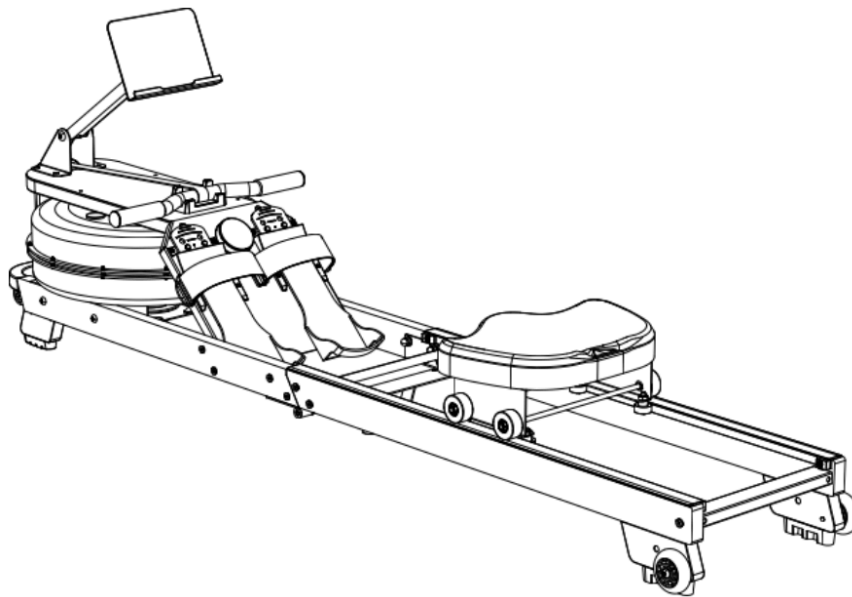


Genau RW900 rowing machine

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

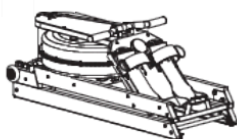
The translation of this section has not been reviewed yet. The official text is in Russian.

- 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

A



B



C



D



E



F



H



I

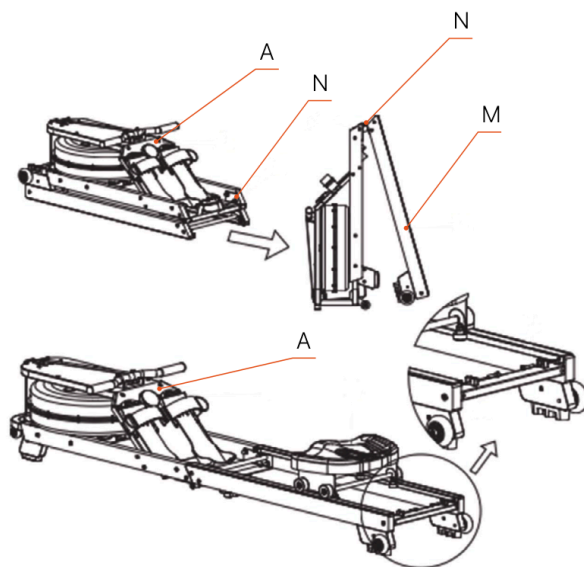


No.	Name	Quantity (pcs)
A	Main frame with water tank	1
B	Seat	1
C	Water pump	1
D	Tablet holder	1
E	Handle fixing bracket	1
F	Hex key S4 / S5	1

No.	Name	Quantity (pcs)
H	User Manual	1
I	Water purification tablets	1

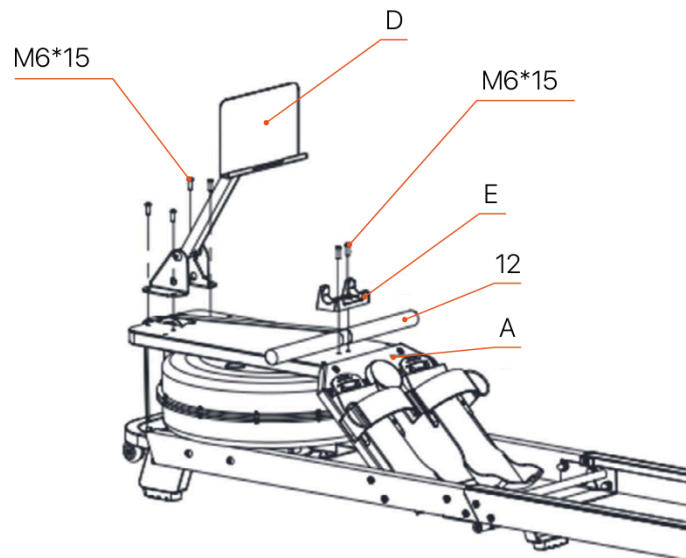
ASSEMBLY

STEP 1



- Take the product out of the box and stand the main frame (A) upright. Place the product on the floor, holding the round tube of part (N) with one hand and the rail (M) with the other. Press gently outwards so that you do not pinch your fingers.
- Use the S5 hex key (F) to remove the rail retainer.

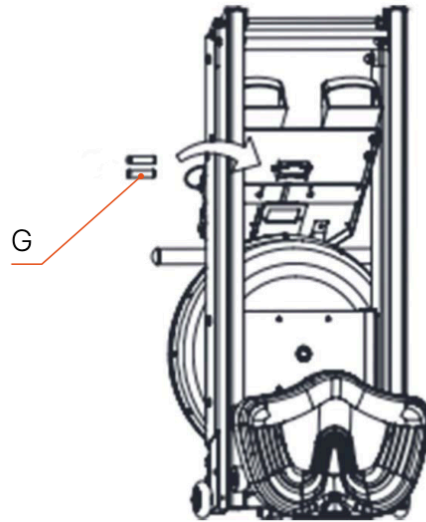
STEP 2



- Use the S4 hex key (F) to unscrew the M6×20 screws (4 pcs) and M6×15 screws (2 pcs) from the main frame (A).
- Install the removed M6×20 screws (2 pcs) to fix the handle bracket (E) to the main body. Fit the handle (12) onto the bracket (E).
- Use the removed M6×15 screws (4 pcs) to attach the tablet holder (D) to the main body.

Fasteners and tools	Qty
M6×20	2 pcs
M6×15	4 pcs
S4	1 pc
S5	1 pc

STEP 3

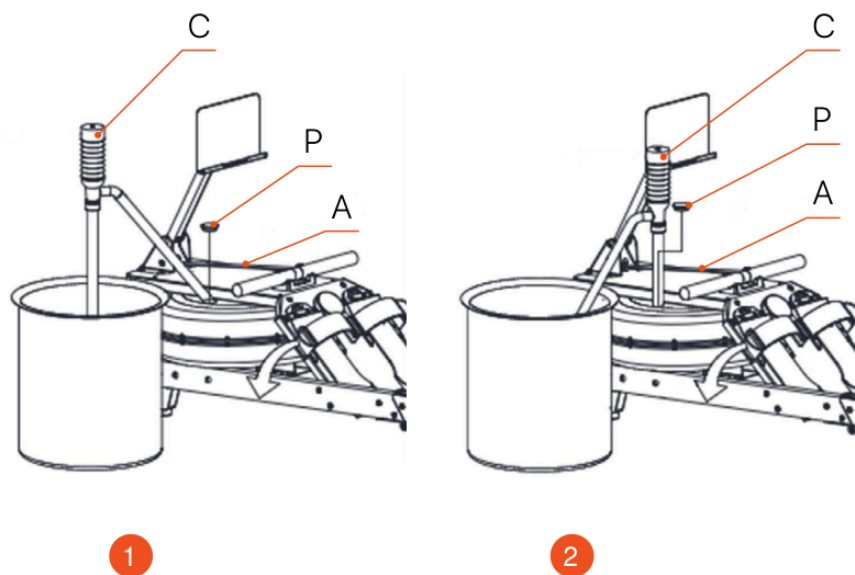


- Insert the AA batteries (G) into the battery compartment. Assembly is complete.

SETUP AND OPERATION

Note: Make sure all parts are securely fastened before using the machine.

Using the pump



In the picture:

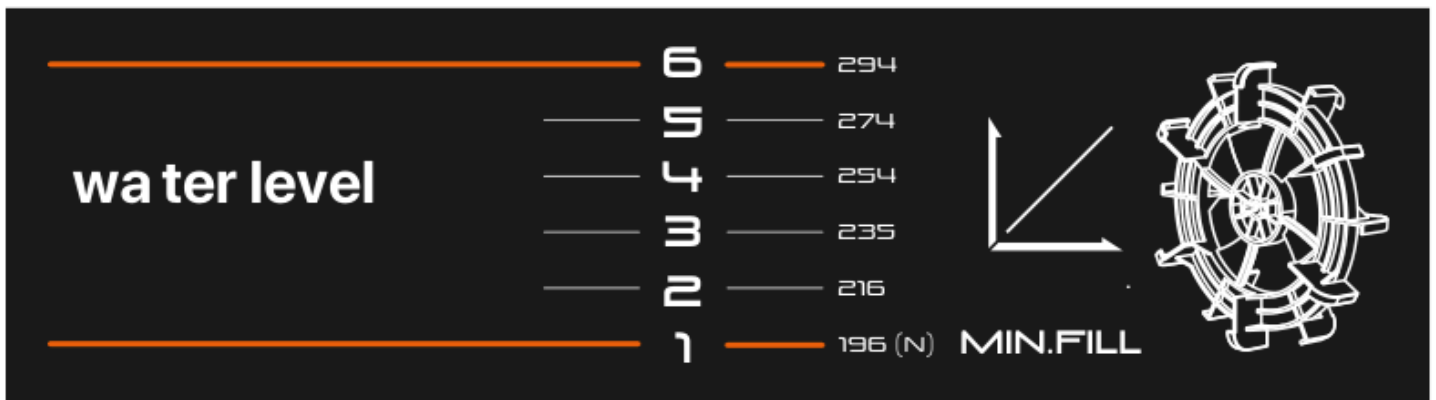
1. Figure 1
2. Figure 2

- Remove the tank cap (P) from the top of the tank.
 - To fill the tank with water (fig. 1):
1. Insert the straight tube of the water pump (C) into a container of water and the flexible tube into the machine's tank.
 2. Make sure the water container is positioned higher than the machine's tank.
 3. Squeeze the pump several times to pump water into the tank until the desired resistance level is reached, using the marks on the tank.
 4. The more water in the tank, the higher the resistance.
 5. Once the required water level is reached, put the cap (P) back on.
- To drain the water from the machine's tank, perform the procedure above in reverse order (fig. 2).

Important! Use only tap water to fill the tank. You may add water purification tablets (included), but do not use low-quality tablets or bleach — this may damage the tank and will void the warranty.

- Add water purification tablets every 3 months or as needed. If the water becomes cloudy, replace it.
- Water drained from the tank is not drinkable. Dispose of it as waste water.
- If the machine will not be used for a long time, drain the water and stand the machine upright.

Water level mark

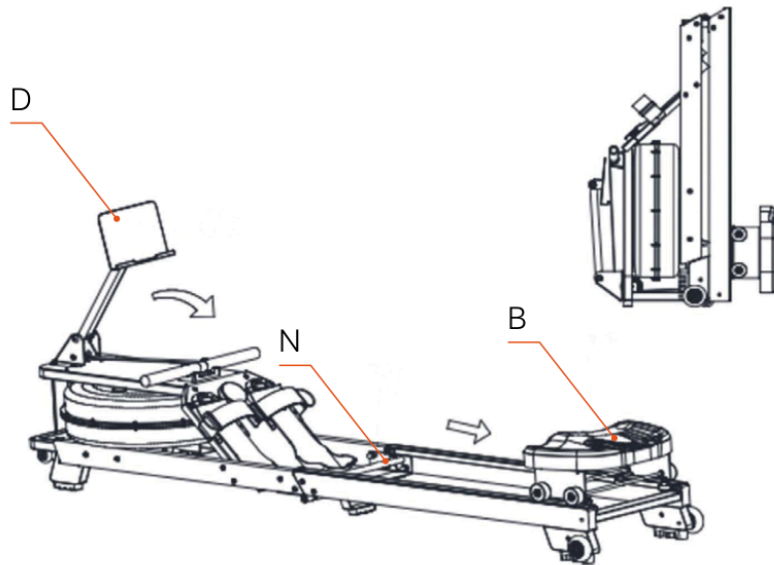


- The water level scale is located on the side of the tank.
- The maximum level is marked as level 6. Do not exceed it! Damage caused by overfilling the tank is not covered by the warranty.

Resistance depends on the water level in the tank:

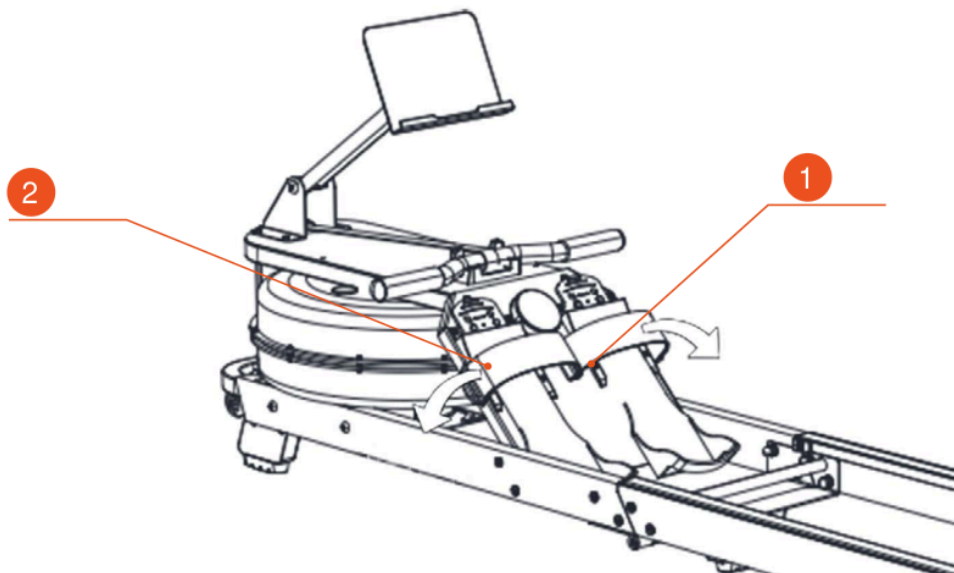
- Level 1 — minimum resistance,
- Level 6 — maximum resistance.

Storing the machine



- When folding the machine, lower the tablet holder (D).
- Move the seat (B) to its end position (this prevents it from suddenly falling and damaging the product when folding).
- Holding the round tube of part (N) with your hand, pull it up slightly to prevent the seat from dropping suddenly and to avoid damage during folding.

Adjusting the pedal straps



In the picture:

1. Pull

2. Pull

- During use, sit on the seat and place both feet on the adjustable pedals.

- Adjust the position of the pedals by choosing the hole that matches your foot size.
- Then secure both feet with the straps. Pull the strap in the direction shown in the figure and fasten it firmly on both sides.

DISPLAY

Display Functions

Function	Description
Time	00:00 ~ 99:59. The timer starts counting once movement is detected. It stops 4 seconds after movement stops.
Speed	Display range: 0.0 to 99.9 km/h.
Distance	Display range: 0.0 to 999.9 km.
Calories	Display range: 0.0 to 9999 kcal. Calculation: 15 kcal per kilometre.
Power (WATT)	Display range: 0 to 999 watts.
Counts	Display range: 0 to 9999.
500 m pace	Display range: 00:00 to 99:59.
Stroke rate (SPM)	Display range: 0 to 199.
Bluetooth	Displayed: Bluetooth is connected. Not displayed: Bluetooth is not connected.

Display modes

Mode	Description
Display overview	Shows workout data: "Time", "Speed", "Distance", "Calories", "Power (WATT)", "Strokes", "500 m pace", "Stroke rate". All data is shown in metric units. The Bluetooth icon shows the connection status.
Pre-workout mode	Before the workout starts, the display shows only the time, distance and calorie symbols. Touch the display screen to switch between these parameters. Turn the display to set target values.
Free mode	Start rowing — the display will automatically start recording data. You can lock a value by touching the screen or turning the display.
Sleep mode	If no exercise is performed for more than 4 minutes and no data is entered, the display automatically enters sleep mode. To wake it, start rowing or touch the screen.

Mode	Description
Data reset	Hold your finger on the display to reset all workout data. After the battery is replaced, the total distance is reset to zero.
Goal setting mode	Touch the display to select the time symbol. Turn the display to set the time (the same principle applies to distance and calories). Time can be set from 1 minute, distance from 0.5 km, calories from 10. After setting, start rowing — the display will automatically cycle through: time, speed, distance, calories, power, strokes, 500 m pace, stroke rate. To lock the current value, touch the display again. When the goal is reached, a "Di-di" beep will sound.

Using the display

By default, the display shows: "Time", "Speed", "Distance", "Calories", "Power (W)", "Strokes", "500 m pace", "Stroke rate". The display cycles through the values at one parameter per second.

Turn the display clockwise to lock the displayed value of the corresponding parameter in the following order: Time → Speed → Distance → Calories → Power → Strokes → 500 m pace → Stroke rate → Rotation. Turning counterclockwise locks the values in reverse order.

APP

- Search for "KINOMAP" in your mobile app store to download the app.
- Please scan the QR code for instructions on Bluetooth connection.

Parameter	Value
Radio signal frequency	2.4 GHz
Radio signal frequency range	2402–2480 MHz
Maximum radio signal power	5.09 dBm

WORKOUT TECHNIQUE

Starting position



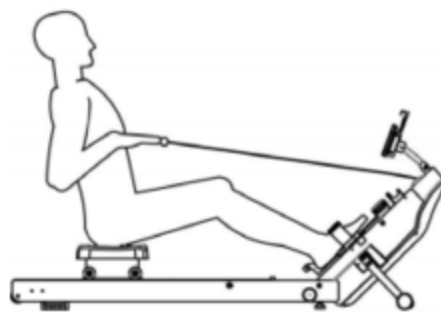
Hold your arms straight in front of you, relax your shoulders, keep your head up and look forward. Keep your feet and shins pressed vertically.

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.

WARM-UP EXERCISES



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.



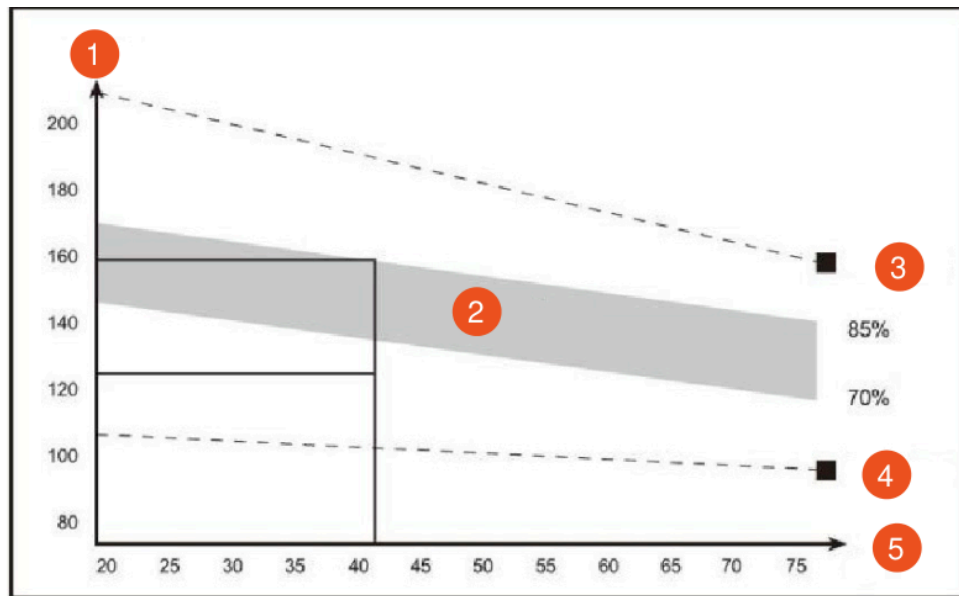
Calf stretch

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.

TRAINING PHASE AND RECOVERY

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. Target zone
- 3. Maximum
- 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.

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.

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

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.

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