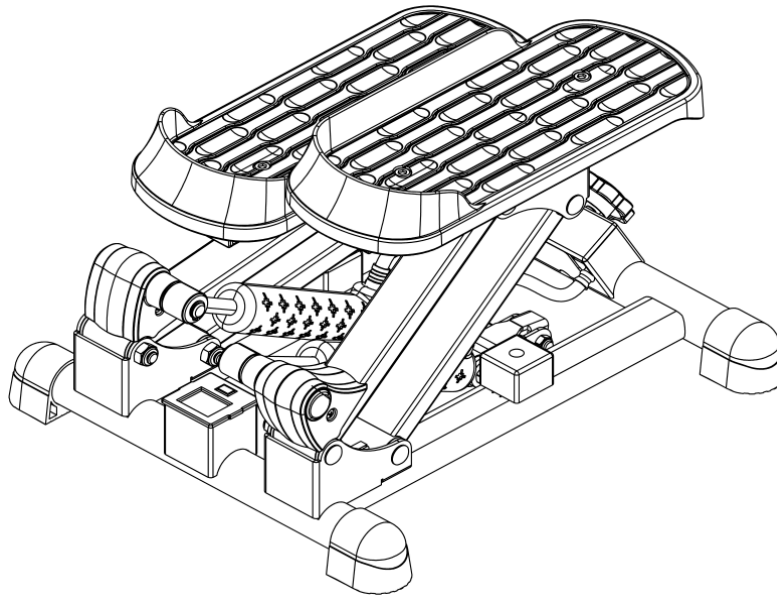


Genau S2 Big Stride Stepper

User Manual

This translation was made automatically.

THANK YOU FOR YOUR PURCHASE!



You have just purchased a product designed with quality, safety and functionality in mind. This equipment allows you to exercise safely and comfortably without leaving home. Regular exercise is one of the best ways to stay healthy. Please read this manual carefully before use, especially the safety section, so that you use this device correctly and can enjoy the unique experience of this exclusive product.

Read all instructions before use and keep this manual for future reference.

SAFETY INSTRUCTIONS

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

Please keep this manual in a safe place for future reference.

- Read this manual carefully before using the product.
- Children, elderly people and people with limited physical abilities should use the product under the supervision of a caregiver and following a doctor's recommendations.
- Use the machine with caution if you have old injuries of the lower back, elbows, shoulders or other joints and muscles.

- Do not expose the equipment to moisture, as this may cause a malfunction.
- Before each use, check for loose, disconnected, damaged or cracked parts. If there is any damage, do not use the machine.
- Make sure the distance between the machine and any obstacles is at least 0.5 m.
- Do not use the machine on a cracked floor, a slippery surface or uneven ground.

The company is not liable for injuries caused by use of the product in violation of the operating rules.

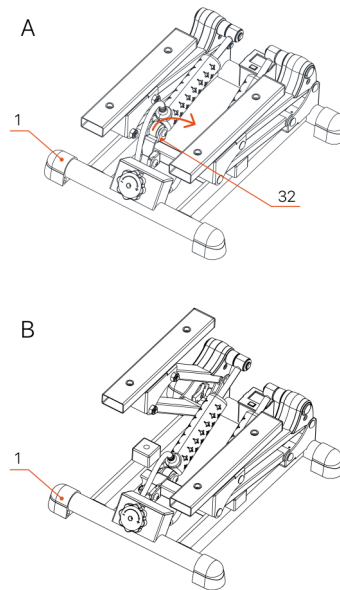
- This equipment is not intended for sports competitions and should be used only for fitness training. Use for other purposes may cause injury.
- Warm up before use. Exercise according to your physical condition and increase the load gradually. If you feel discomfort, stop exercising.
- The equipment may only be used for the purpose specified by the manufacturer. Do not modify the design of the equipment and do not use accessories not recommended by the manufacturer.
- The user's weight must not exceed 120 kg.
- CHOKING HAZARD: small parts. Not intended for children under 3 years.

PACKAGE CONTENTS

- Main frame — 1 pc
- Pedals — 1 set
- User manual — 1 pc
- Set of screws and fasteners — 1 pc
- No. 25 Hex socket screws (M8×20, S6) — 4 pcs.
- #A Hex key (S6) — 1 pc.

ASSEMBLY INSTRUCTIONS

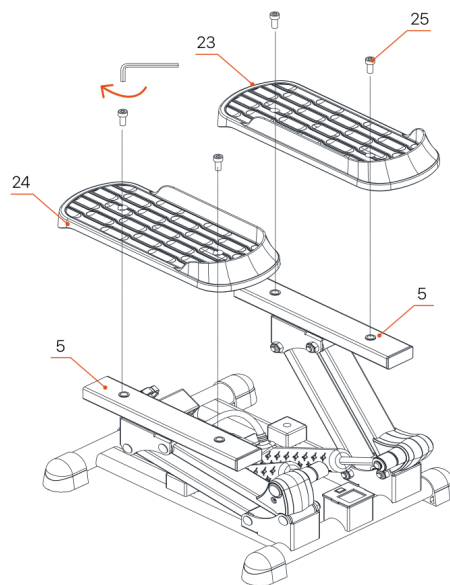
STEP 1



Securing the hydraulic cylinder

- Lift the left pedal tube up.
- Press down on the U-shaped bracket (32) to lock it onto the tube.

STEP 2



Installing the pedals

- Align the pedals (23 and 24) with the holes on the pedal tube (5).
- Using the hex key (A) and 4 screws (25), secure the pedals (23 and 24) to the pedal tube (5).

- 25 Hex socket screw M8x20 (S6) — 4 pcs.
- A S6, 1 pc.

MONITOR INSTRUCTIONS

Specifications

Parameter	Range
REPS/MIN	0,0–9999
COUNT	0,0–9999
TIME	0:00–99:59
CAL	0,0–9999 KCAL

Button functions

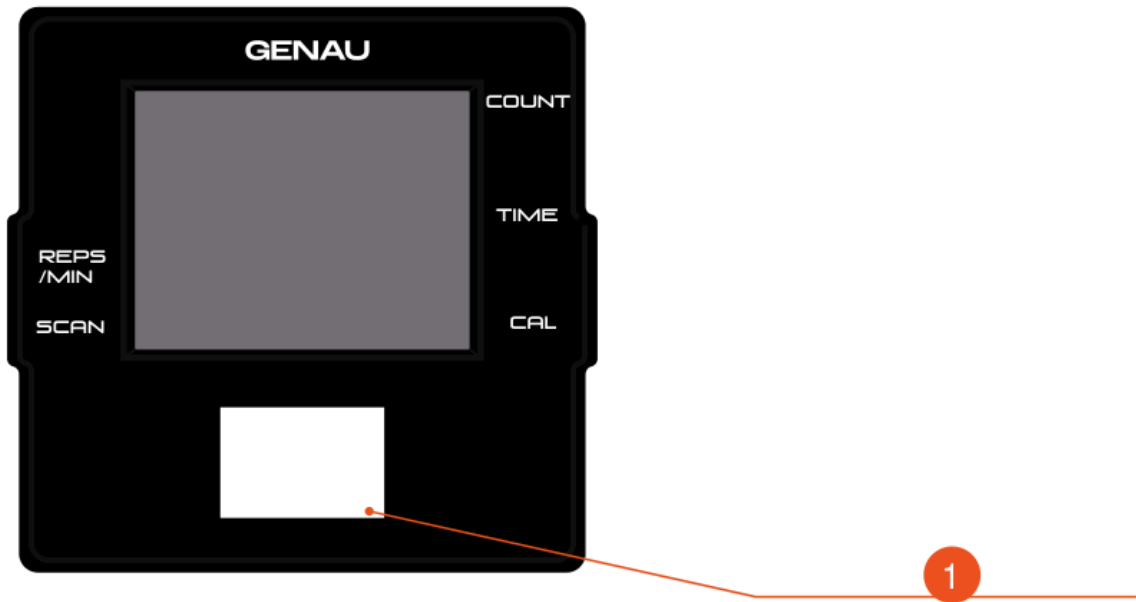
- A short press of the MODE button switches the displayed function.
- Press and hold the MODE button for 5 seconds to reset all functions to zero.

Operation

- Power on: press the pedal twice to activate the machine.
- Power off: after 4 minutes of inactivity the display switches off automatically and the function values are not saved.

Functions

Item	Description
REPS/MIN	Shows the number of movements per minute during the workout.
SCAN	Automatically cycles the displayed functions in the following order: ① TIME ② CAL ③ REPS/MIN ④ SCAN. The display changes every 5 seconds.
COUNT	Adds up the number of movements over the whole workout.
TIME	Automatically records the workout time during exercise.
CAL	Automatically records the calories burned during the workout.



In the picture:

- 1. Mode selection button

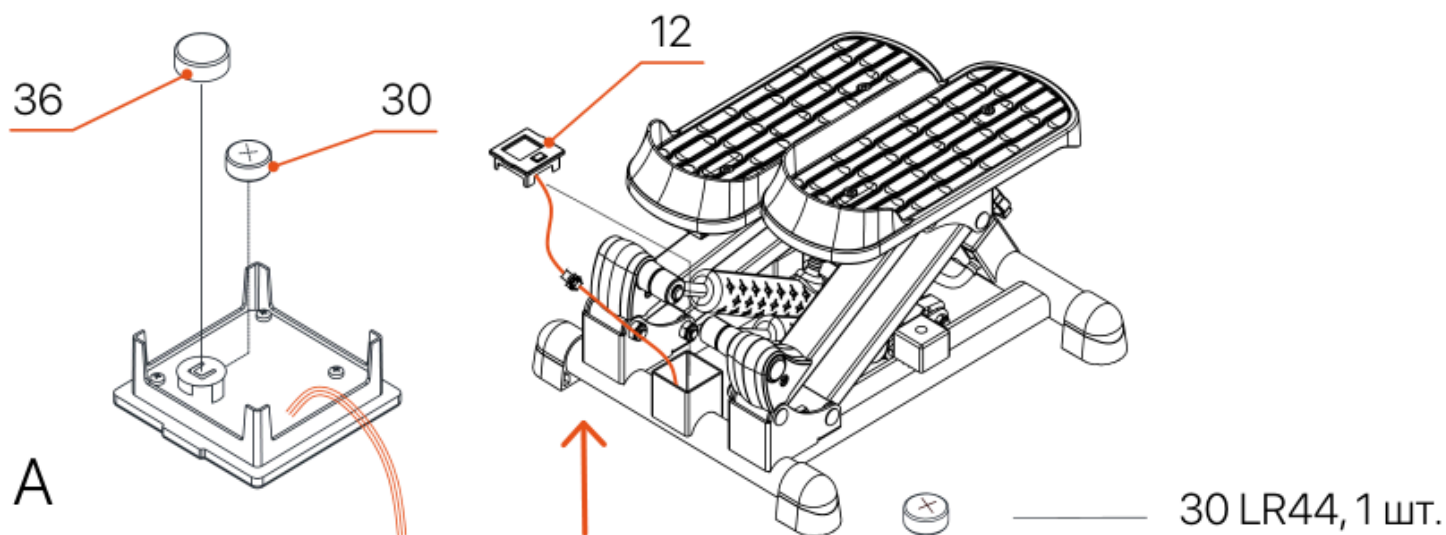
Note: if there is no movement for 4 seconds, the counter automatically stops timing. To resume timing the workout, start moving the pedal.

BATTERY REPLACEMENT INSTRUCTIONS

- The monitor uses an LR44 1.5 V button cell battery. If the data on the display is unclear, replace the battery.
- Dispose of the old battery in accordance with the rules of your region.

Replacement procedure

- Pull the monitor (12) firmly upward to remove it from the slot in the main frame (1).
- Remove the battery compartment cover (36), take out the old battery (30) and replace it with a new one. Then put the battery compartment cover (36) back.



Note: observe the correct polarity when installing. Put the monitor (12) back into the slot on the main frame (1).

Note: press on the edge of the monitor, not on the screen.

Note:

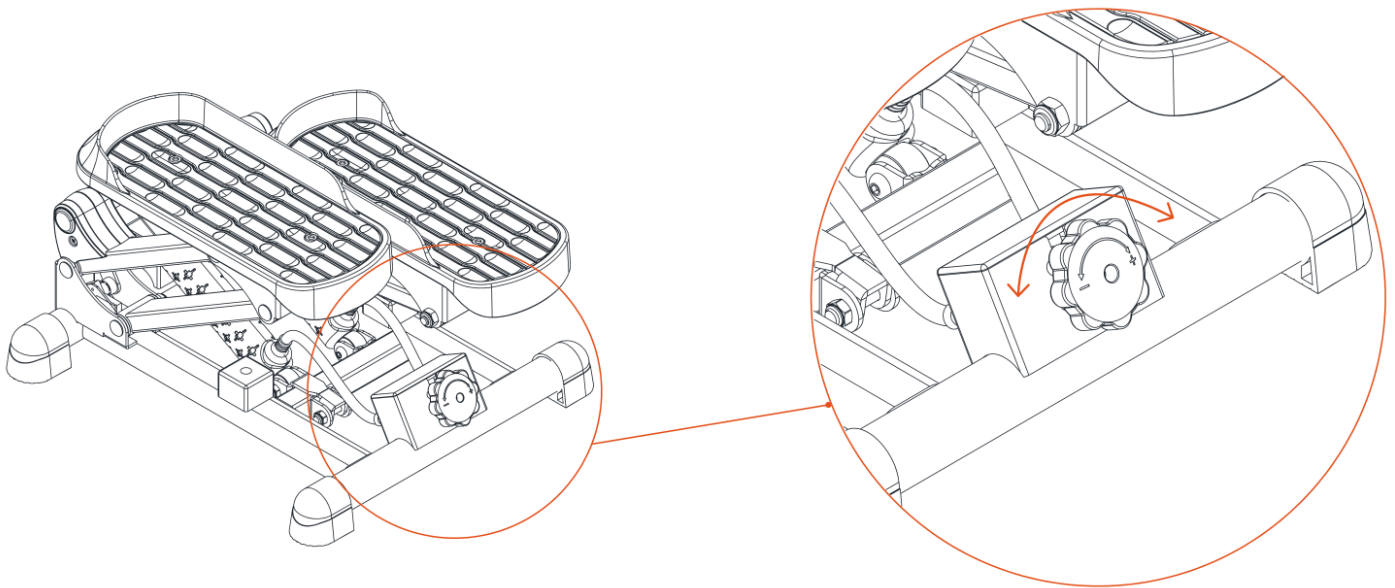
- a) Remove used batteries and recycle them immediately or dispose of them according to local rules. Keep batteries out of reach of children. Do not dispose of batteries with household waste and do not burn them.
- b) Even used batteries can cause serious injury or death.
- c) For treatment information, contact your local poison control center.
- d) Compatible battery type: LR44 1.5 V.
- e) Non-rechargeable batteries must not be charged.

- f) Do not force discharge, recharge, disassemble, heat above the temperature specified by the manufacturer, or burn batteries. This may cause injury due to venting, leakage or explosion with chemical burns.

RESISTANCE ADJUSTMENT

The resistance of this machine is smoothly adjustable.

- Turn the knob clockwise to increase resistance. Turning the knob fully clockwise sets the maximum resistance.
- Turn the knob counterclockwise to decrease resistance. Turning the knob fully counterclockwise sets the minimum resistance.
- Adjust the resistance as needed.



WARM-UP

To prevent injury and achieve the best results, we recommend starting every workout with a warm-up.

We suggest doing the following exercises as shown. Each exercise for at least 30 seconds.



Side bends

Forward bend



Quadriceps



Inner thigh stretch



Achilles tendon



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
Max. 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.

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](#)