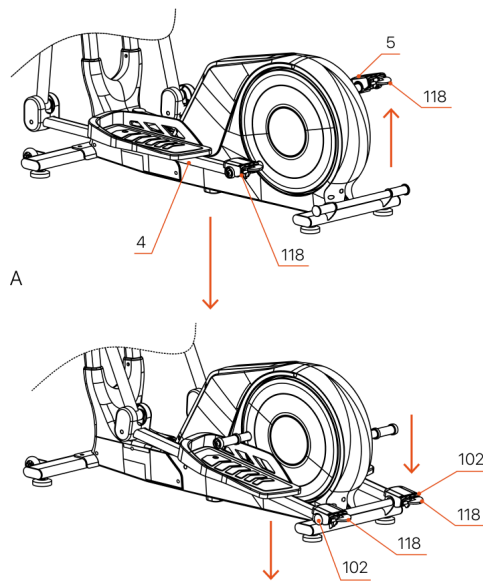
### Installing the console and connecting the power

- Using the wrench (B), unscrew the pre-installed screws (14) from the console (13). Set them aside for later installation.
- Connect the console wire (13b) to the pulse sensor wire on the handles (17), as shown in figure A.
- Connect the console wire (13a) to the main wire (15), as shown in figure B.
- Install the console (13) on the center handle (3) and secure it with the screws (14) using the wrench (B).
- Insert the adapter (19) into the power cable (18), then connect the other end of the adapter to the household mains.

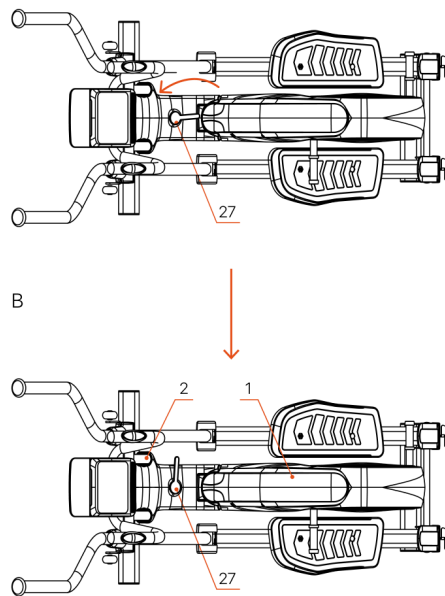
**Note:** make sure that all wire connections are secure and that the cables are not pinched during installation.

## ADJUSTMENT AND USE GUIDE

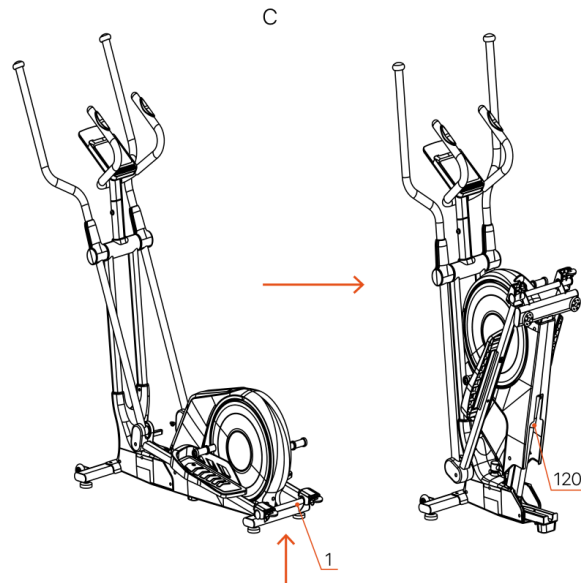
### Folding the treadmill



- Lift the red latch (118) by hand to disconnect the connecting rod (4) from the main frame tube (1).
- Press the connecting rod (4) toward the center of the bushing (102) until you hear a click. This means that the rod is securely locked in place, see figure A.
- Repeat the same process on the opposite side for the other connecting rod.



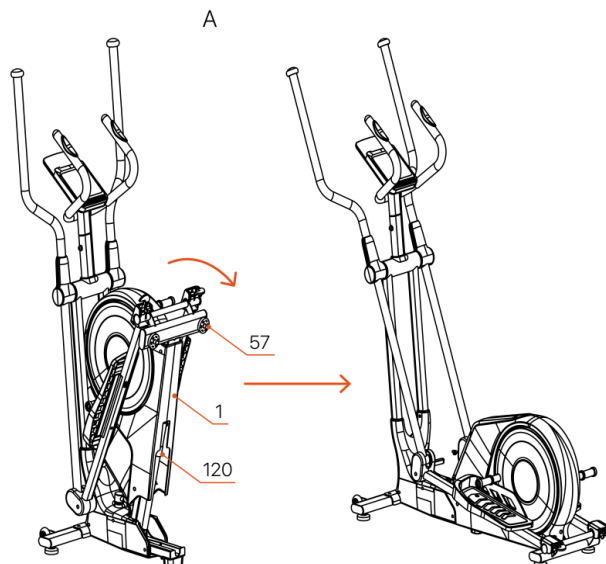
- Turn the L-shaped knob (27) counterclockwise to loosen it, see figure B.



- Hold the main frame tube (1) and lift it up until you hear a click. This means that the frame is securely locked in place, see figure C.
- Folding is complete!

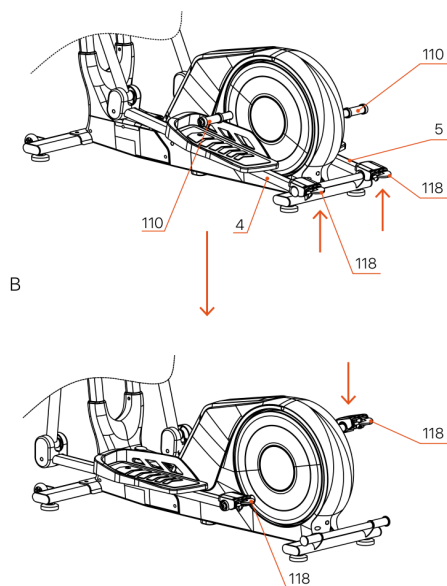
**Note:** if the trainer is folded correctly, the main frame will be held securely in an upright position and will not fall.

## Unfolding the treadmill



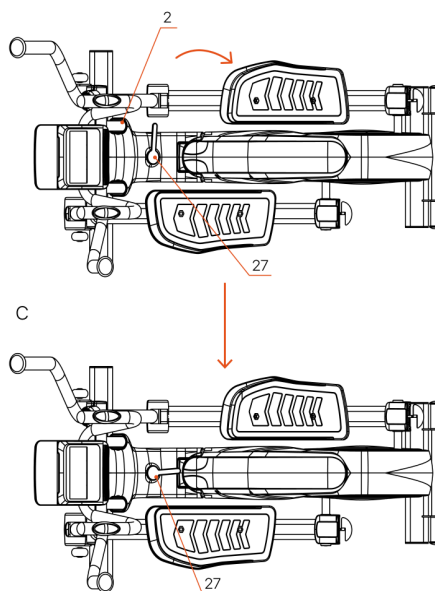
- Hold the main frame tube (1) with your right hand and press it down. Then carefully press the cylinder (120) with your foot.
- Take your right hand away — the main frame will lower automatically until the support pad (57) touches the floor, see figure A.

**Attention!** While unfolding, keep your hands, feet and foreign objects away from the frame to avoid injury. Make sure that children and pets are at a safe distance.



- When the trainer stands steadily, lift the red latch (118) by hand to disconnect the connecting rod (4) from the main frame tube (1).
- Press the connecting rod (4) toward the center of the bushing (110) until you hear a click. This means that the rod is securely locked in place, see figure B.
- Repeat the same procedure on the opposite side for the connecting rod (5).

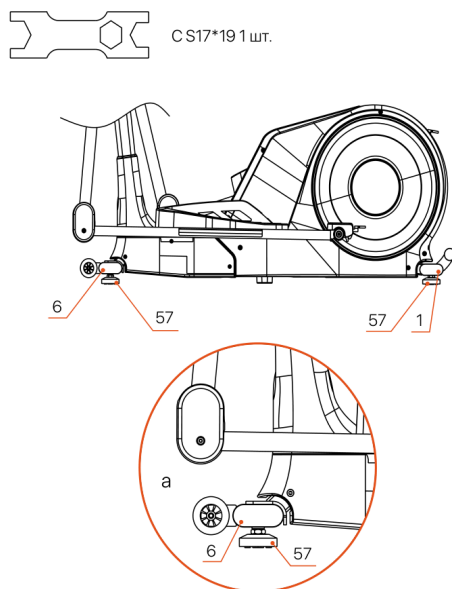
**Note:** after installation, lift both connecting rods (4) and (5) slightly to make sure that they are securely locked in the bushings (110). For correct alignment and safety, both rods must be centered in the bushings.



- Gently push the handle post (2) forward with your left hand. Take the L-shaped knob (27) with your right hand and turn it clockwise until it is fully locked. This will secure the main frame in a fixed and stable position, see figure C.

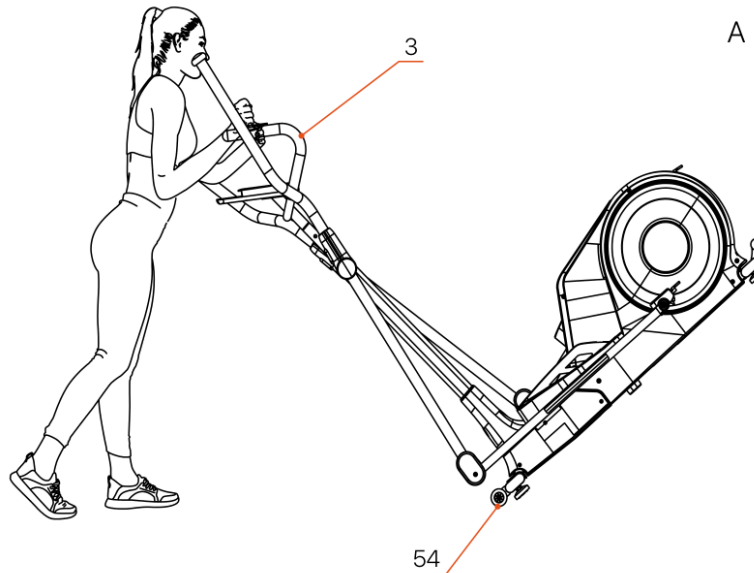
**Note:** make sure that the L-shaped knob is tightened securely. A loosely tightened knob may cause the frame to wobble during use.

## Adjusting the floor level

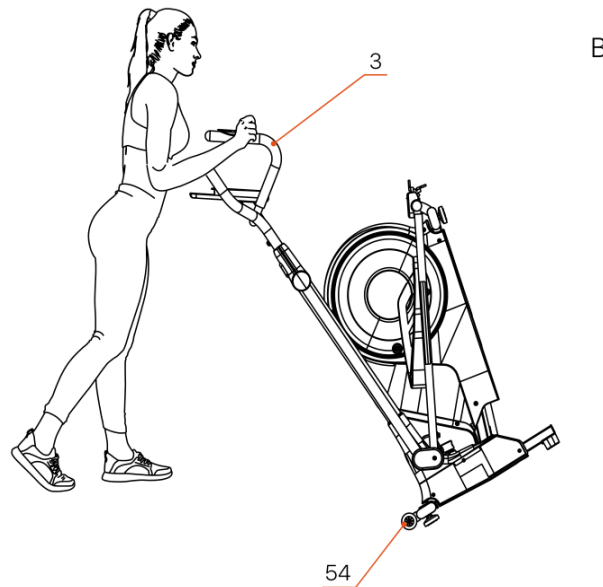


- If the trainer feels unstable during use or does not stand level, you can adjust the support foot (57) located under the front stabilizer (6) or the main frame (1).
- As shown in figure A, turn the support foot (57) clockwise or counterclockwise to level and stabilize the trainer. After the trainer becomes stable, tighten the nut with the wrench (C) to lock the adjustment.

## Moving the trainer



- To move the trainer folded or unfolded, stand in front and hold the center handle (3) firmly. Press down firmly until the transport wheels (54) touch the floor.



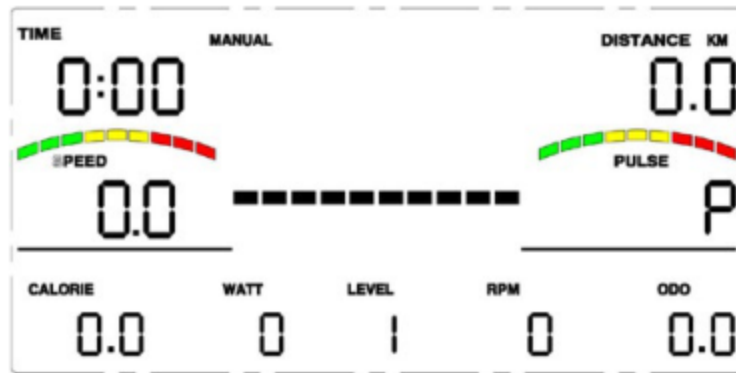
- When the wheels touch the floor, you can easily roll the trainer to the desired place, see figures A and B.

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## OPERATING GUIDE FOR THE CONSOLE WITH ELECTRONIC CONTROL

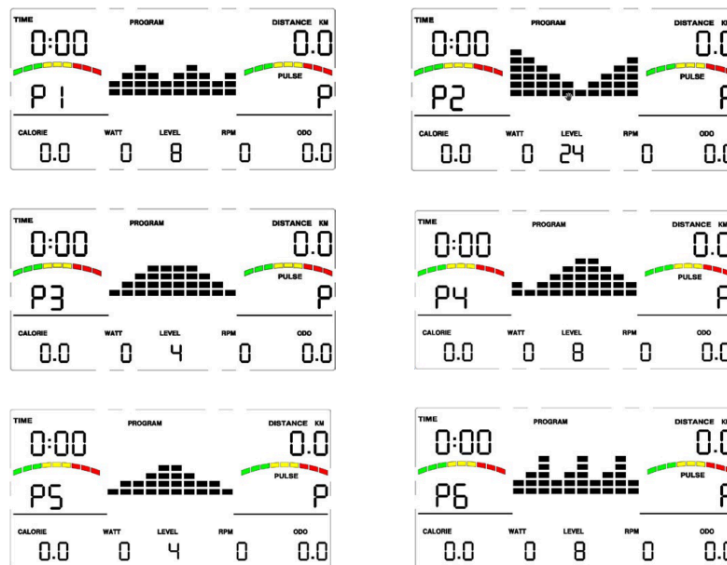
**Programs: 21 programs, as shown below**

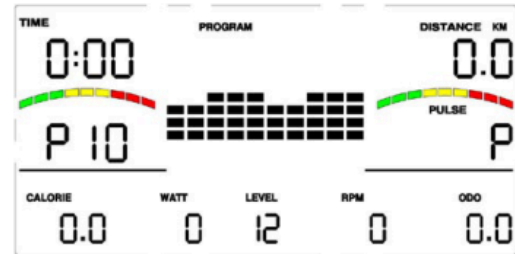
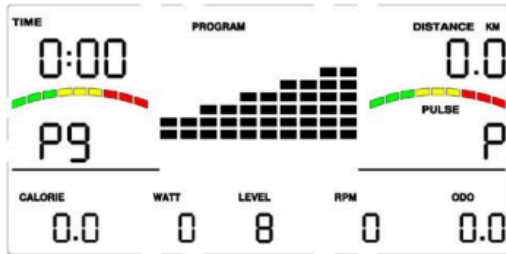
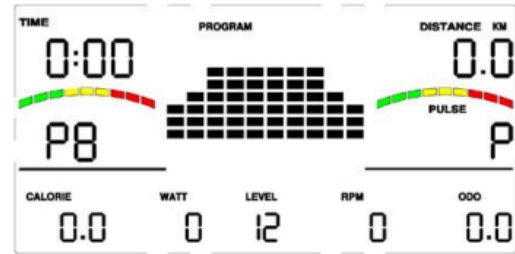
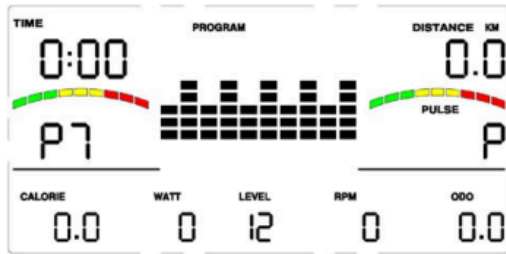
**A: 1 manual program**



- Press the UP / DOWN buttons to select the desired program.
- Resistance level: shows the current level. Range: 1-32.
- Press ENTER to confirm the selection and go to setting the time, distance and calories.
- The time, distance and calorie values will start flashing. Press UP / DOWN to set the desired time. Press ENTER to confirm the value. Press START / STOP to start the workout.

## B: 10 preset program profiles — PROGRAM: P1-P10

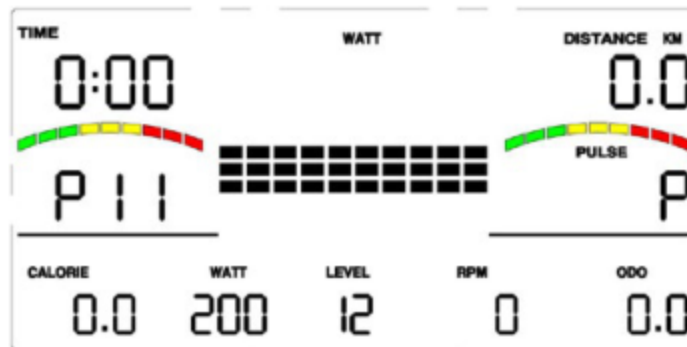




P1: Rolling; P2: Valley; P3: Fat burn; P4: Climb; P5: Mountain; P6: Interval; P7: Cardio; P8: Endurance; P9: Slope; P10: Rally

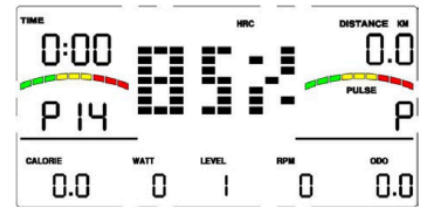
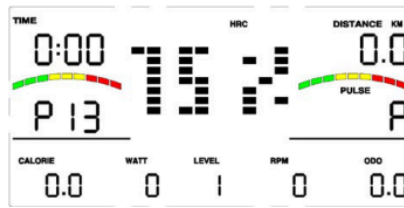
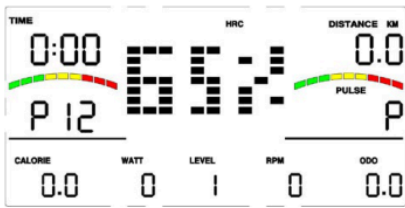
- Press ENTER to confirm the selection and go to setting the time, distance and calories.
- The time, distance and calorie values will start flashing. Then press the UP / DOWN buttons to set the desired time. Press ENTER to confirm the value. Press START / STOP to start the workout.
- The display shows 10 columns of the load scale, with 8 divisions in each column. Each column corresponds to 1 minute of the workout. If the TIME value is set, each column is calculated as  $\text{TIME} / 10$ , except in MANUAL mode. Each division corresponds to 3 load levels.

### C: 1 power control program — WATT PRO: P11



- The WATT value will start flashing. Press the UP / DOWN buttons to set the desired power for the workout. Press ENTER to confirm the value. Press START / STOP to start the workout.
- WATT: shows the workout power. The setting step must be 5, range — 10–300.
- The WATT value is determined by the torque and the pedal rotation speed (RPM). In this program, the WATT value is kept constant. This means that if you pedal faster, the load resistance decreases, and if you pedal slower, the load resistance increases in order to maintain the same power value.

### D: Heart rate control program — PULSE PRO: P12 P14; 65% H.R., 75% H.R., 85% H.R.

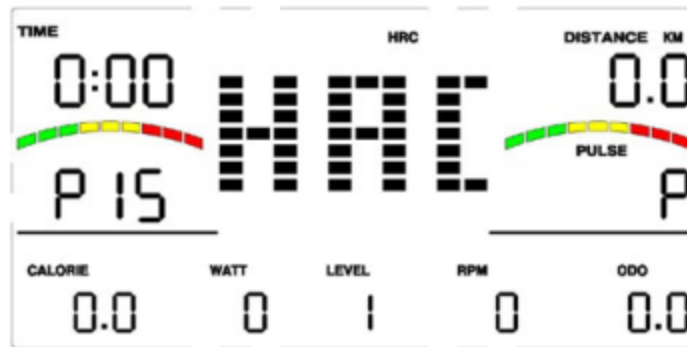


- Press ENTER to confirm the selection of the heart rate control program and go to the age setting. Press START / STOP to start the workout.
- Age: 10–99 years.

During the workout, the user's heart rate depends on the resistance level and speed. The heart rate control program is designed to keep the heart rate within the set value.

If the computer detects that the current heart rate is above the set value, it will automatically reduce the resistance level, or the user can slow down the pace of the workout. If the current heart rate is below the set value, the computer will increase the resistance, and the user can speed up.

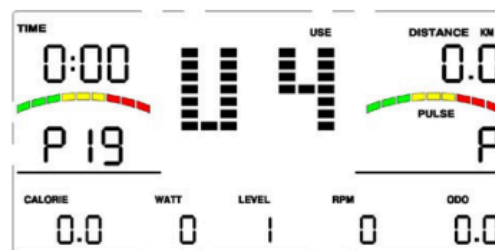
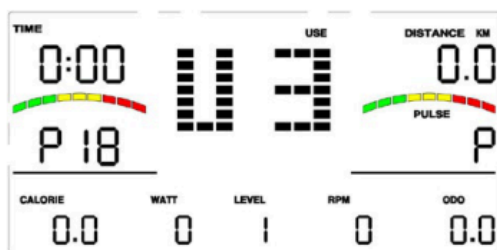
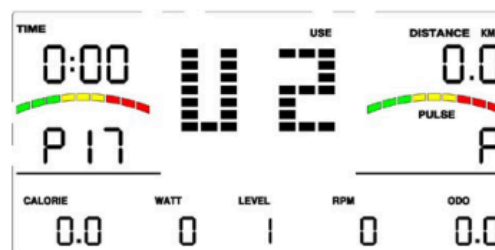
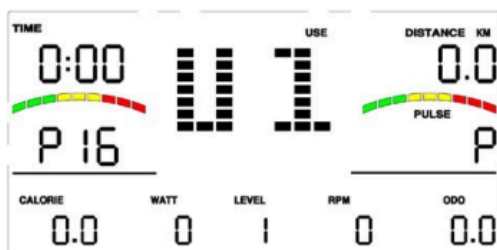
### E: 1 heart rate control program — PULSE PRO: P15



The target heart rate value will start flashing. Press the UP / DOWN buttons to set the target heart rate. Press ENTER to confirm the value. Press START / STOP to start the workout.

During the workout, the user's heart rate depends on the resistance level and speed. The heart rate control program is designed to keep the heart rate within the set value. If the computer detects that the current heart rate is above the set value, it will automatically reduce the resistance level, or the user can slow down the pace of the workout. If the current heart rate is below the set value, the computer will increase the resistance, and the user can speed up.

### F: User programs — CUSTOM1–CUSTOM5: P16–P19



The first resistance level will start flashing. Press the UP / DOWN buttons to set the desired load level. Press ENTER to confirm. Then repeat this action to set the resistance from the 2nd to the 10th level. Press START / STOP to start the workout.

## G: BODY FAT program — BODYFAT: P20



- In the non-workout mode, press ENTER to go to setting the parameters for measuring the body fat percentage. The parameters are set in the following order: user number No. from 1 to 8, height (cm), gender, age (years), weight (kg). Press ENTER to go to setting the next parameter. Press UP to increase the value and DOWN to decrease it.
- After setting is complete, hold the pulse sensors and press START / STOP. After 10 seconds, the display will show the body fat percentage. Press START / STOP again to exit the BODY FAT test. If no user is detected within 10 seconds during the test, the Er.2 error will appear on the display.

## BODYFAT table

| Gender / age | Underweight | Normal | Slightly overweight | Overweight | Obesity |
|--------------|-------------|--------|---------------------|------------|---------|
| Men ≤ 30     | < 14%       | 14–20% | 20,1–25%            | 25,1–35%   | > 35%   |
| Men > 30     | < 17%       | 17–23% | 23,1–28%            | 28,1–38%   | > 38%   |

| Gender / age | Underweight | Normal | Slightly overweight | Overweight | Obesity |
|--------------|-------------|--------|---------------------|------------|---------|
| Women ≤ 30   | < 17%       | 17–24% | 24,1–30%            | 30,1–40%   | > 40%   |
| Women > 30   | < 20%       | 20–27% | 27,1–33%            | 33,1–43%   | > 43%   |

## Buttons

### 1. ENTER:

- In STOP mode, press the ENTER button to go to program selection and to setting the value flashing in the corresponding window.

A: When selecting a program, press ENTER to confirm the desired program.

B: During setting, press ENTER to confirm the value you want to set.

### 2. START/STOP:

- Press the START/STOP button to start or stop the program.
- In any mode, hold this button for 2 seconds to completely reset the computer.
- In any mode, hold the ENTER and START/STOP buttons simultaneously for 2 seconds to completely reset the computer and the ODO value.

### 3. UP (+):

- In STOP mode, when a symbol is flashing on the matrix display, press this button to select the next program. If a value is flashing in the corresponding window, press this button to increase the value.
- In workout mode, press this button to increase the resistance.

### 4. DOWN (-):

- In STOP mode, when a symbol is flashing on the matrix display, press this button to select the previous program. If a value is flashing in the corresponding window, press this button to decrease the value.
- In workout mode, press this button to decrease the resistance.

### 5. RECOVERY:

- First measure your current heart rate and display the heart rate value, then press this button to go to the heart rate recovery test.
- In heart rate recovery mode, press this button to exit.

## Note:

- Pressing or turning the UP / DOWN buttons must correspond to the selected mode.

- It is recommended to press with a finger in the indicated zone to select functions and avoid erroneous actions.

## **Operation**

### **1. Turning on the computer**

- Connect one end of the adapter to an alternating current source and the other end to the computer.
- The computer will beep and go to the initial mode.

2. Recording user data for the 4 user programs USE — P16–P19.

3. Recording user data for the 8 users No. 1–8 in the P20 setting program.

4. The computer will turn off automatically if there is no activity, speed signal or heart rate signal for more than 4 minutes. At the same time, it will save the current workout data and reduce the load resistance to the minimum level. After any button is pressed or movement starts, the computer will turn on automatically.

5. If the E1 error icon appears after the computer is turned on, it means that the computer does not detect the motor. In this case, all buttons do not work.

## **6. SPEED**

The speed indicator on the computer shows different colors depending on the speed of movement — from yellow to red.

## **7. PULSE**

The heart rate indicator on the computer shows different colors depending on the heart rate value — from yellow to red.

# RECOVERY

The heart rate recovery test compares your heart rate before and after the workout. It is designed to assess the condition of the cardiovascular system based on the measurement results. Perform the test as follows:

- A. Hold the pulse sensors with both hands. The computer will display the current heart rate value.
- B. Press RECOVERY to go to the heart rate recovery test. The computer program will switch to stop mode.
- C. Continue holding the pulse sensors.
- D. The timer will start counting down from 60 seconds to 0.
- E. When the timer reaches 0, the test result F1–F6 will appear on the display.
- F1 = Excellent; F2 = Good; F3 = Satisfactory F4 = Below average; F5 = Poor; F6 = Very poor
- F. If the computer does not detect your current heart rate at first, the heart rate recovery test will not start when RECOVERY is pressed. During the heart rate recovery test, press RECOVERY to exit the test and return to stop mode.

# SPECIFICATIONS

| Name       | Description                                                                                                                                                                                                                                                                           |
|------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| SPEED KM/H | Shows the current speed. Range: 0.0–99.9 km/h.                                                                                                                                                                                                                                        |
| RPM        | Shows the current rotation frequency per minute. Range: 0–999.                                                                                                                                                                                                                        |
| TIME       | Shows the total workout time. Range: 0:00–99M59S. Set time range: 0:00–99M00S. The computer will start counting down from the set time to 0:00, evenly distributing the time for each resistance level. When the time reaches zero, the program will stop and the computer will beep. |
| DIST       | Shows the total distance covered during the workout. Range: 0.0–99.9 km. Set distance range: 0.0–99.0 km. When the distance reaches 0, the program will stop and the computer will beep.                                                                                              |
| ODO        | Counts the total distance after use. Range: 0.0–999.9 km.                                                                                                                                                                                                                             |
| CALORIE    | Shows the total number of calories burned during the workout. Range: 0.0–999.9. Set calories range: 0.0–990. When the calorie value reaches 0, the program will stop and the computer will beep.                                                                                      |
| PULSE      | Shows the heart rate value during the workout. Range: 40–240 BPM — beats per minute.                                                                                                                                                                                                  |
| USER       | 1–8 users                                                                                                                                                                                                                                                                             |
| HEIGHT     | 100–250 cm                                                                                                                                                                                                                                                                            |
| YEAR       | 10–99 years                                                                                                                                                                                                                                                                           |

| Name             | Description                                                         |
|------------------|---------------------------------------------------------------------|
| WEIGHT           | 20–150 kg                                                           |
| RESISTANCE LEVEL | Shows the resistance level. Range: 1–32.                            |
| WATT             | Shows the workout power. The setting step must be 5, range: 10–300. |

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## BLUETOOTH AND APP

- First download the app. Then turn on Bluetooth and location services. The app will connect automatically.
- The computer can connect to Zwift and Kinomap and supports Bluetooth apps via the FTMS protocol.
- Tap the found device, for example “HS-5100C FLOUD”.
- After the computer connects to the Bluetooth app, the computer screen may go dark. After disconnecting from the Bluetooth app, the computer screen will turn on again and become bright.

### Adapter

- Input: AC 100–240 V
- Output: 9 VDC, 1000 mA

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## CARE, STORAGE AND MAINTENANCE

### Cleaning

Regularly removing dust and cleaning the trainer will extend its service life. It is also important to keep your shoes clean so that foreign objects do not get inside the trainer.

### Maintenance

#### Replacing worn parts

Defective parts must be replaced immediately. Pay special attention to components subject to rapid wear and replace them when necessary.

#### Adjustment and leveling

For stability, adjust the floor levelers on the rear and front supports so that the trainer stands level.

## **Unusual noises during operation**

If you hear noise, squeaking or grinding, stop exercising and contact the service center.

## **Storing the Treadmill**

### **Recommended conditions**

Temperature +10~+35°C, Humidity: 50–75%

### **Acclimatization**

If the trainer has been stored at low temperature or high humidity, leave it in normal conditions for 2–4 hours before use.

## **Special rules and warnings**

### **Electrical safety and grounding**

Proper grounding is required when operating from the mains. If in doubt, contact an electrician.

### **No commercial use**

For home use only; not suitable for gyms or medical facilities.

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## **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.

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## 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](#)

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## SPECIFICATIONS

| Parameter           | Value                                                                                                                     |
|---------------------|---------------------------------------------------------------------------------------------------------------------------|
| Maximum user weight | 120 kg                                                                                                                    |
| Manufacturer        | XIAMEN VERY SPORTS EQUIPMENT CO.,LTD. 5TH FLOOR,WORKSHOP 2, NO. 133,TONGJI NORTH ROAD, TONGAN DISTRICT, XIAMEN CITY,CHINA |

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## 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](#)