

Genau RW100 Magnetic Rowing Machine

User Manual

This translation was made automatically.

THANK YOU FOR YOUR PURCHASE!



Thank you for choosing our product. Please use the equipment correctly to ensure your safety and health. Before you start using it, read the information below carefully.

Please read the instructions before installing and using the product.

Keep this user manual so that you always have the maintenance and adjustment instructions at hand.

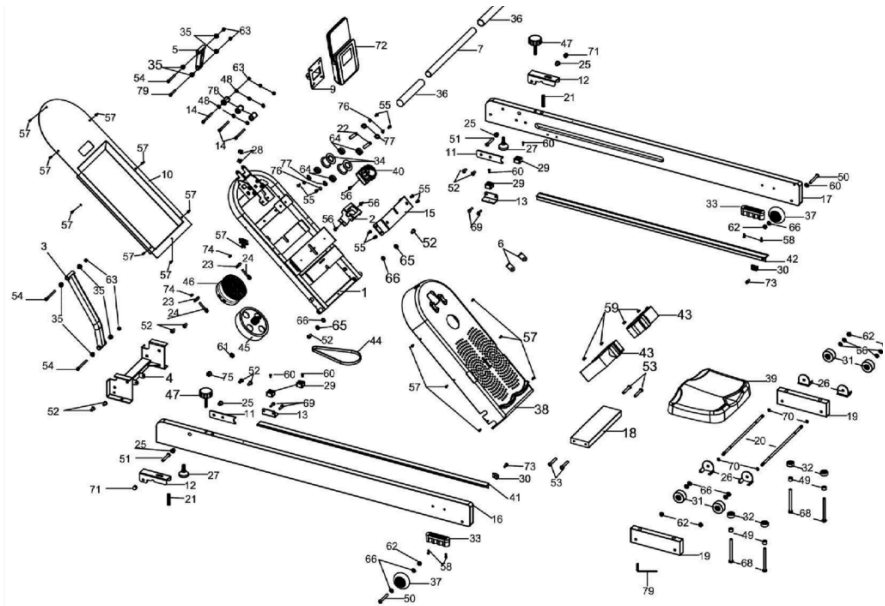
SAFETY INSTRUCTIONS

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

- Read all the instructions carefully before assembling and using the machine. Only correct installation, maintenance and use ensure a safe and effective workout. All users must be familiar with the warnings and precautions.
- To avoid feeling unwell during exercise, consult a doctor before you start. This is especially important if the user takes medication that affects heart rhythm, blood pressure or cholesterol level.
- Monitor how you feel during exercise. Improper or excessive loads can harm your health. If you feel a headache, chest tightness, shortness of breath, dizziness, nausea or other symptoms, stop exercising immediately and resume only after consulting a doctor.

- Keep children and pets away from the machine. The device is intended for adults only.
- Place the machine on a flat, firm surface and put a protective mat under it to avoid damaging the floor. The distance to the nearest objects must be at least 0.5 m.
- Before use, make sure all bolts and nuts are securely tightened and fixed.
- Only simple repairs and maintenance are allowed. Damaged or worn parts may be replaced only by a qualified specialist.
- Use the equipment strictly according to the instructions. If you notice a breakdown, unusual noises or other faults, stop using it and fix the problem before resuming.
- Wear suitable sportswear. Do not wear loose or baggy clothing that may get caught in the mechanisms.
- The equipment complies with the EN957 standard.
- The machine is not a medical device.
- When moving the machine, take care not to injure your back. Use correct lifting and moving techniques and ask for help if needed.

PRODUCT COMPONENTS



Spare parts list

No.	Name	Specification	Quantity (pcs)
1	Main frame		1
2	Tensioner set		1
3	Connecting assembly		1
4	Front connecting assembly		1

No.	Name	Specification	Quantity (pcs)
5	Electronic clock tube		1
6	Rigid reinforcement		2
7	Handrail		1
8	Small belt pulley	Φ26 × 40	3
9	Electronic clock board (new)		1
10	Rear panel		1
11	Front and rear limiter plates		2
12	Upper limiter plate		2
13	Limiter support plate		2
14	Flat head hex socket screw	M6×65×S5, thread 25	3
15	Flywheel mounting plate 1 (coated)		1
16	Left guide rail	1400×100×25 mm	1
17	Right guide rail	1400×100×25 mm	1
18	Rear connecting plate	275×80×25 mm	1
19	Seat	220×63×25 mm	2
20	Seat shaft	Φ8 × 363	2
21	Compression spring	Φ10×50, wire diameter 0.8, N=15	2
22	Belt pulley shaft	Φ10 × 40	2
23	U-shaped limiter		2
24	Locking bolt	M6	2
25	Shaft bushing	size 16×12×12	4
26	Roller support	46×32.4×43.5	4
27	Adjustment pedal	M8, thread 30	2
28	Electrical connector	Φ14.5×6×12	2
29	Limiter 3	25×25×14.5	4
30	Seat limiter	25×15×10	2

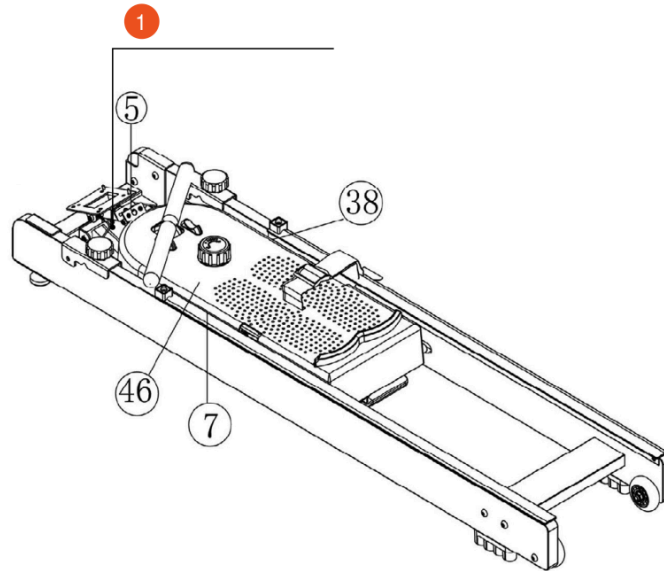
No.	Name	Specification	Quantity (pcs)
31	Seat roller	Φ46×22	4
32	Wheel	Φ28×11.5	4
33	Support pedal	100×25×25	2
34	Small belt wheel	Φ45×35	2
35	Shaft bushing	Φ16×6.2×11	8
36	Protective PVC pad	25 round tubes included	2
37	Polyurethane (PU) roller	Φ69 × 23.5	2
38	Protective cover	820 g	1
39	Cushion, hole	320×260×52, 226×150	1
40	Trim for 16 speeds – see drawing	length 250 mm	1
41	Left side panel	30 × 17.5 × 1020	1
42	Right side panel	30 × 17.5 × 1020	1
43	Hook-and-loop fastener (magnetic tape), wool part, hook part, Φ5 fasteners	width 40 mm, 305 mm, 245 mm	2
44	V-belt	250PJ5	1
45	Magnetron	Φ180	1
46	Tensioning mechanism: nylon + bearing + belt + spiral shaft		1
47	Knob (thumb screw)	M8×45	2
48	Deep groove ball bearing	606ZZ	6
49	PVC bushing 3	Φ15 × 8.2 × 12	4
50	Cylindrical head hex socket screw	M8×65×S5, partial thread	2
51	Flat round head hex socket screw	M8×40×S5, partial thread	2
52	Flat round head hex socket screw	M8×20×S5, full thread	10
53	Flat round head hex socket screw	M6×40×S4, full thread	4
54	Cylindrical head hex socket screw	M6×70, thin shank, thread 25	3

No.	Name	Specification	Quantity (pcs)
55	Flat round head hex socket screw	M6×10×S4	8
56	Flat round head hex socket screw	M5×10×S4	3
57	Phillips pan head tapping screw	ST4.2 × 16	15
58	Phillips pan head tapping screw	ST4.2 × 19	4
59	Phillips pan head tapping screws	M4×10	4
60	Phillips pan head tapping screws	M4×12	4
61	Thin hex nut	M10 × 1.0 × 4 mm	1
62	Nylon nut	M8×H7.5×14	6
63	Nylon nut	M6	7
64	Deep groove ball bearing	6000ZZ	4
65	Deep groove ball bearing	608ZZ	2
66	Flat washer	D8 × Φ16 × 1.5	18
67	Flat washer	D6 × Φ12 × 1.6	2
68	Hex bolt	M8×110×20×S14	4
69	Hex head wood screw	M6×25×S10	4
70	Shaft retaining ring	D8 × 0.8	4
71	Cap nut	M8×S14	2
72	Electronic display	FY8326	1
73	Bolt	Φ6×46	2
74	Hex nut	M6	2
75	Flange nut	M10	4
76	Shaft retaining ring	D10	4
77	Corrugated washer	Φ10, black zinc	4
78	Small pulley with strap		3
79	Hex key with Phillips screwdriver	S5	1

Important! Acclimatization: If the treadmill has been stored at a low temperature or in high humidity (there are signs of condensation), it must be left in normal conditions for at least 2–4 hours before use. Only then can you start using the treadmill.

ASSEMBLY

STEP 1

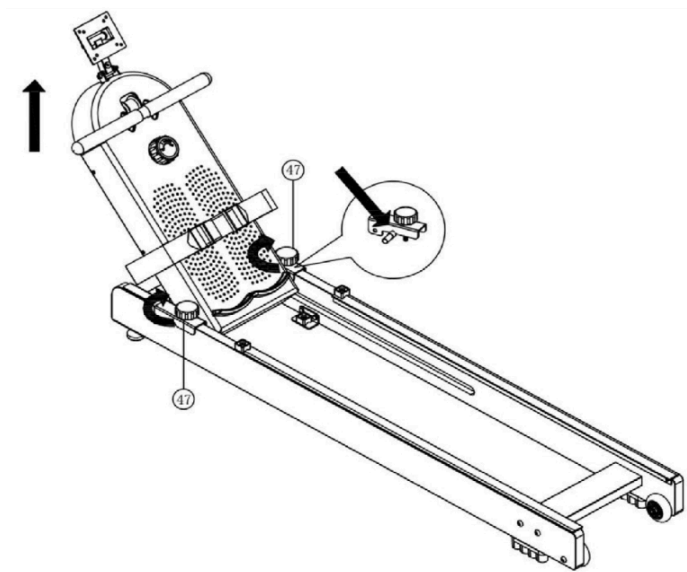


In the picture:

- 1. Cable tie

Open the box, take out the spare parts listed above and place the main frame on a flat surface.

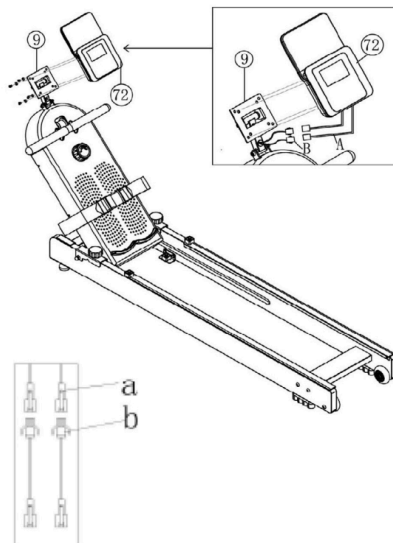
STEP 2



Loosen the left and right locks No. 47 (M8×45 knob), then hold the tube with the display, lift it up and pull it out all the way.

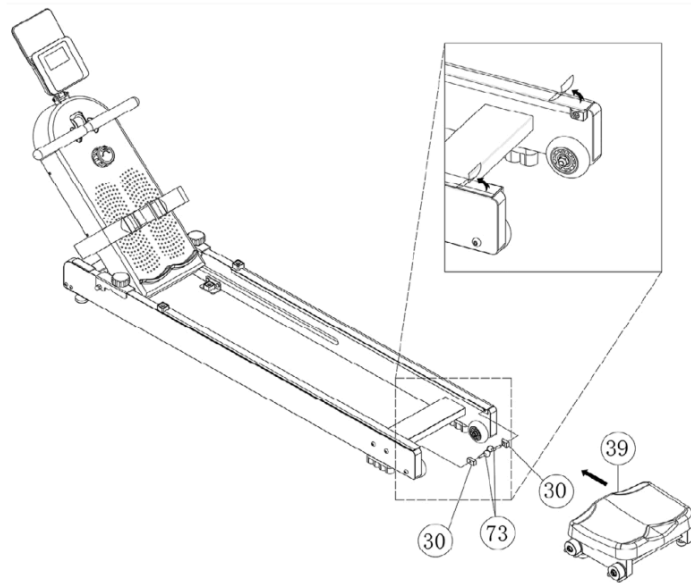
Attention! The metal plate must be fixed as shown in the picture. Then turn element No. 47 (M8×45 knob) clockwise.

STEP 3



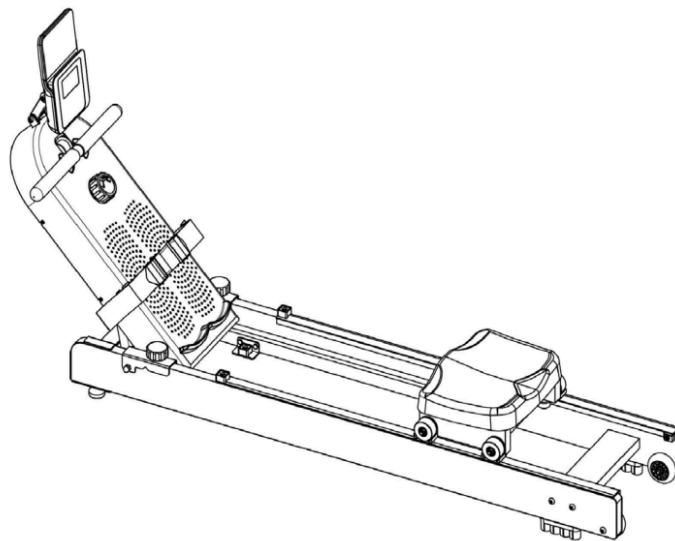
- Communication line A from part 72 (electronic display) and communication line B from part 9 (electronic board) are now connected.
- Part 72 (electronic display) comes with 4 screws. Mount it on part 9 (electronic board), align the holes and tighten the 4 screws. Adjust the tilt angle of the display as you like.

STEP 4



- First remove parts 30 (seat limiter) and 73 (ring hook pin) installed on the guide rail and set them aside for later use.
- Remove the protective film from the left and right guide rails. Then take part 39 (seat) and install it in the corresponding positions on the left and right guide rails as shown in the diagram.
- Align part 30 (seat limiter) with the corresponding holes on the left and right guide rails and secure it with part 73 (ring hook pin).

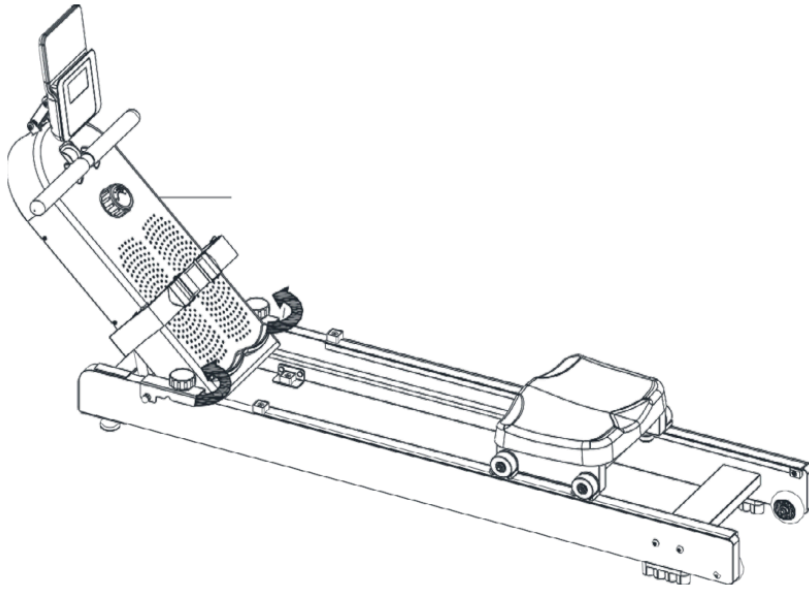
STEP 5



Make sure everything is installed securely. Assembly is complete.

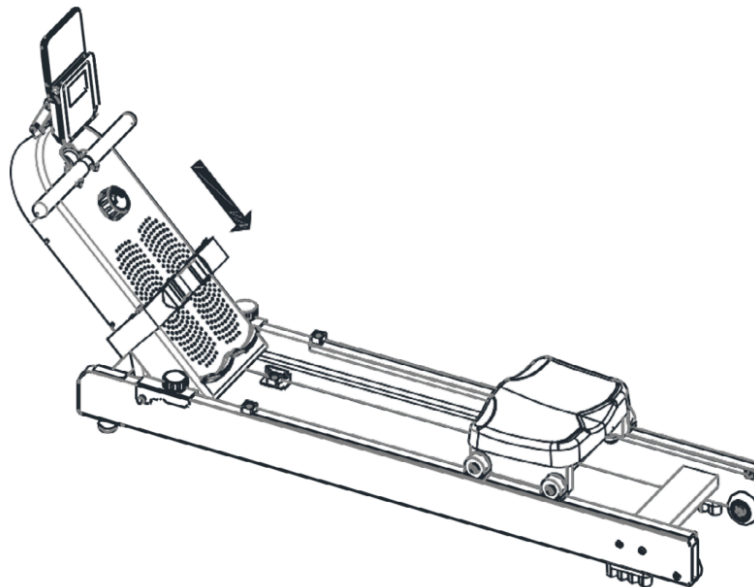
STORAGE

STEP 1



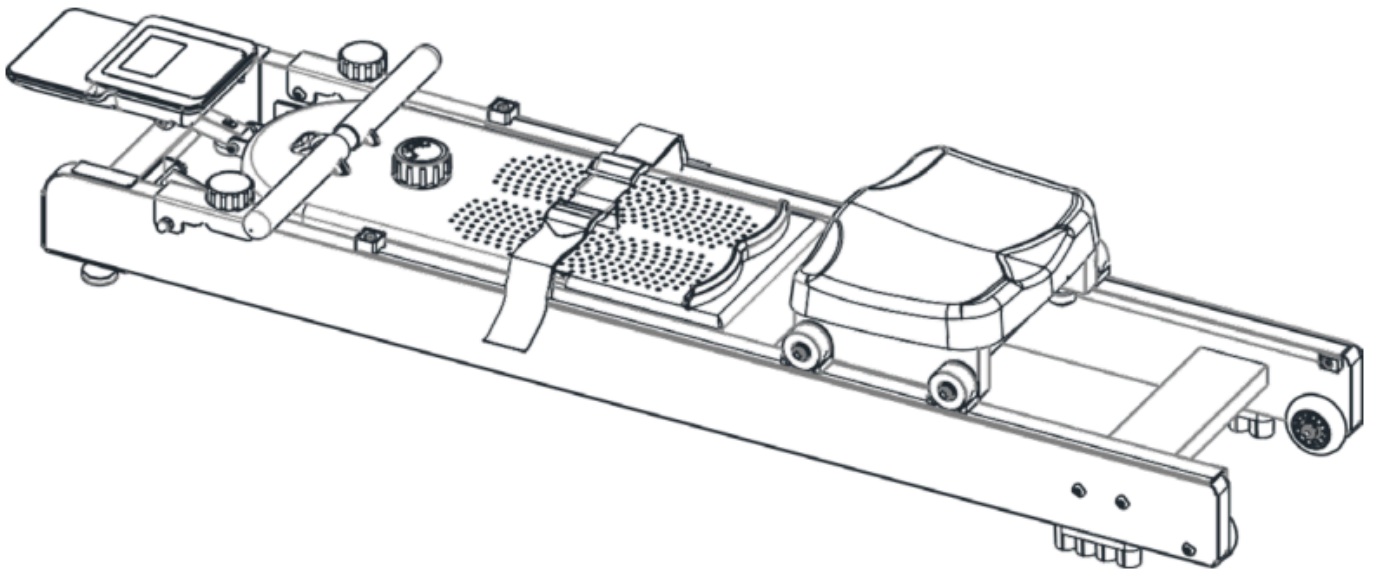
Unscrew the knob counterclockwise until the protective cover becomes movable.

STEP 2



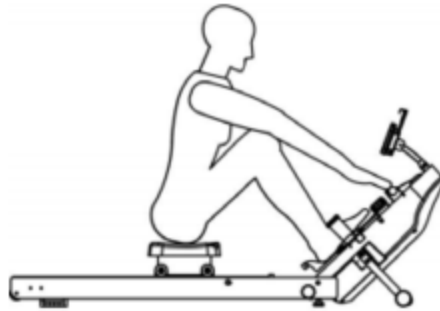
Slide the protective cover down.

STEP 3



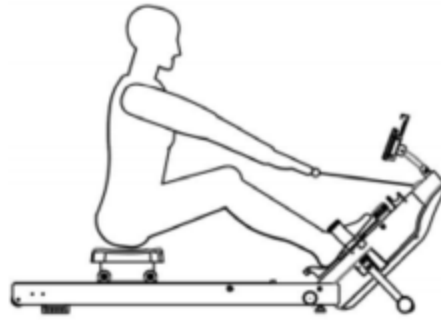
Storage is complete.

WORKOUT TECHNIQUE



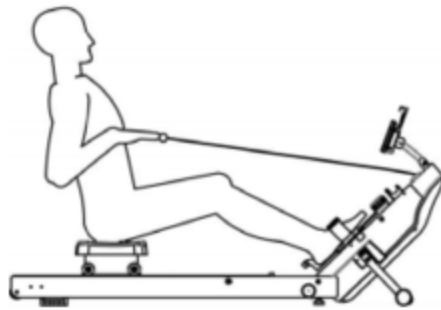
Starting position

Hold your arms straight in front of you, relax your shoulders, keep your head up and look forward. Keep your feet and shins pressed vertically.



Sliding phase

Grip the handle with your hands and keep your body in the correct posture and at the proper angle. Slowly straighten your legs and pull forward.



Finish position

Straighten your legs forward, pull the handle to your chest, relax your shoulders and look forward.

WORKOUT TIPS AND RECOMMENDATIONS

Using this machine not only strengthens the body and develops muscles, but also helps you lose weight when combined with a sensible diet.

Warm-up before exercise

The warm-up phase helps improve blood circulation, prepare the muscles for exercise and reduce the risk of cramps or muscle strains during the workout. Before you start, it is recommended to do the exercises suggested below. Each stretching exercise should be performed for at least 30 seconds. Do not make sudden movements while doing them to avoid muscle damage. If you get injured, stop exercising immediately.



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 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.

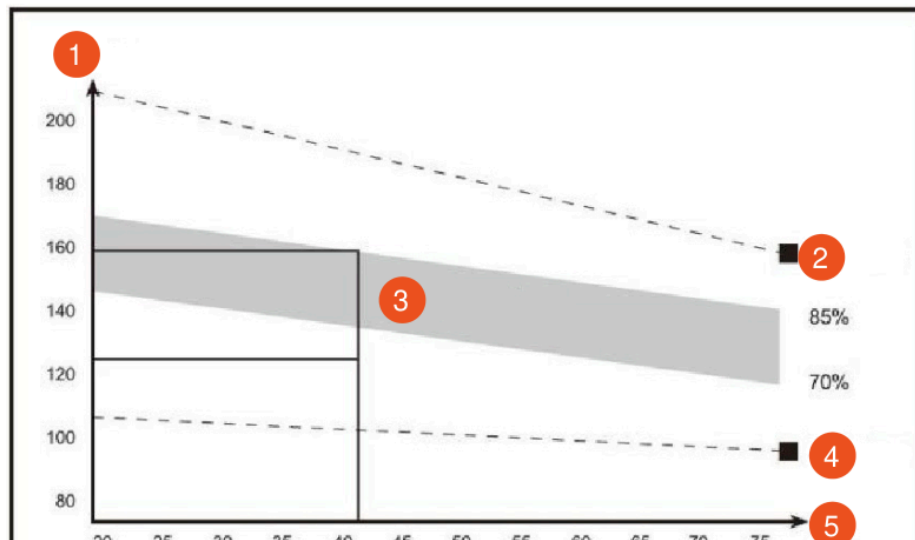


Calf stretch

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.

Workout phase

This is the full workout phase. After long regular practice you will be able to improve the flexibility of your leg muscles. During the workout it is important to keep a steady intensity that matches your fitness level. Choose a suitable load and keep your heart rate within the target zone shown on the chart below.



In the picture:

- 1. HR
- 2. Maximum
- 3. Target zone
- 4. Rest
- 5. Age

To keep your pulse within the target range, exercise for at least 12 minutes. On average, users exercise for 15–20 minutes at the start of the training process.

Important! Avoid sudden stretching during exercise to avoid damaging your muscles.

Recovery phase after exercise

At this stage, repeat the exercises you did during the warm-up. You can slightly reduce the range and speed of movements for about 5 minutes. This helps the body cool down gradually and the muscles relax after the load.

Over time, as your body adapts to the load, you can gradually increase the duration and intensity of your workouts. It is recommended to exercise at least 3 times a week. If possible, record your progress every week.

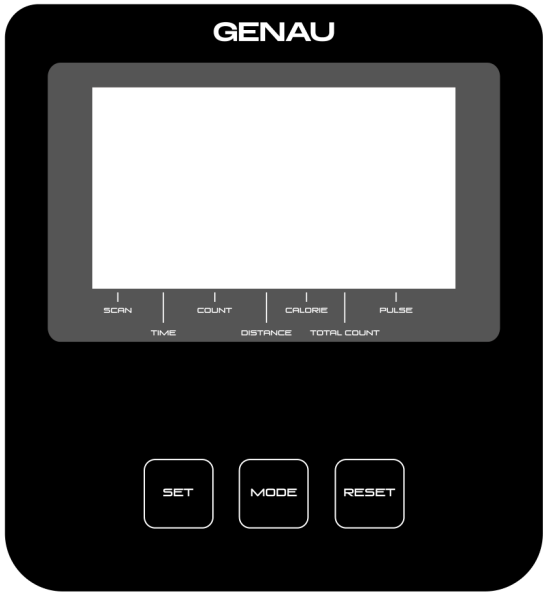
Muscle strengthening

If you want to use this machine to strengthen your muscles, you need to increase the resistance during exercise. In this way, long workouts of high intensity can bring significant progress. To do this, first warm up, then move on to the main exercises. Gradually increase the load and resistance, especially in the final part of the workout. However, monitor your pulse and do not leave the target zone. Be sure to cool down after exercise.

Weight loss

The key factors for weight loss are the time and intensity of the workout. The higher the load and duration, the more calories are burned. This is how the weight-loss effect is achieved. At the same time, regular exercise improves physical fitness and appearance. During the process you can adjust the exercises to your goals and objectives.

DISPLAY



Control buttons

Symbol	Function	Description
MODE	MODE	Selects the parameter to set or reset.
SET	SET	In setting mode, sets the value for the selected flashing window (time, distance, calories).
RESET	RESET	In setting mode, resets the countdown value, distance or calories. In normal mode, hold the RESET button for 3 seconds to zero all displayed values.

Modes and functions

Function	Description
Scan (SCAN)	In scan mode, the display cyclically shows time, calories, repetition count, distance and total repetitions. It updates every 4 seconds.
Repetition count (COUNT)	Shows the number of movements during the workout. Range: 0 to 9999 times.

Function	Description
Time (TMR)	Shows the total workout time from start to finish. Range: 0:00 to 99 minutes 59 seconds.
Distance (DST)	Shows the total distance covered during the workout. Range: 0.00 to 999.9 km.
Calories (CAL)	Shows the number of calories burned. Range: 0.0 to 999.9 kcal.
Total movement count (TCNT)	Shows the total number of repetitions recorded during the entire time of battery operation.

Automatic shut-off

If the device remains inactive (no button presses and no movement) for 4 minutes, it switches off automatically and resets to zero. When you resume exercising, the display turns on automatically.

Setting values

Press the MODE button to select the window to set. The value will flash — press SET to set the desired value. To reset, press and hold RESET.

Pulse rate (if available)

If the device supports wireless pulse measurement, use it according to the instructions. For correct operation, make sure a suitable sensor is used.

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

Manufacturer: Shanxi Yeekang Fitness Products Co.,LTD, Room G, 15/F, Tower A, KING OFFICE Building, No.9 FUXI Street, 030002, Taiyuan, Shanxi, China.

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](#)