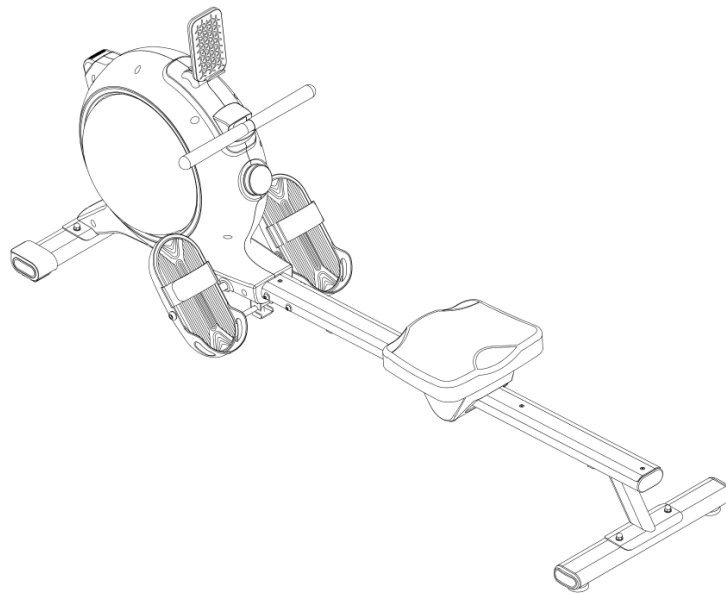


Genau RW 500 Hydro rowing machine

User Manual

This translation was made automatically.

THANK YOU FOR YOUR PURCHASE!



Thank you for purchasing the Genau RW 500 Hydro rowing machine. 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

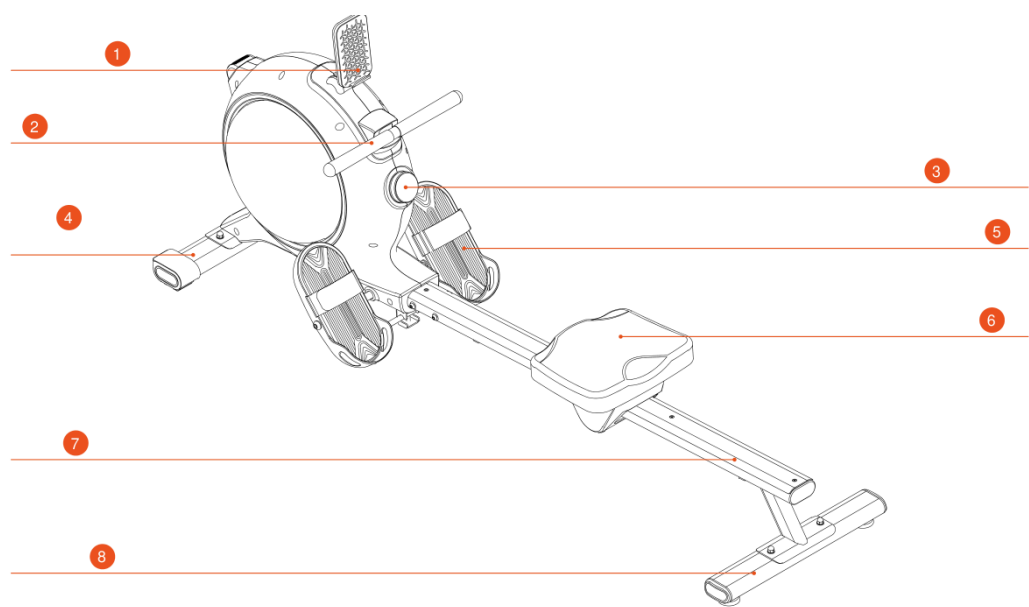
The translation of this section has not been reviewed yet. The official text is in Russian.

Attention! To ensure your safety and avoid injury, read this manual carefully before using the product and follow the precautions below.

Note: Although the device is designed with safety requirements in mind, it is important to follow these instructions strictly. The manufacturer is not responsible for the consequences of improper use.

- This rowing machine is intended for indoor use only. Place it on a flat, stable surface.
- Do not place foreign objects on the machine.
- If the power cord is damaged, it must be replaced by a qualified specialist of the manufacturer's service center.
- If the machine is not used for a long time, disconnect the power.
- The device is not intended for use by children or people with limited abilities without supervision.
- Do not use the machine if you feel unwell — this may lead to injury.
- Do not install the machine in damp or dusty rooms. Excess humidity and static electricity can damage the electronic console.
- Use only original components. Replacing parts without permission is prohibited.
- Do not place the machine near heating appliances or hot surfaces.
- Do not try to disassemble the device yourself — this may cause damage and injury.
- Before exercising, make sure your clothing and footwear are worn correctly, and avoid loose items that could catch on moving parts.
- If you feel discomfort during use, stop and consult a doctor.
- Use only intact sockets and plugs. If the plug does not fit the socket, do not try to force it in — contact an electrician.
- The machine is intended for home use only and must not be used for medical or commercial purposes.
- Do not use the device if the housing is cracked or there are exposed parts.
- Do not use the machine when tired or unwell.
- Do not allow moisture, needles or debris to get into the power socket.
- Do not touch the plug with wet hands — this may cause a short circuit or electric shock.
- Disconnect the power after use.
- The protection class of the device is HC. If in doubt about the grounding of the appliance, contact a qualified electrician.

PRODUCT COMPONENTS



In the picture:

- 1. Phone holder
- 2. Knob
- 3. Electronic console
- 4. Front stabilizer
- 5. Pedal
- 6. Seat
- 7. Rail
- 8. Rear stabilizer

Packing List

No.	Item	Unit	Qty
1	Main frame	pcs	1
2	Rail	pcs	1
3	Seat	pcs	1
4	Front stabilizer	pcs	1
5	Rear stabilizer	pcs	1
6	Rear support set	pcs	1
7	Left pedal	pcs	1
8	Right pedal	pcs	1

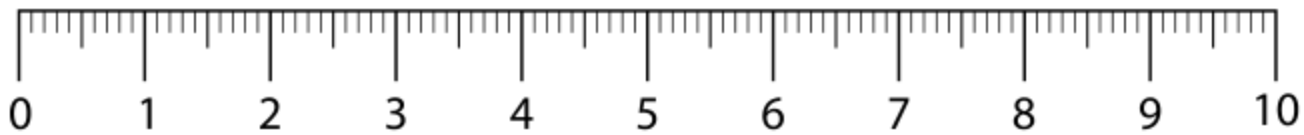
No.	Item	Unit	Qty
9	Pedal locking bar	pcs	1
10	Water pump	pcs	1
11	Tool kit	pcs	1
12	Converter (adapter)	set	1
13	Limit stopper	pcs	1
14	User Manual	pcs	1

Tool kit

No.	Item	Unit	Qty
1	Hex key 5 mm	pcs	1
2	Hex key 8 mm	pcs	1
3	Wrench	pcs	1
4	Square-neck bolt M8	pcs	4
5	Flat washer $\phi 8$	pcs	4
6	Nut M8	pcs	4
7	Hex socket screw M8×T4	pcs	1
8	Cylinder head screw M8×25	pcs	1
9	Cylinder head screw M12×160	pcs	2
10	Water purification tablet	pcs	1

Fastener identification table

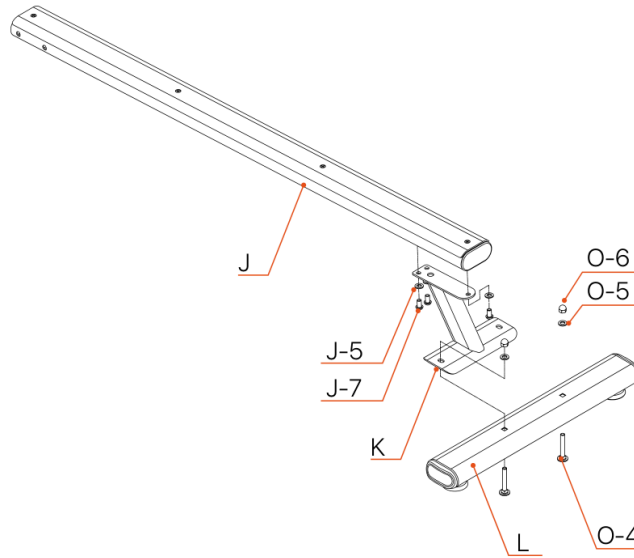
This table is provided to make it easier to identify the fasteners used during assembly. Use the scale to check the length of bolts and screws.



ASSEMBLY

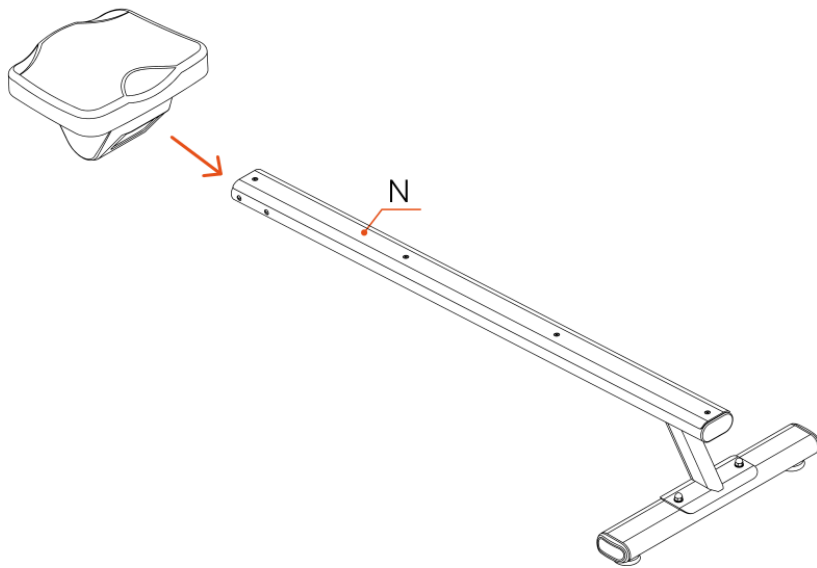
During assembly, first install all screws loosely and do the final tightening after the machine is completely assembled.

STEP 1



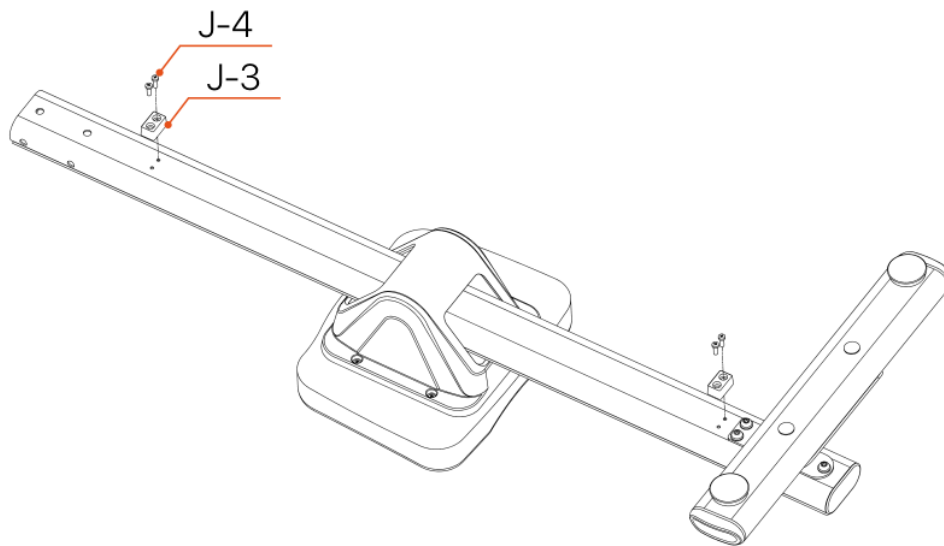
- Take the rail J, rear stabilizer L and rear support set K out of the packaging, and from the tool kit take wrench O-3, 5 mm hex key O-1, nut O-6, washer O-5 and square-neck bolt O-4.
- As shown in the picture: first loosen the pre-installed screws J-7, J-6, J-5 and J-4 on the rail J, then fit the rear support set K# over the loosened screws J-7, J-6, J-5, J-4 and connect it to the rail J.
- After pre-fixing the screws, use the L-shaped hex key O-1 to tighten them.
- Then attach the rear stabilizer L using bolt O-4, washer O-5 and nut O-6.
- After lightly fixing all the screws, tighten them fully with wrench O-3.

STEP 2



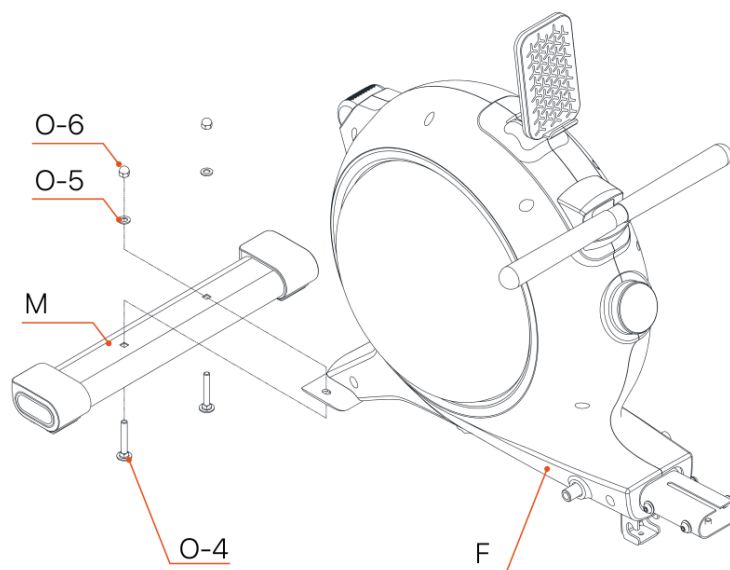
- Take the seat N.
- As shown in the picture, place the seat on the rail and secure it.

STEP 3



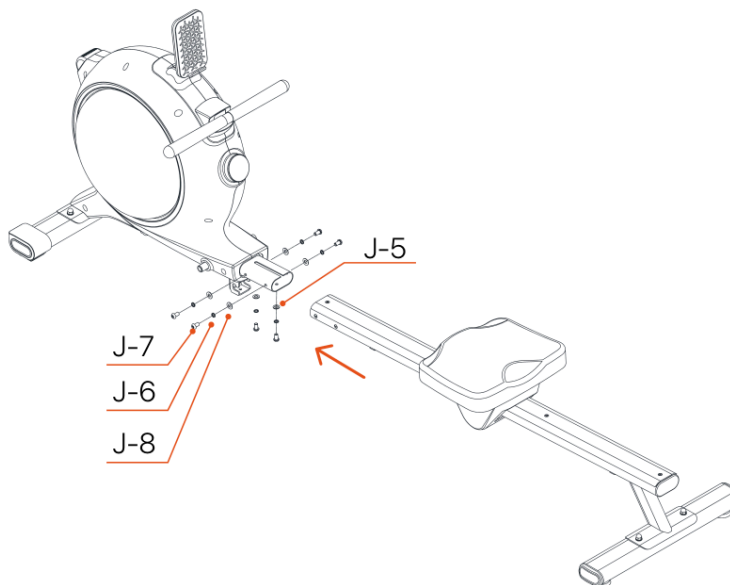
- Take the limit stopper J-3 out of the packaging.
- As shown in the picture: use the 5 mm hex key O-1 to attach the limit stopper J-3 to the rear end of the rail tube and secure it with screw J-4.

STEP 4



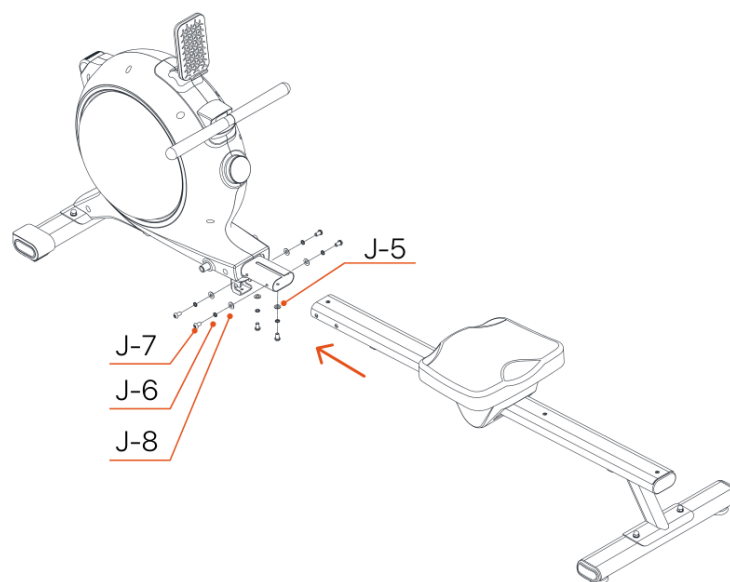
- Take the front stabilizer M and the frame set F out of the packaging.
- As shown in the picture: connect the front stabilizer M to the frame F using nut O-6, washer O-5M and square-neck bolt O-4, then secure the connection with wrench O-3.

STEP 5



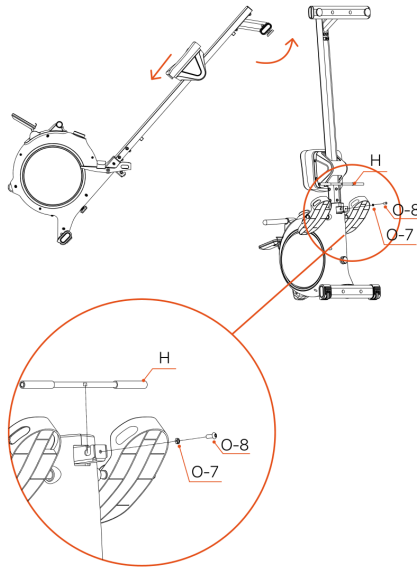
- Loosen the pre-installed screws J-5, J-6, J-7, J-8 on the frame set.
- Insert the assembled rail into the connecting tube of the frame in the direction shown by the arrow.
- Use the loosened screws J-5, J-6, J-7, J-8 to temporarily fix the two parts together, then tighten them with hex key O-1.

STEP 6



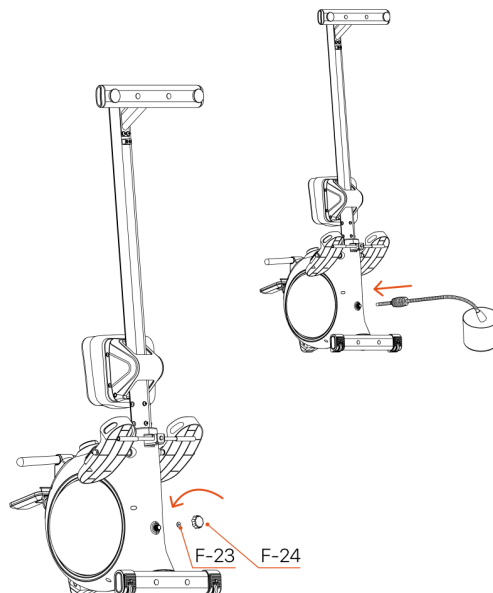
- Take the left pedal I and the right pedal I-1 out of the packaging.
- Install the pedals on the pedal shaft axle of the frame using hex socket screw O-9, and finally tighten the screw with the 8 mm hex key O-2.

STEP 7



- Hold the rear stabilizer and fold the machine in the direction shown by the arrow in the picture.
- Please note: when folding, if the seat is not at the limit stopper position, it may slide down under its own weight.
- Pre-install nut O-7 on the hex socket screw O-8.
- Align the middle section of the pedal locking bar H with the hole in the metal plate and insert it into the mounting position.
- Use hex key O-1 to tighten screw O-8, then use wrench O-3 to finally tighten nut O-7 against the metal plate.

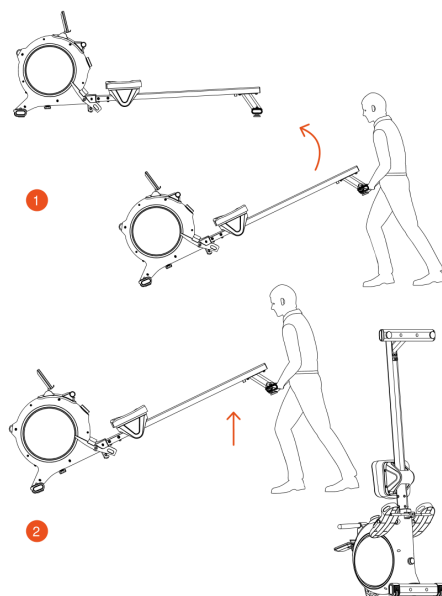
FILLING WITH WATER



- Turn the drain plug F-24 and the waterproof sealing ring F-23 counterclockwise (as shown in the picture) to loosen them.
- Insert the water pump into the tee of the pipe in the direction shown by the arrow in the picture.
- Place the other end of the hose in a bucket and, pressing the air bulb, fill the tank with water.
- The volume of water is about 3.5 liters (do not exceed the maximum water level mark on the tank).
- It is recommended to use clean water.
- Place the water purification tablet into the tee, then turn the drain plug F-24 and sealing ring F-23 clockwise to close the tank tightly.
- Place the device horizontally and connect the supplied adapter to a power source — the machine is ready to use.

Attention! Do not fill water above the maximum level mark. Otherwise water may leak, which can damage the equipment and shorten its service life.

MOVING



In the picture:

1. Figure 1
2. Figure 2

When the device is not in use, you can move or fold the machine as shown in Figures 1 and 2.

OPERATION

Main display description

Full display



- 24 indicator lights around the outer ring.
- TEMPO display: stroke rate (unit: spm).
- LEVEL display: resistance level (1–32).
- Workout data display: stroke rate, pace per 500 m, speed, time, distance and calories.
- Bluetooth connection indicator.

Carousel mode



- Data change interval: 3 seconds.
- The small window shows: TEMPO and LEVEL.
- The main window shows: stroke rate, pace per 500 m, speed, time, distance and calories.
- The Bluetooth indicator shows the connection status (lit when connected, off when disconnected).
- The outer ring indicators light up during the workout.

Lock mode



- A short press on the knob (button) switches display modes and locks the required parameter.
- You can lock the data in the main window: stroke rate, pace per 500 m, speed, time, distance and calories.
- You can also lock the data in the small window: TEMPO and LEVEL.
- The outer ring indicators are active during the workout.

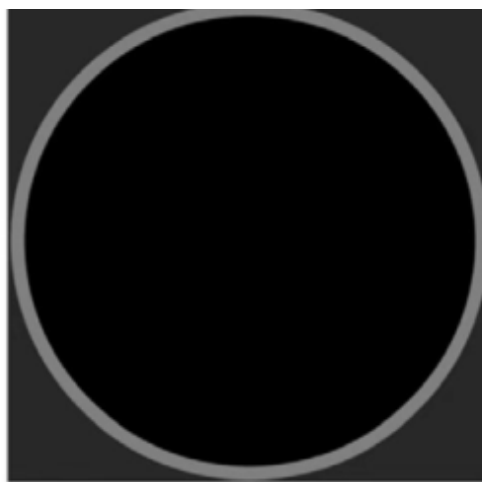
Basic operating instructions

Action	Brief description
Waking the screen from sleep mode	In sleep mode the screen is off. To wake the screen, press the knob (regulator) or start exercising.
Pressing the knob (regulator)	The screen automatically goes into sleep mode if no action is performed for 3 minutes. In sleep mode, press the knob briefly to turn on the screen. When working, press the knob to enter workout mode. During a workout, a short press switches display modes. Press and hold the knob for 2 seconds to reset the data and return to standby mode. A beep sounds when pressed.
Turning the knob (regulator)	Turn clockwise to increase the resistance level. Turn counterclockwise to decrease the resistance level. A short beep sounds when the resistance changes.

- When the power is on, one beep (BUZZER) sounds and the display on the regulator lights up, entering the READY state (see Fig. 1).
- After switching on, the resistance level is automatically reset to level 1.
- If no action is performed for 3 minutes, the screen turns off automatically and goes into standby mode (see Fig. 2).



1



2

In the picture:

1. Figure 1

2. Figure 2

- When the device is in the READY state, a short press on the knob or starting to row activates the screen and switches it to workout mode.
- The small display window shows data in «carousel» mode: stroke rate (TEMPO) and resistance level (LEVEL); the information updates every 3 seconds (see Fig. 3 and Fig. 4).



1



2

In the picture:

1. Figure 3

2. Figure 4

- The data in the main display window is shown in turn in automatic mode.
- The "SCAN" icon lights up, and the information — speed, time, distance, calories, SPLIT / 500 m — changes every 3 seconds (see Fig. 5–10).



In the picture:

1. Figure 5
2. Figure 6
3. Figure 7
4. Figure 8
5. Figure 9
6. Figure 10

- The display mode can be locked with a short press on the knob (regulator).
- When the display is locked, the “SCAN” icon is not shown.
- In lock mode you can view the following data: speed, time, distance, calories, SPLIT or 500 m (see Fig. 11–16).



In the picture:

1. Figure 11
2. Figure 12
3. Figure 13
4. Figure 14
5. Figure 15
6. Figure 16

Data display description

Parameter	Data description
Stroke rate	0 ~ 999. Shows the stroke rate in real time.
Resistance level	1 ~ 32. The higher the level, the greater the resistance.
Stroke count	0 ~ 9999. Number of strokes in real time.
Pace per 500 m	00:00 ~ 99:59.
SCAN mode	Displayed: data is shown in turn. Not displayed: data is locked.
Speed	0.0 ~ 999.9 km/h.
Time	00:00 ~ 99:59. In standby mode: press the knob or start moving to start the count; the timer stops 4 seconds after movement stops.
Distance	0.0 ~ 999.9 km. Depending on stroke power: 1.6 m/stroke.
Calories	0.0 ~ 999.9 kcal. Proportional to the resistance level: level 1 = 33 kcal/km; level 32 = 73 kcal/km.

Parameter	Data description
Bluetooth	Displayed: Bluetooth is connected. Not displayed: Bluetooth is not connected.

ERROR CODES AND TROUBLESHOOTING

Error code	Cause	Solution
E01	The cable motor has a faulty connection	Check the wiring of the cable motor or replace the motor
E01	Insufficient cable tension	Check the steel cable or replace the cable motor
E01	The motor control chip is damaged	Replace the control board (PM Board)
E02	Incorrect motor position angle	Check the wiring of the cable motor or replace the motor
E03	The gearbox does not detect the initial position of the rod	Replace the gearbox and the handle

CARE, STORAGE AND MAINTENANCE

Cleaning

- Regular and thorough cleaning will extend the service life of the rowing machine.
- Remove dust regularly to keep the device clean.
- Make sure your shoes are clean, and avoid foreign objects getting into the mechanism of the machine.

Maintenance

- Replace worn or damaged parts immediately.
- Do not use the device until the faulty parts have been replaced.
- Pay special attention to the components that are most subject to wear.

Water care

- To keep the water in the tank clean and clear, use the water purification tablets supplied in the kit. The tablet prevents the growth of algae and unpleasant odors. One tablet lasts on average 1 to 3 months

(check the validity period on the packaging). If the water becomes cloudy, sediment appears or the smell changes, the water must be replaced.

When replacing the water:

- Drain all the old water completely through the drain hole.
- Rinse the tank with clean water.
- Fill it again (about 3.5 liters) and add a new tablet.

Timely water replacement (every 2–3 months) will help keep the tank clean and extend the service life of the device.

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.

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
Flywheel weight	6 kg
Maximum user weight	160 kg
Dimensions in operating position	1820×520×780 mm
Power	mains 220 V

Manufacturer: Zhejiang Lijiujia Sports Equipment Co., Ltd., No.88 Yuegui South Road, Xicheng Street, Yongkang, Zhejiang, 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