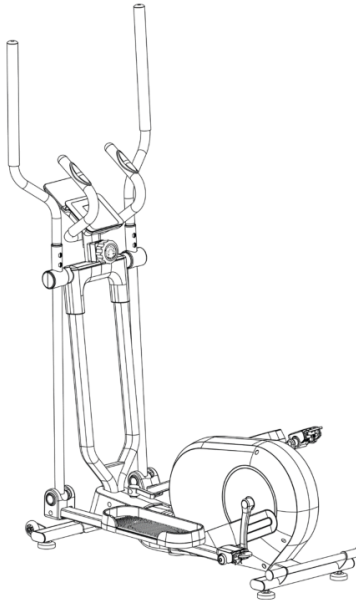


Genau SpaceCompact Trainer M folding elliptical trainer

User Manual

This translation was made automatically.

THANK YOU FOR YOUR PURCHASE!



Thank you for purchasing the Genau Space Compact Trainer M folding elliptical trainer. 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.

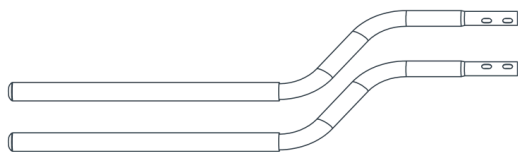
SAFETY INSTRUCTIONS

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

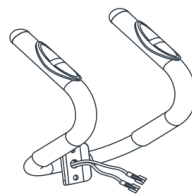
- Before assembling and using the equipment, be sure to read this manual in full. Correct assembly, maintenance and use are essential for safe and effective use.
- Before starting any exercise program, consult a doctor to determine whether you have any medical or physical restrictions that could affect your health and safety when using the equipment. Consultation is especially important if you take medication that affects your heart rate, blood pressure or cholesterol level.

- Pay attention to your body's signals. Incorrect or excessive exercise can harm your health. If you feel pain, tightness in the chest, an irregular heartbeat, shortness of breath, dizziness or nausea, stop exercising immediately and consult a doctor before continuing.
- Keep children and pets away from the equipment. It is intended for use by adults only.
- Place the equipment on a firm, level surface, preferably on a carpet or protective floor covering. Make sure there is at least 0.5 m of free space around the equipment for safe use.
- Before using the equipment, check that all nuts and bolts are securely tightened. Always follow the instructions during use. If you notice any faults or hear unusual noises during use, stop using it immediately. Do not use the equipment until the problem has been fixed.
- The equipment's computer has several functions, and their readings are displayed depending on the exercises being performed. Please note that heart rate data is provided for reference only.
- Wear suitable clothing while using the equipment. Avoid loose clothing that could catch on parts or restrict your movement.
- The equipment is intended for indoor use only and is designed for family use. Maximum user weight: 120 kg.
- Be careful when lifting or moving the equipment to avoid back injury.
- Keep this manual and the assembly tools in good condition.
- The equipment is not intended for therapeutic use.

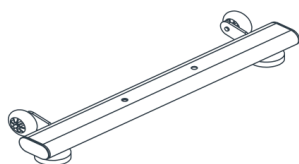
PRE-ASSEMBLY CHECKLIST



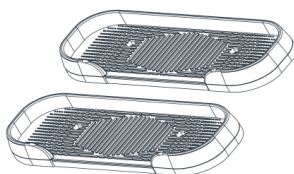
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2



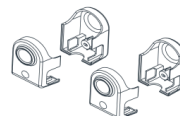
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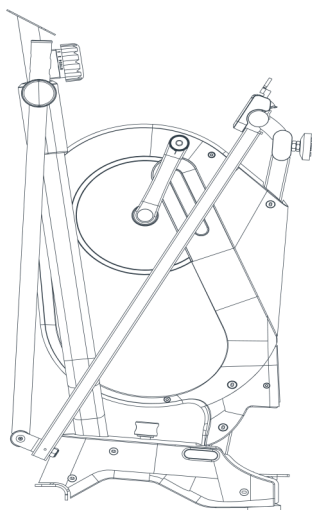


6

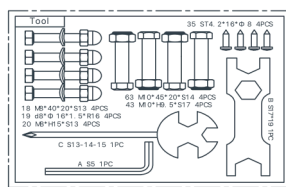
7

In the picture:

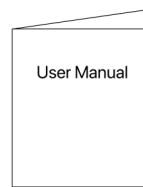
- 1. Handlebar (L) — 1 pc
- 2. Handlebar (R) — 1 pc
- 3. Middle handlebar — 1 pc
- 4. Front stabilizer — 1 pc
- 5. Pedal — 2 pcs
- 6. Pivot rod covers (L) — 2 pcs
- 7. Pivot rod covers (R) — 2 pcs



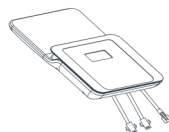
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1



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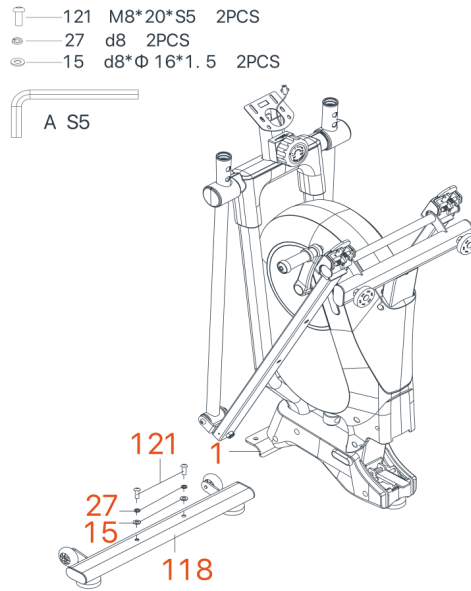
4

In the picture:

- 1. Hardware set — 1 pc
- 2. User manual — 1 pc
- 3. Main frame — 1 pc
- 4. Console — 1 pc

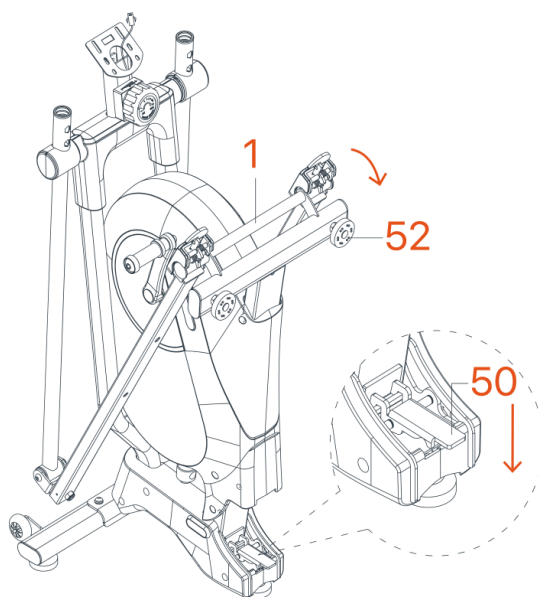
ASSEMBLY

STEP 1



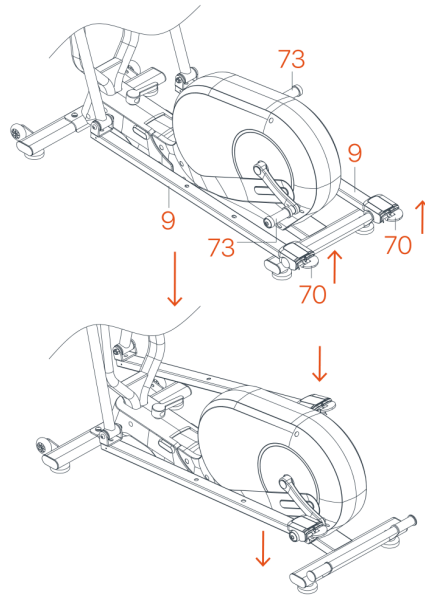
- Unscrew the pre-installed bolt (121), spring washer (27) and flat washer (15) of the front stabilizer (118).
- Then fasten the front stabilizer (118) to the main frame (1) with the bolt (121), spring washer (27) and flat washer (15), using wrench (A).

STEP 2



- Press the unfolding pedal (50) with your foot while holding the handle of the main frame (1) with your hand.
- When the main frame turns downward, release your foot. Keep holding the handle of the main frame (1) until the foot support (52) touches the ground.

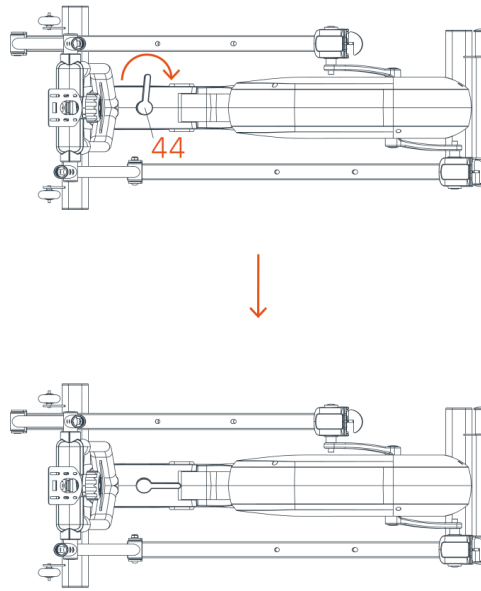
STEP 3



- Once the trainer is set up, lift the locking lever (70) upward to release the connecting rod (9) from the handle tube of the main frame (1), then press the connecting rod (9) into the middle of the bushing (73). When you hear a "click", this means that the part has been assembled correctly. (as shown in figure B).
- Repeat the same steps for the other side.

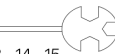
Note: After installation, for safety, lift the connecting rod (9) and make sure it does not come off the bushing (73). It must also be correctly seated in the middle of the bushing (73).

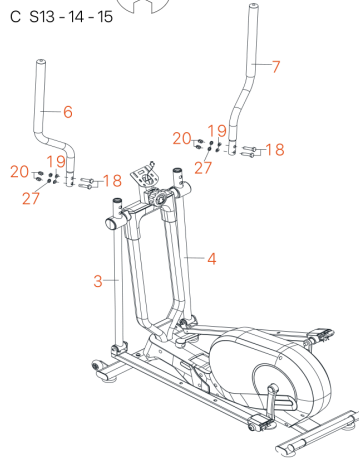
STEP 4



Tighten the L-shaped knob (44) clockwise as far as it will go. The main frame is then locked and becomes stable (as shown in figure C).

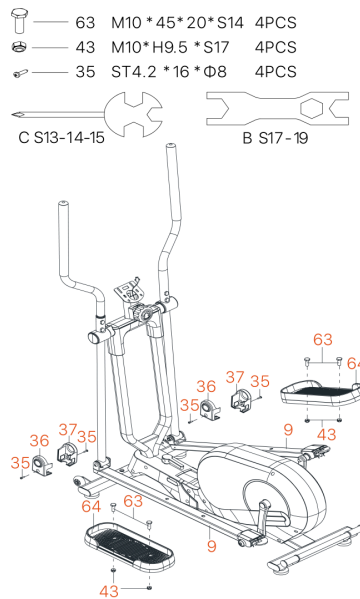
STEP 5

-  18 M8*40*20*S13 4PCS
-  19 d8*Φ 20*2*R16 4PCS
-  20 M8*H15*S13 4PCS
-  27 d8 4PCS
-  C S13 - 14 - 15



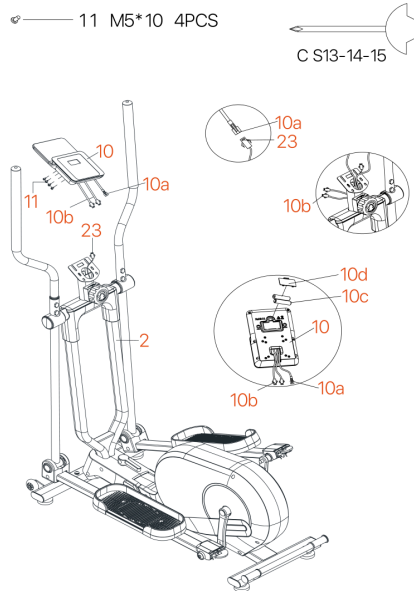
Fasten the L/R handles (6/7) to the L/R pivot rods (3/4) separately with bolts (18), curved washers (19), spring washers (27) and nuts (20), using wrench (C).

STEP 6



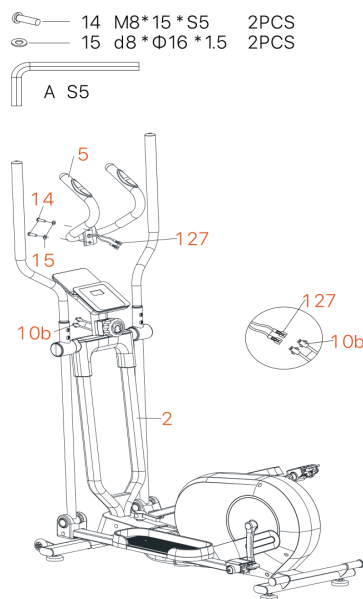
- Fasten the pedal (64) to the connecting rod (9) separately with bolts (63) and nuts (43), using wrench (B).
- Fasten the pivot rod covers (36/37) to the connecting rod (9) separately with screws (35), using wrench (C).
- Repeat the same steps for the other side.

STEP 7



- Connect the wire inside the rod (23) to the console wire (10a), then pass the console wires (10b) through the rear hole of the handlebar post (2) and leave the end outside.
- Fasten the console (10) to the handlebar post (2) with screws (11), using wrench (C).

STEP 8



- Remove the pre-fastened bolt (14) and flat washer (15) on the handlebar post (2), then connect the hand control wires (127) to the console wire (10b) and insert the connected wire into the handlebar post (2).
- Fasten the middle handlebar (5) to the post (2) with the bolt (14) and flat washer (15), using wrench (A).
- Assembly is complete!

OPERATING INSTRUCTIONS

Buttons and functions	Description
Operating mode (MODE)	Press this button to switch the display or to select the window you want to set.
Set (SET)	In setting mode, press this button to increase the value in the corresponding flashing window for the TIME, DIST, CAL and PULSE parameters.
Reset (RESET)	In setting mode, press this button to reset the value in the corresponding flashing window for the TIME, DIST and CAL, PULSE parameters. In monitoring mode, hold this button for 3 seconds to reset all values to zero.
Speed/rpm (SPEED/RPM)	Displays the instantaneous speed in the range from 0.0 to 99.9 km/h. Displays the current number of repetitions per minute (revolutions per minute) during exercise. Reflects the pedalling rate. The range is from 0 to 999 revolutions per minute.

Buttons and functions	Description
Time (TIME)	Counts the total time from the start of the exercise to its end in the range of 0 ~ 99:59 minutes. The exercise time can be set in advance, and when it approaches the set time, the monitor will sound a signal. The maximum time that can be set is 99 minutes.
Distance (DIST)	Counts the total distance from the start of the workout to the end in the range of 0.0 ~ 999 km. The distance can be set in advance, and when it approaches the set value, the monitor will sound a signal. The maximum distance that can be set is 999 km.
Calories (CAL)	Counts the total number of calories burned from the start of the workout to its end in the range from 0.0 to 9999 KCAL. The calorie value can be set in advance, and when it approaches the set value, the monitor will sound a signal. The maximum number of calories that can be set is 9999 kcal.
Total distance (ODO)	Counts the total distance travelled since the screen was first switched on or since the batteries were replaced. The range is 0.0 ~ 9999 km.
Pulse (PULSE)	Keep your hands on the pulse sensors and read your heart rate per minute. The range is 40 ~ 240 beats per minute. To check your heart rate, look at the "Heart rate" (PULSE) window.
Automatic Start/Stop	If no signals about exercise or device operation are received within 4 minutes, the power switches off automatically. The monitor switches on automatically as soon as a signal about the start of an exercise or operation is received. If the display is not used for 20 seconds, it goes dark automatically.

Setting the operating mode (MODE)

Press the MODE button to select the display window you want to set. The value in the selected window will start flashing. Then press the SET button to increase or decrease the value to the desired alarm time, distance, pulse or number of calories. To increase or decrease the value quickly, hold the SET button. To reset the value in the flashing window, press the RESET button.

Measuring heart rate

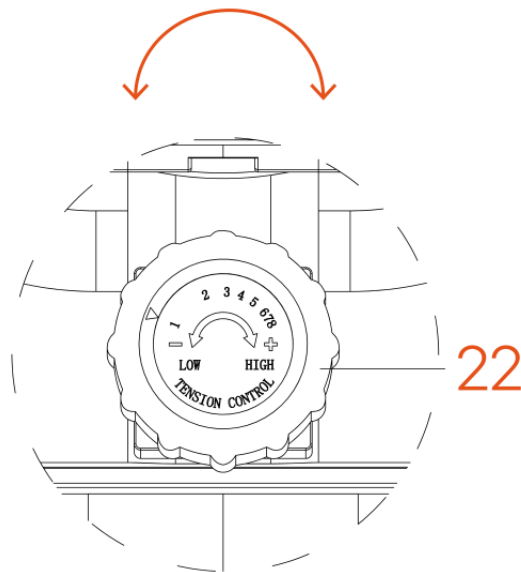
While your pulse is being measured, the readings during the first 2-3 seconds may be higher than your actual pulse rate. The value then stabilizes. If the current heart rate exceeds the set limit, the computer will sound an alarm.

Replacing the batteries

If the display becomes dim or unreadable, remove the old battery and replace it with an AAA UM4 R03 battery.

SETUP AND OPERATION

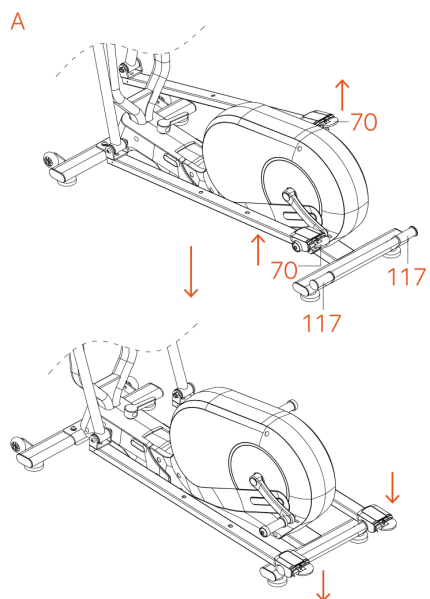
Adjusting the tension



- Increasing or decreasing the resistance allows you to vary your workouts.
- There are 8 resistance levels. Level 1 is the lowest and level 8 is the highest.
- To increase the resistance, turn the tension knob (22) clockwise ("+"). When you hear a "click", the resistance has increased by 1 level.
- To decrease the resistance, turn the tension knob (22) counterclockwise ("-"). When you hear a "click", the resistance has decreased by 1 level.

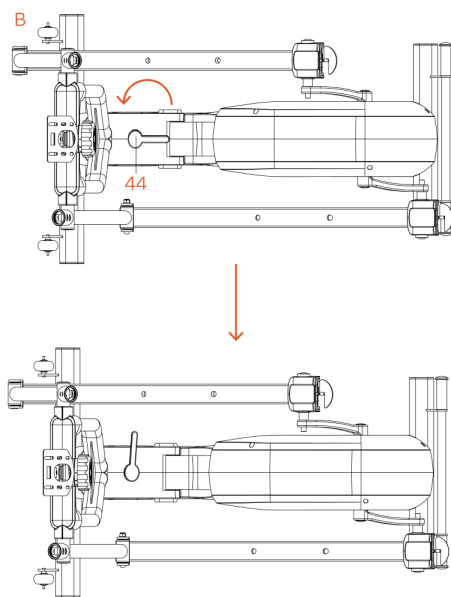
Folding the trainer

STEP 1



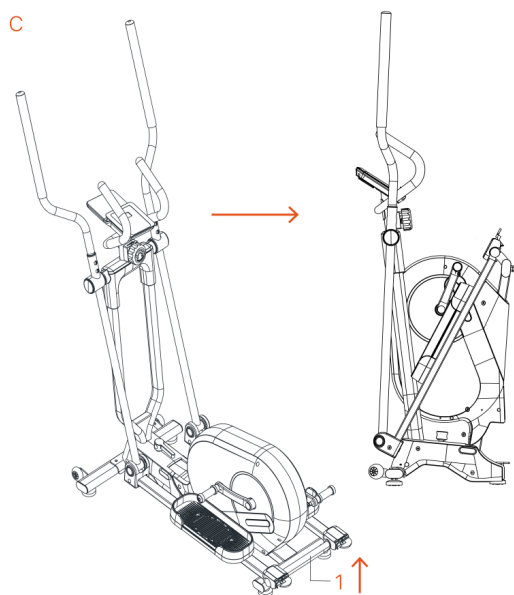
Pull the locking levers (70) upward to release them and press them against the bushing (117) (as shown in figure A).

STEP 2



Loosen the L-shaped handle (44) counterclockwise (as shown in figure B).

STEP 3

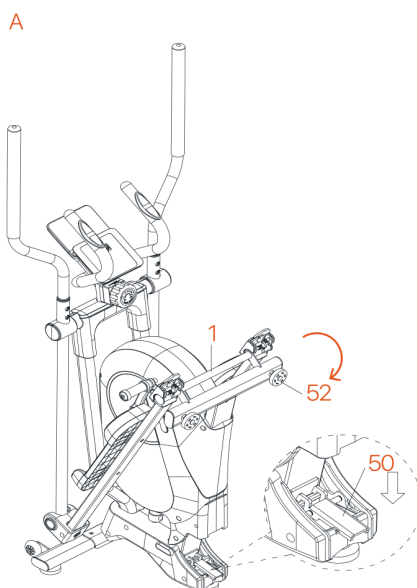


Hold the handle of the main frame (1) and lift it upward until you hear a "click" (as shown in figure C).

The trainer is folded.

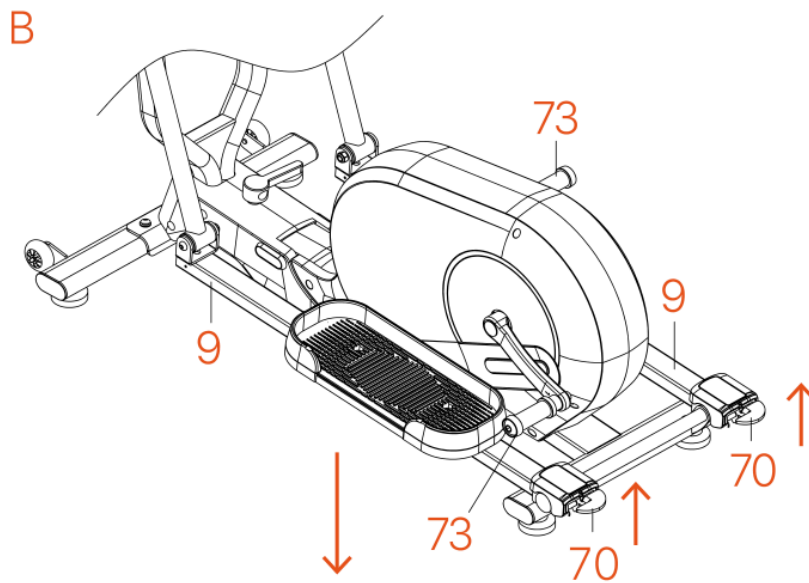
Unfolding the trainer

STEP 1



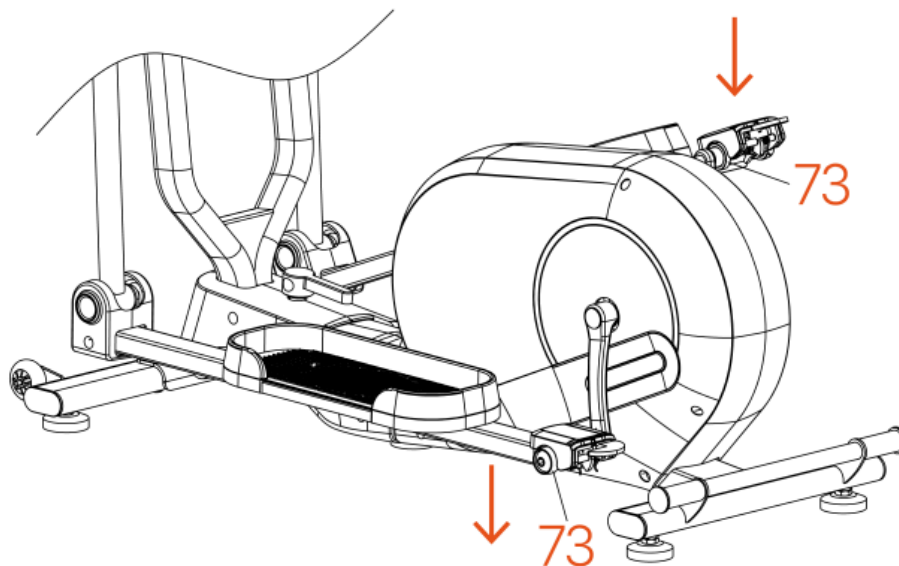
Press the unfolding pedal (50) with your foot while holding the handle of the main frame (1). When the main frame turns downward, release your foot. Keep holding the handle of the main frame (1) until the foot support (52) touches the ground (as shown in figure A).

STEP 2

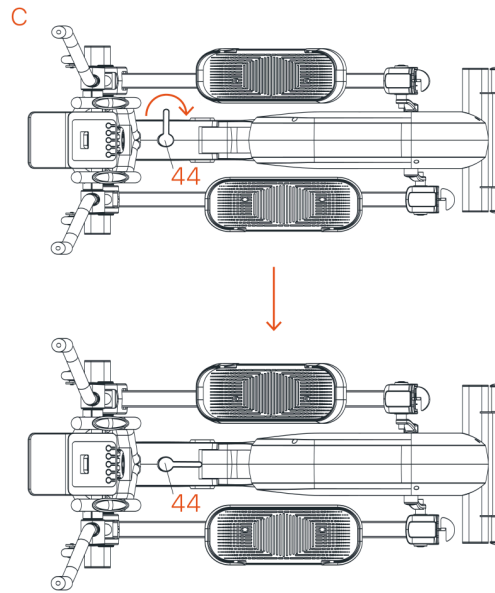


- Once the machine is set up, lift the locking lever (70) upward to release the connecting rod (9) from the handle tube of the main frame (1), then press the connecting rod (9) into the middle of the bushing (73). When you hear a "click", this means that the part has been assembled correctly. (as shown in figure B).
- Repeat the same steps for the other side.

Note: After installation, for safety, lift the connecting rod (9) and make sure it does not come off the bushing (73). It must also be correctly seated in the middle of the bushing (73).



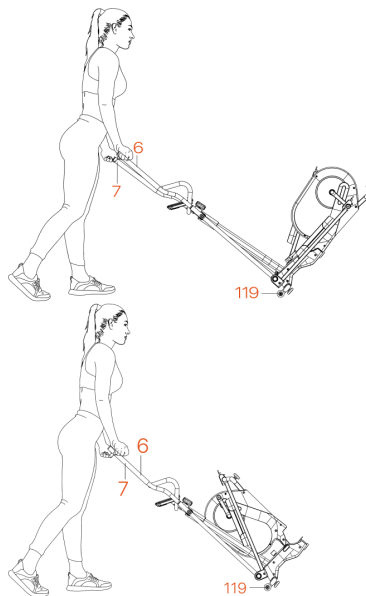
STEP 3



Pull the L-shaped handle (44) clockwise as far as it will go. The main frame is then locked and becomes stable. (as shown in figure C).

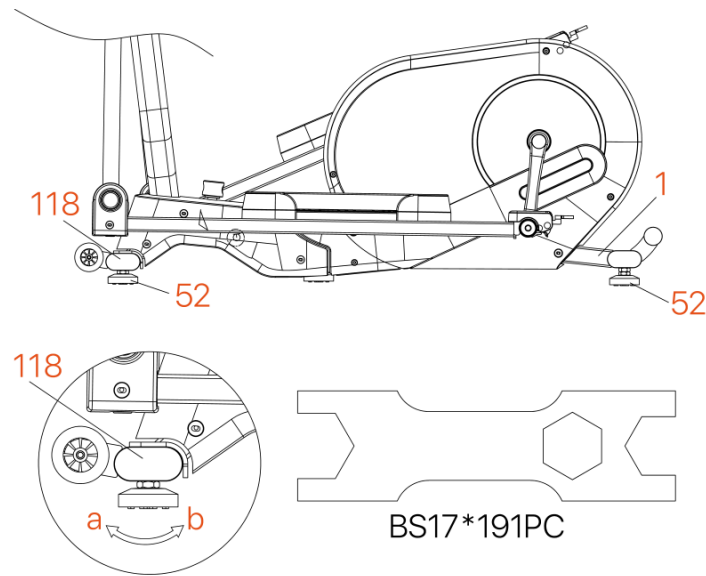
The trainer is unfolded.

Moving the trainer



To move the trainer (folded or unfolded), stand in front of it, grip the L/R handlebar (6/7) firmly, then push down hard on it until the transport wheel (119) touches the ground. With the transport wheels (119) on the ground, you can easily move the trainer to where you need it.

Adjusting the balance



If you notice during use that the machine is unstable, you can adjust the support foot (52) located under the front stabilizer (118) or the main frame (1). Turn the support foot (52) in direction a or b until the machine is stable, then use wrench (B) to tighten it again.

WORKOUT TIPS AND RECOMMENDATIONS

Warm-up and Cool-down

A successful exercise program consists of three parts: warm-up, cardio workout and cool-down.

Warm-up is a very important part of a workout. It must be done before every workout. Warm-up helps to 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 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 possible and hold the position for up to 15 seconds.



Hamstring stretch

Sit down, straighten your right leg, bend your left, take 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 inner side of your right thigh. Then press down on the body, stretch your left and right arms forward to touch your toe; the stronger the pressure, the better. Hold this position for 15 seconds and switch to the left leg.

Calf stretch

Leaning on the wall with both hands, tilt your torso at an angle of 45 degrees to the floor and take your left and right legs back in turn, performing walking movements.

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).

SPECIFICATIONS

Parameter	Value
Intended use	Home use
Drive	Rear drive
Frame	Extra-strong, folding, with two-layer paint
Loading system	magnetixpro™ magnetic system
Number of load levels	8 levels
Flywheel weight	10 kg
Stride length	35 cm
Q-factor	20 cm
Pulse measurement	Touch sensors on the handles
Maximum user weight (kg)	120 kg
Power	No mains connection required

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](https://www.genau.kg)