

# Genau RB-409 exercise bike

User Manual

This translation was made automatically.

## THANK YOU FOR YOUR PURCHASE!



Thank you for purchasing the Genau RB 409 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

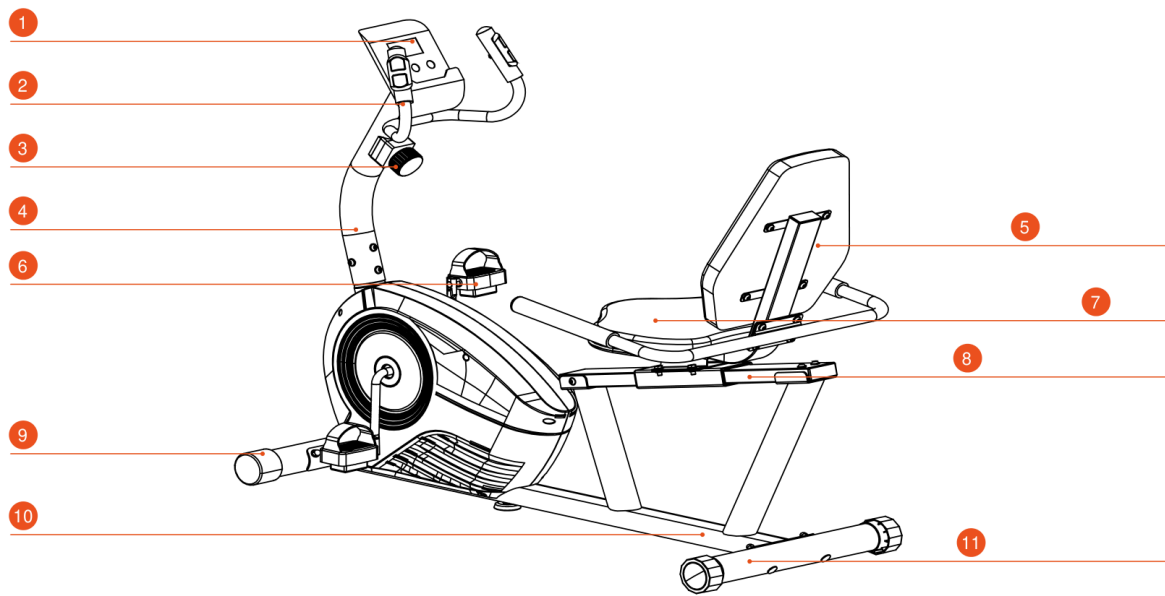
The translation of this section has not been reviewed yet. The official text is in Russian.

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

**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 bike is intended for indoor use only. Install and use it on a flat, hard surface. Do not place foreign objects on the bike.
- If the power cord is damaged, it must be replaced by the manufacturer's specialists, a service center or a similar qualified department. Disconnect the power cord when the bike is not used for a long time.
- The product is not suitable for children or people with disabilities. Do not use it if you feel unwell.
- Do not use the bike in a dusty room. Maintain normal humidity. Avoid static electricity so that it does not affect the operation of the console. Use only original parts.
- Do not use the bike near heat sources or moving objects.
- Disconnect the power before moving the bike. Do not disassemble the bike without the manufacturer's permission. Wear fitted clothing and avoid loose items that may get caught.
- If you feel unwell, stop using the bike and see a doctor.
- Use grounded sockets. If the plug does not fit the socket, do not touch it; contact an electrician.
- The product is intended for home use. Do not use it for professional training or medical purposes.
- Do not use the bike if the housing is damaged or the welded parts are cracked.
- Do not let needles, debris or water get into the socket. Do not touch the plug with wet hands.
- Do not use the bike after eating, when tired or when unwell.
- Disconnect the bike from the power supply when not in use.
- If you are unsure about the grounding, contact an electrician.

# PRODUCT COMPONENTS



In the picture:

- 1. Console
- 2. Handles
- 3. Resistance knob
- 4. Upright
- 5. Seat backrest
- 6. Pedal
- 7. Seat
- 8. Guide tube
- 9. Front stabilizer
- 10. Frame
- 11. Rear stabilizer

## Main specifications

| No. | Parameter name   | Description      |
|-----|------------------|------------------|
| 1   | Power            | 260 W            |
| 2   | Flywheel weight  | 8 kg             |
| 3   | Max. user weight | 140 kg           |
| 4   | Assembled size   | 1450×645×1050 mm |

## Packing List

| No. | Item             | Unit | Qty |
|-----|------------------|------|-----|
| 1   | Frame            | set  | 1   |
| 2   | Console          | pcs  | 1   |
| 3   | Tool kit         | pcs  | 1   |
| 4   | Front stabilizer | set  | 1   |
| 5   | Rear stabilizer  | set  | 1   |
| 6   | Pedals           | set  | 1   |
| 7   | Guide tube       | set  | 1   |
| 8   | Locking pin      | pcs  | 1   |
| 9   | Upright          | set  | 1   |
| 10  | Handles          | set  | 1   |
| 11  | Seat tube        | set  | 1   |
| 12  | Backrest frame   | set  | 1   |
| 13  | Seat             | pcs  | 1   |
| 14  | Seat backrest    | pcs  | 1   |
| 15  | Seat handles     | set  | 1   |
| 16  | Rear frame       | pcs  | 1   |

## Accessory Bag Contents

| No. | Item                         | Unit | Qty |
|-----|------------------------------|------|-----|
| 1   | Hex key 5 mm                 | pcs  | 1   |
| 2   | Wrench                       | pcs  | 1   |
| 3   | Round washer                 | pcs  | 4   |
| 4   | Nut M8                       | pcs  | 4   |
| 5   | Square-head bolt M8×75       | pcs  | 4   |
| 6   | Flat washer                  | pcs  | 10  |
| 7   | Cylindrical-head screw M8×16 | pcs  | 8   |
| 8   | Cylindrical-head screw M8×40 | pcs  | 2   |

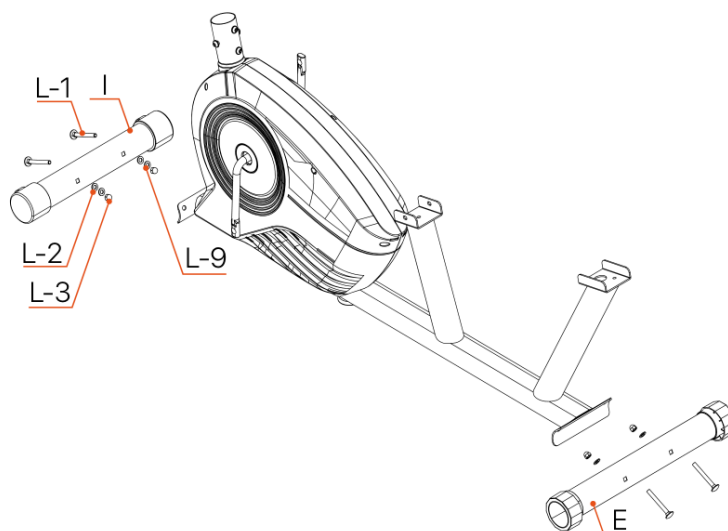
| No. | Item          | Unit | Qty |
|-----|---------------|------|-----|
| 9   | Spring washer | pcs  | 4   |

## ASSEMBLY

When assembling the exercise bike, you can use the supplied scale to measure the length of the screws for easier installation.

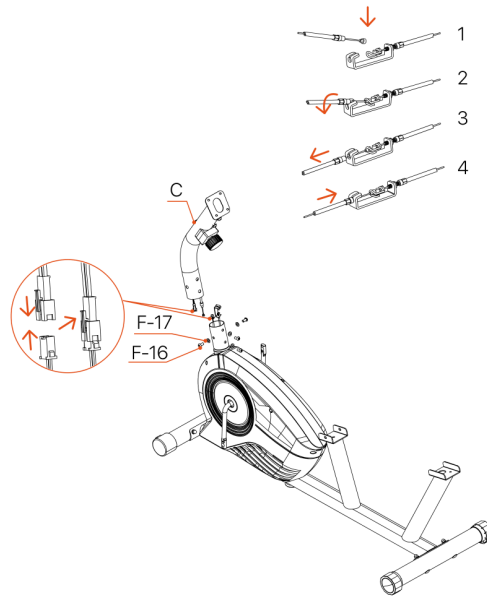
**Note:** Assembly requires two people. Place all parts of the exercise bike on a cleared area and remove the packaging materials. Do not throw away the packaging until assembly is complete. During assembly, first insert all screws and tighten them fully only after the machine is completely assembled.

### STEP 1



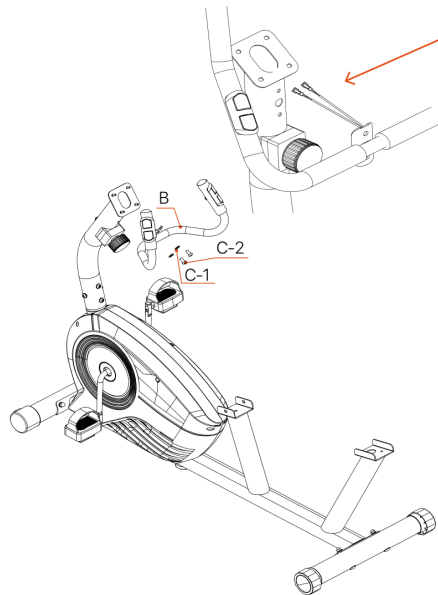
- Take the front stabilizer I, rear stabilizer E, square bolt L-1, curved washer L-2, nut L-3, wrench L-8 and spring washer L-9 out of the package.
- Install the parts as shown in the figure: place both stabilizers in their positions and tighten the nut with the wrench.

## STEP 2



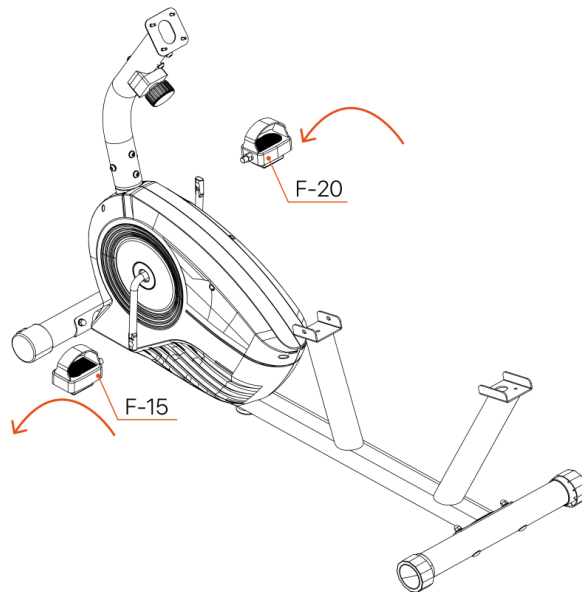
- Take upright C and hex key L-7. Then use hex key L-7 to remove the pre-installed screws F-16 and F-17 from the frame.
- Then connect the upper console cable J-2 on the handle upright to the lower console cable J-3 on the front frame.
- Install as shown in the figure: connect the two power cables to each other and place them in the lower wire slot.
- Insert upright C into the front frame and finally fasten screws F-16 and F-17 with the hex key.

### STEP 3



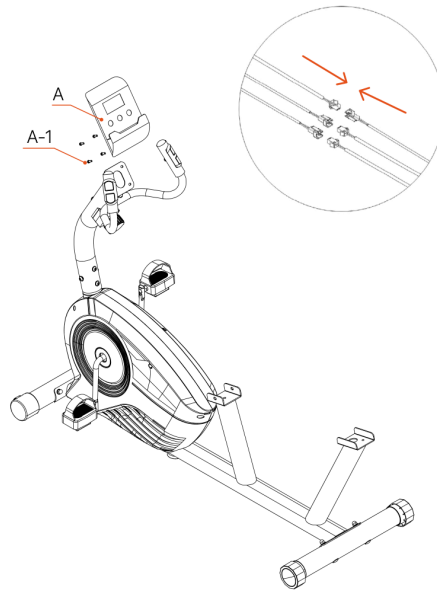
- Take the left pedal F-15 and the right pedal F-20 out of the package.
- Install them as shown in the figure below: use wrench L-8 to turn and lock the pedals in the direction indicated by the arrow.

### STEP 4



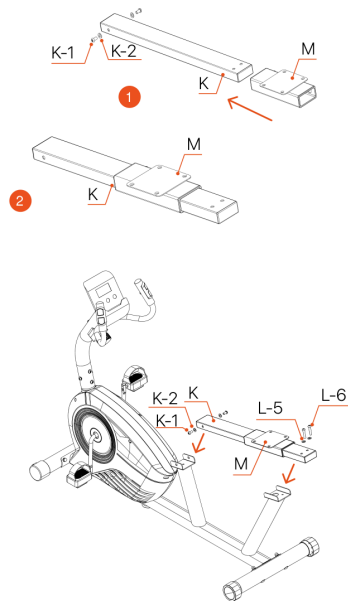
- Take handle B out of the package and remove the 2 pre-installed screws C-1 and C-2 from the handle.
- As shown in the figure below: use screws C-1 and C-2 to fasten handle B to upright C.
- Pass the hand pulse sensor cable J-4 through the hole in upright C and secure it with hex key L-7.

## STEP 5



- First take console A out of the package, then use wrench L-5 to remove the M5 screws A-1 pre-installed on the back of the console.
- Then connect the cables on the back of the console and on upright C to each other.
- Pass the connected cables into the hole of the upright.
- Then place the console in its position on the handle and fasten it with four M5 screws, tightening them firmly.

## STEP 6



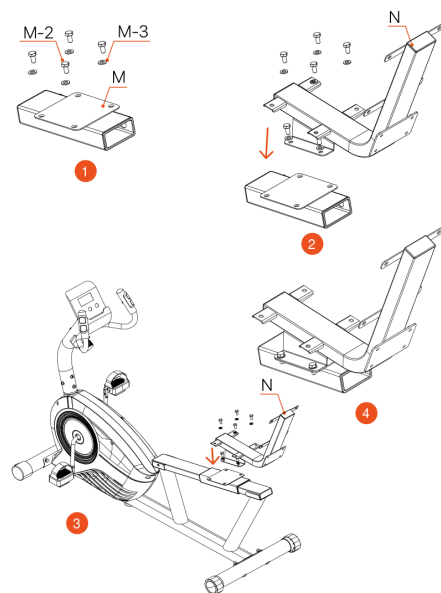
In the picture:

1. Figure I

2. Figure II

- Take seat tube K out of the package. Use hex key L-7 to remove the pre-installed screws K-1 and K-2 from seat tube K.
- Insert seat tube K into guide tube M (see figure D), then install the assembled seat tube K on the rear frame as shown in figure II.
- Take L-5 and L-6 from the tool set together with the removed screws K-1 and K-2, and fasten them to the rear frame with hex key L-7.

## STEP 7

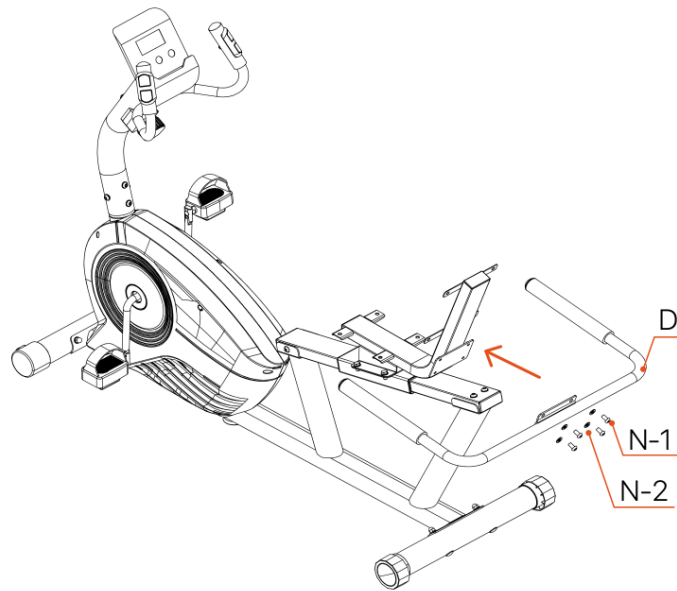


In the picture:

1. Figure I
2. Figure II
3. Figure III
4. Figure IV

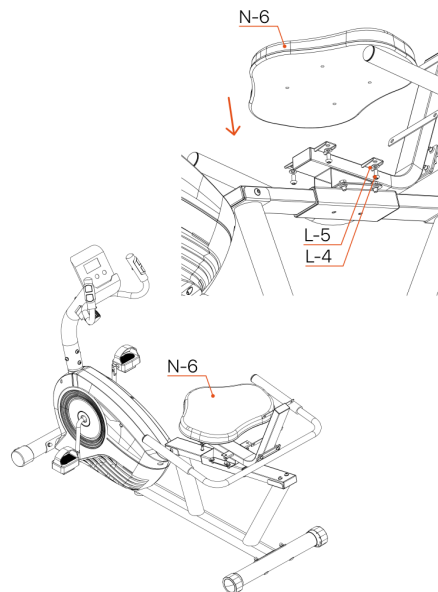
- Use wrench L-8 to remove the pre-installed screws M-2 and M-3.
- Take backrest frame N out of the package, place it on guide tube M and secure it by tightening with wrench L-8.

## STEP 8



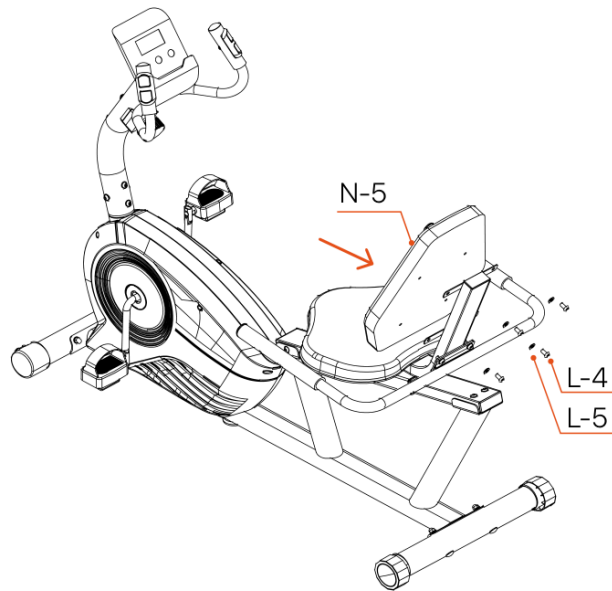
- Take seat handle D out of the package.
- Use hex key L-7 to remove the pre-installed screws N-1 and N-2.
- Install as shown below: place seat handle D on backrest frame N, then fasten it with hex key L-7.

## STEP 9



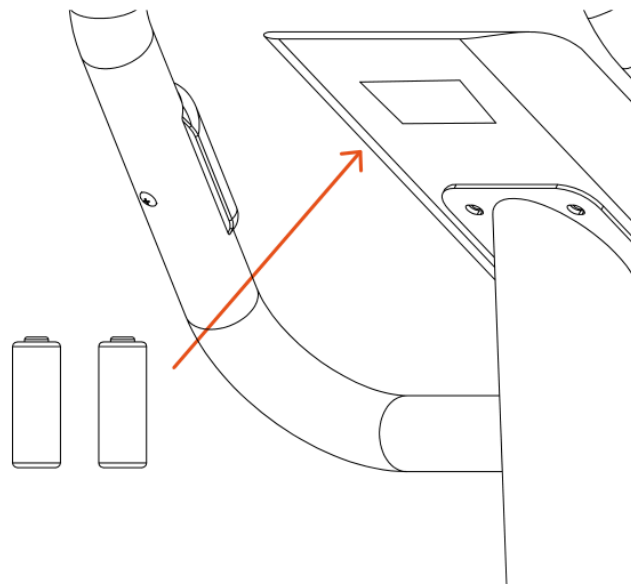
- Take seat N-6 out of the package and screws L-4, L-5 from the tool set.
- Fasten seat N-6 to backrest frame N, then tighten screws L-4 and L-5 with hex key L-7.

## STEP 10



- Take seat backrest N-5 out of the package and screws L-4, L-5 from the tool set.
- Place seat backrest N-5 on backrest frame N and fasten it with screws L-4 and L-5 using hex key L-7.

## STEP 11



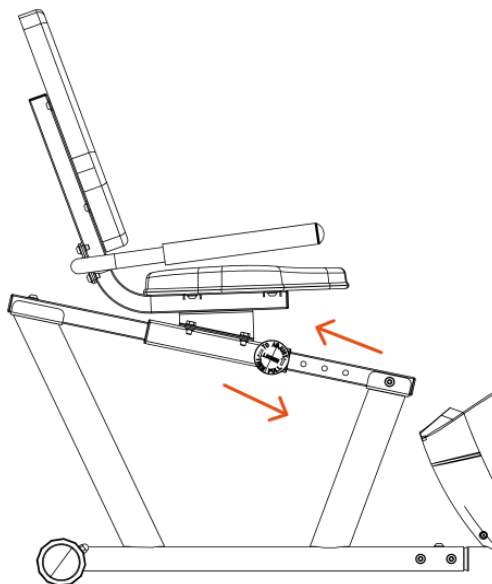
- Remove the battery compartment cover under console A.
- Insert the batteries (AAA) into the compartment in the direction shown below.
- Once console A lights up, put the battery compartment cover back.

**Note:** Please do not overtighten the screws until you have completed all the steps above and fully assembled the bike. Use the machine only after a thorough check.

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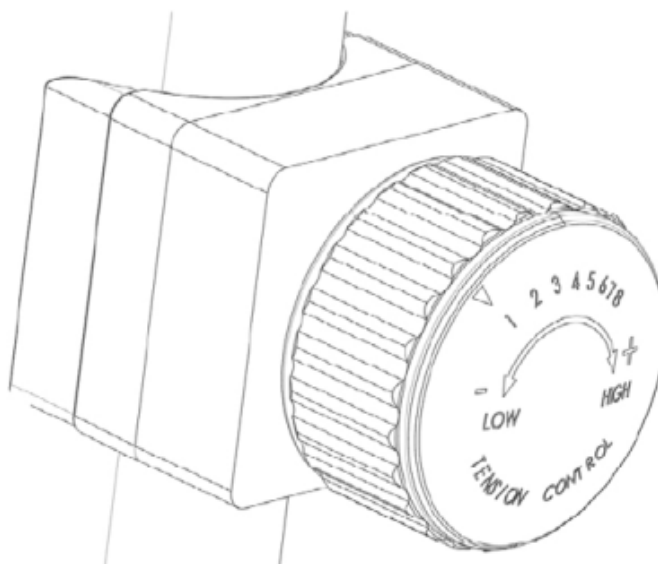
## ADJUSTMENTS

### Adjusting the seat



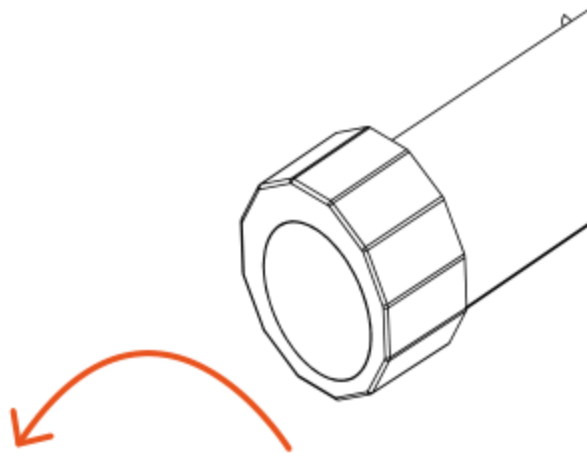
You can move the seat forward and back relative to the handlebars using the knob under the seat to choose a comfortable position.

### Resistance adjustment



The resistance level can be adjusted by turning the resistance knob.

### Leveling



You can level the machine on the floor using the adjustable feet on the sides of the front and rear stabilizers.

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# CONSOLE

## Specifications

| Function | Description           |
|----------|-----------------------|
| Scan     | Switching functions   |
| Time     | 00:00–99:59 min       |
| Speed    | 00–99.9 km/h (mph)    |
| Distance | 0.00–99.99 km (miles) |
| Odo      | 0.0–999.9 km (miles)  |
| Pulse    | 40–240 bpm            |
| Calories | 0–999.9 kcal          |

## Functions

| Function | Description                                                                   |
|----------|-------------------------------------------------------------------------------|
| Mode     | Use this button to switch between functions.                                  |
| Reset    | Clears all data.                                                              |
| Set      | Sets a target value. After pressing the “Start” button, the countdown begins. |

## Use

| Function | Description                                                                                                                                   |
|----------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| On/Off   | The console switches on when any button is pressed or a signal is received. If not used for 4 minutes, the device switches off automatically. |
| Reset    | In any mode, press and hold the button for 3 seconds — all data except ODO will be reset.                                                     |
| Mode     | When the indicator flashes, the console switches to automatic scan mode. Pressing the button again locks the current function.                |

## Functions and settings

| Function | Description                                                                                            |
|----------|--------------------------------------------------------------------------------------------------------|
| Scan     | When the arrow flashes, press the button and the console will switch between parameters automatically. |
| Time     | Shows the current workout time.                                                                        |
| Speed    | Shows the current speed.                                                                               |
| Distance | Shows the distance covered.                                                                            |
| Odo      | Shows total mileage; the data is reset when the power is switched off.                                 |
| Pulse    | When both hands touch the sensors, shows the pulse for 30 seconds.                                     |
| Calories | Shows the number of calories burned.                                                                   |

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## CARE, STORAGE AND MAINTENANCE

### Cleaning

Thorough cleaning will extend the service life of the exercise bike.

Regularly remove dust and dirt. Make sure your sneakers are clean to avoid foreign objects getting inside the machine.

### Maintenance

Faulty parts must be replaced immediately, or do not use the machine until they are replaced. Pay special attention to parts subject to wear.

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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.

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.

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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            |
|------------------|------------------|
| Power            | 260 W            |
| Flywheel weight  | 8 kg             |
| Max. user weight | 140 kg           |
| Assembled size   | 1450×645×1050 mm |

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## SERVICE

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

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[Official website genau.kg](#)