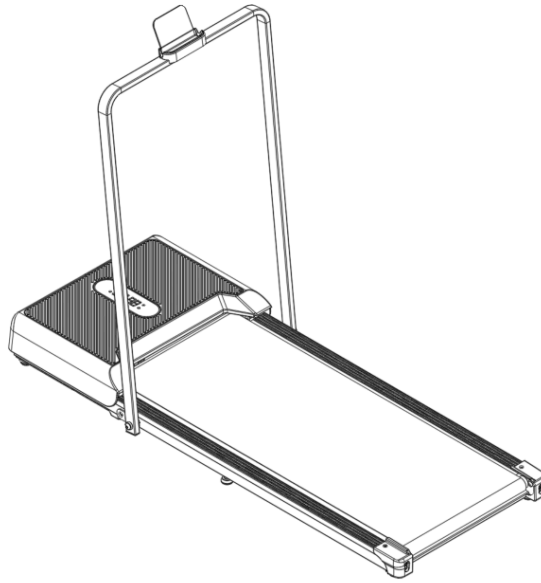


Genau Twin Motion Electric Treadmill with Vibration Platform

User Manual

This translation was made automatically.

THANK YOU FOR YOUR PURCHASE!



Thank you for purchasing the Genau Twin Motion treadmill. Please use the equipment correctly to ensure your safety and health. Read the information below carefully before use.

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! Read the user manual before using the equipment. Keep this manual for the entire service life of the equipment.

Warning!

Before starting any fitness program, you should have a medical examination, especially if you:

- have high blood pressure, high cholesterol, diabetes, chronic respiratory disease or heart disease;
- have a family history of any of the above conditions;
- are pregnant;
- are over 35 years old;
- smoke and/or are obese;
- have not exercised regularly in the past year;
- have other chronic diseases or physical impairments, or are taking any medication.

If you experience dizziness, chest pain, nausea or any other abnormal symptoms while using the treadmill, stop exercising immediately. Consult a doctor before continuing.

Intended Use

- This model can be used for running or walking.
- Suitable for home use.

Note: Using the equipment for commercial or medical purposes is prohibited. All fitness equipment is intended for home use only and must not be used in commercial or public areas.

General Precautions

Indoor use only

The treadmill is suitable only for dry and clean rooms. Keep it away from moisture, dust and direct sunlight. Do not place the equipment near sources of heat or water, such as in a bathroom or kitchen.

Electrical safety

- Use only grounded outlets and do not share the outlet with other appliances.
- A damaged power cord must be replaced by a qualified professional.
- Unplug the treadmill when it is not in use.
- Do not touch the plug or wires with wet hands.
- In case of overheating or overload, the system shuts down automatically. Check the mains voltage and replace faulty parts if problems are found.

Use by children

- Children may use the equipment only under adult supervision.
- The equipment is not a toy.
- Children must not be near the treadmill without adult supervision.

Use by persons with disabilities or limited capacity

Persons with disabilities or limited capacity must be supervised by a doctor or a caregiver.

Clothing and footwear

Wear sportswear and athletic shoes. Avoid loose or baggy clothing that could get caught in the mechanisms and moving parts of the treadmill.

Installation site requirements

The owner is responsible for taking into account the space requirements around the treadmill during operation, voluntary and industry standards, fire safety regulations and other requirements of national legislation. Recommended minimum clearance around the equipment according to EU rules (since March 1, 2017): for access and passage, at least 0.5 m to the left, right and in front of the treadmill, and 2 m behind it.

Assembly requirements

Follow the assembly instructions and assemble the treadmill only on a level surface. Do not plug the treadmill in until assembly is complete. Make sure all assembly parts are present according to the parts list. If you have any difficulties with assembly, contact the seller.

Maximum user weight

Observe the maximum user weight stated in the specifications.

Prohibited actions

- Do not jump on the treadmill, rock it or run barefoot.
- Do not use the treadmill if assembly has not been fully completed or if internal mechanisms are exposed.
- Do not use the treadmill if it is defective or damaged.
- Do not use the treadmill if you feel unwell.
- Only one person may use the treadmill at a time.
- Do not use the treadmill under the influence of alcohol or drugs.
- Keep other people, pets and children away from moving parts during use — this may cause injury.

Operation and Safety

Warm-up

Always warm up your muscles before exercising.

Equipment inspection

Before each use, inspect the treadmill for wear of parts and moving components. Make sure the treadmill is fully functional and safe.

Running belt

To avoid injury, take special care when stepping onto or off the running belt.

Starting a workout and starting the belt

Stand on the side rails, press "Start" and wait until the belt starts moving at low speed. Then carefully step onto the belt. This reduces the load on the motor at startup.

Safety key

Always clip the safety key to your clothing. It will stop the treadmill in an emergency. Keep the key away from children.

Health monitoring

If you feel dizzy, have chest pain or feel unwell in any other way, stop exercising immediately and see a doctor. People over 35 or with chronic diseases are advised to consult a doctor before starting to exercise.

Disposal

The electronic components in this equipment are considered hazardous to the environment. Please dispose of them properly in accordance with national legislation.

Note: Please keep in mind that heart rate accuracy depends on a number of factors, including the user's physiology and age, how the equipment and the heart rate measurement system are used, external interference and other factors that may affect the accuracy of the collected and processed heart rate data. Therefore, non-medical equipment cannot guarantee accurate heart rate measurements.

Attention! Before using the vibration platform, read the safety rules carefully. Following these recommendations will help reduce the risk of injury and make your workout more comfortable.

Who should consult a doctor before use

Before you start exercising on the vibration platform, consult a doctor if the user:

- is under medical supervision or feels unwell;
- has cancer;
- is pregnant or menstruating;
- has heart disease or osteoporosis;

- has a pacemaker or other implants;
- is under 10 or over 60 years old;
- has a prosthesis or has difficulty walking;
- tolerates vibration or intense physical exercise poorly;
- has diabetes or circulatory disorders.

Safe use during a workout

Before exercising, remove metal and sharp objects: jewelry, mobile phone, keys, knives and other similar items. While using the vibration platform, it is prohibited to:

- smoke;
- use the platform at the same time as other medical devices;
- use the device for medical purposes;
- use the vibration platform right after eating or drinking water;
- put fingers or foreign objects into gaps in the structure;
- let two people use the device at the same time.
- Keep the vibration platform away from children and pets.
- The maximum permitted user weight is 110 kg. If the user's weight exceeds this limit, using the vibration platform is prohibited.

When to stop using the platform immediately

Stop using the vibration platform immediately if:

- water or another liquid has got onto the housing or the remote control;
- the housing of the device is damaged;
- an unusual noise appears during operation;
- you feel pain during the workout;
- the device malfunctions;
- the device has been struck by lightning.
- If you feel pain, discomfort or dizziness or feel worse, stop exercising and see a doctor if necessary.

Safe body positions during exercise

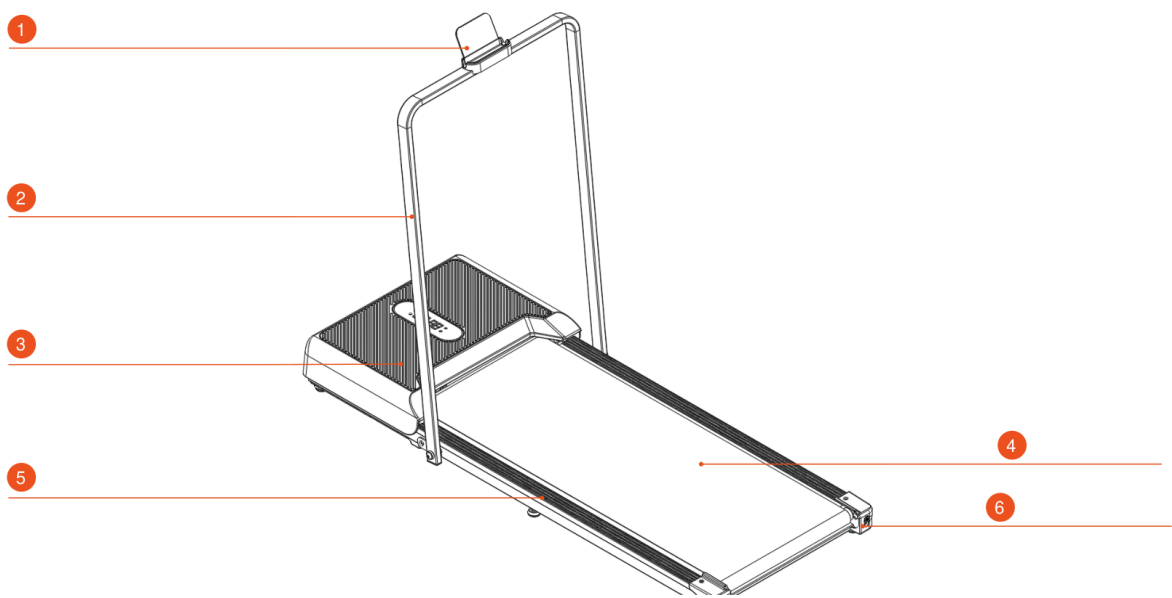
During exercise, use only stable and controlled body positions. Permitted basic positions:

- standing on the platform with feet shoulder-width apart;
- bent-knee position;
- push-up position;
- lower-leg exercises;
- bending at the waist with your hands resting on the platform;

- standing on one leg;
- sitting on the platform;
- sitting on a chair with your feet on the platform.
- Keep your balance while exercising, avoid sudden movements and choose a vibration level that suits how you feel and your fitness level.

PRODUCT OVERVIEW

Home electric treadmill with a single function



In the picture:

- 1. Holder
- 2. Upright
- 3. Motor cover
- 4. Running belt
- 5. Side trim
- 6. End cap

Accessory List

No.	Item	Unit	Qty
1	Treadmill, assembled	set	1
2	Accessory bag	set	1

Accessory Kit for the Upright Function

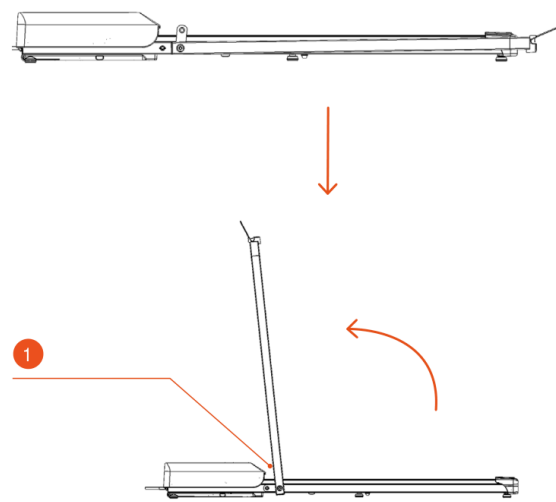
No.	Item	Unit	Qty
1	Hex key 5 mm	pcs	1
2	Remote control	pcs	1
3	Screw M5×10	pcs	2
4	Screw M8×16	pcs	2
5	Lubricating oil	pcs	1
6	User manual	pcs	1
7	Holder	pcs	1

Scale: A ruler for measuring screw length is included in the printed manual. On a phone screen, the size does not match the actual size.

INSTALLATION INSTRUCTIONS

Install the treadmill upright according to the following steps:

STEP 1

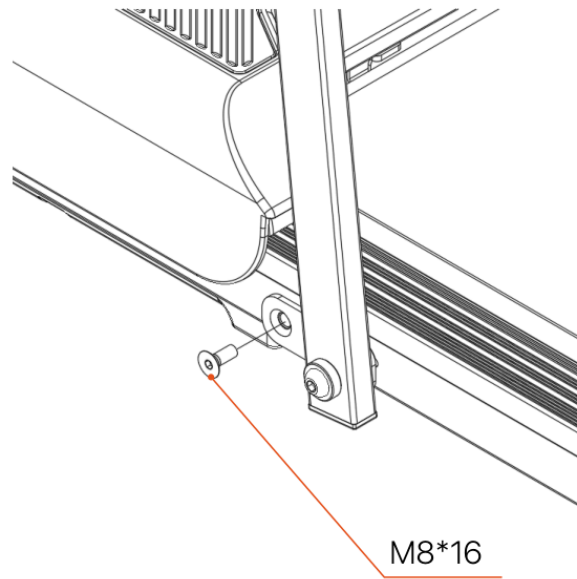


In the picture:

- 1. Mind your hands!

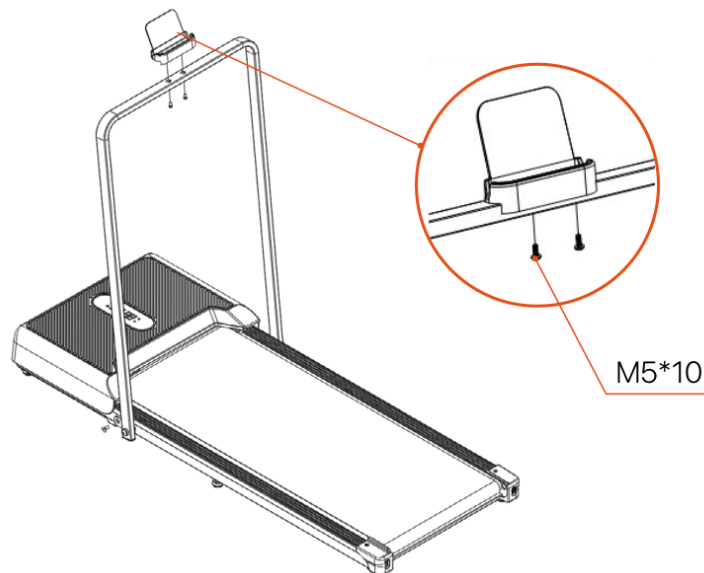
Take the treadmill out of the packaging and lay it flat on the floor, then raise the uprights and hold them in a stable position. Be careful not to pinch your hands in the folding part at the bottom of the treadmill.

STEP 2



Using the 5 mm hex key, secure the upright with an M8×16 screw.

STEP 3



Using a screwdriver, tighten the M5×10 screws to secure the holder to the upright.

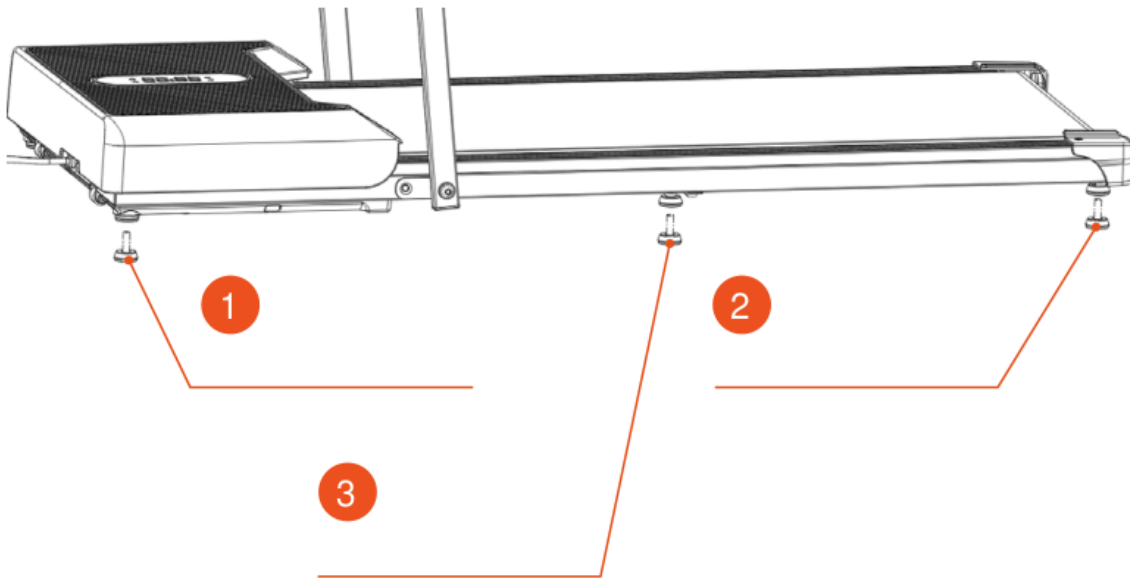
Leveling the Treadmill to the Floor

If there is a gap between the treadmill and the floor, you can adjust the support feet in the middle and at the rear of the treadmill so that the treadmill sits firmly on the floor.

Note: A gap between an adjustable support foot and the floor may make the treadmill unstable.

Leveling adjustment

The adjustable support feet of the treadmill can be turned according to how level the floor is to make the appropriate adjustment. Make sure all support feet are in contact with the floor. Otherwise, extraneous noise may occur during operation, and the treadmill may be needlessly damaged or the user injured.



In the picture:

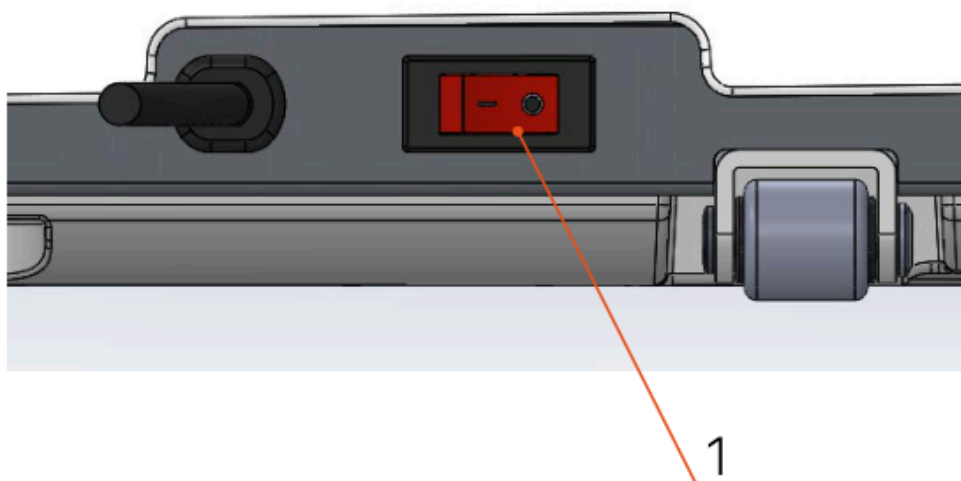
- 1. Adjustable support foot
- 2. Adjustable support foot
- 3. Adjustable support foot

Note: The recommended use is on hard surfaces such as concrete. When using the treadmill on soft surfaces such as carpets, avoid rubbing against the soft material, as this may needlessly damage the treadmill.

OPERATING INSTRUCTIONS

Using the Electric Treadmill with Weight-Loss Vibration

Connect the power cord and turn on the red power switch (1). The indicator will light up, a beep will sound, and then the display will turn on.



Note: The power switch is located on the front of the treadmill.

Remote Control Operation

After turning on the power, press and hold the GO button on the remote control for about 7 seconds to perform individual pairing. Several consecutive beeps from the buzzer indicate successful pairing. If there are no consecutive beeps, pairing has failed. Once paired successfully, the treadmill can be operated with the remote control, and no re-pairing is required for further use.

DISPLAY FUNCTIONS

- The treadmill and weight-loss vibration functions share one display. Speed, time, distance and calories are shown on the display in rotation. The vibration function runs on a 15-minute timer and stops automatically when the time is up.

Name	Description
Time / Distance Display	When the time or distance indicator is lit, the display shows the current workout time or distance accordingly.
Speed Display	When the speed is shown, the treadmill indicator lights up and the display shows the current speed.
Treadmill display	When the treadmill indicator is lit, the treadmill function is active.
Calorie Display	When the calorie indicator is lit, the display shows the current calories burned.
Vibration mode display	When the weight-loss vibration indicator is lit, the vibration function is active.

REMOTE CONTROL FUNCTIONS

- The function buttons of the remote control are divided into an upper and a lower section.
- The black buttons in the upper section control the treadmill function.

Name	Description
S+	Press this button during operation to increase the running speed.
S-	Press this button during operation to decrease the running speed.
GO	Press this button when stopped to start the treadmill.
STOP	Press this button during operation to stop the treadmill.
6	Press this button during operation and the treadmill will run at 6 km/h.
9	Press this button during operation and the treadmill will run at 9 km/h.
V+	Press this button while the vibration function is running to increase the vibration level.
V-	Press this button while the vibration function is running to decrease the vibration level.
Mode	Press this button in standby mode to cycle through three countdown modes: time, distance and calories.
Start	Press this button when stopped to start the vibration function.
Stop	Press this button during operation to stop the vibration function.

Note: The red buttons in the lower section control the weight-loss vibration function.

ERROR CODES AND TROUBLESHOOTING

Error code	Problem description	Possible cause	Solution
E1	Communication error, shown on the console	The signal wires of the electronic counter and the driver are connected incorrectly or damaged.	Reconnect all signal wire connectors or replace the signal wire.
		Fault in the communication circuit of the electronic console.	Replace the console.

Error code	Problem description	Possible cause	Solution
		Fault in the communication circuit of the driver.	Replace the driver.
E2	Overcurrent protection triggered, shown on the console	The motor winding has overheated and been damaged by prolonged overload operation.	Replace the motor.
		Driver fault.	Replace the driver.
		Sudden stop under heavy load.	Turn off the power and restart before using again.
E3	Overload protection triggered, or two/three of the three motor phase wires are disconnected	Sudden stop under heavy load.	Turn the power off and on again before using again.
		Treadmill overload.	Check whether the running belt is jammed.
		Two or three of the three motor phase wires are disconnected.	Reconnect the motor wire plug to the driver.
		The motor winding is damaged by overheating during prolonged overload operation.	Replace the motor.
		Driver fault.	Replace the driver.
E10	Overheat protection triggered, shown on the console	Prolonged motor operation under overload.	Stop using the treadmill for a while, wait for the motor to cool down, then turn the power back on.
		Driver fault.	Replace the driver.
E11	Console undervoltage protection triggered	The AC mains voltage is too low.	Check the AC mains voltage.
		Driver fault.	Replace the driver.
E12	Console overvoltage protection triggered	The AC mains voltage is too high.	Check the AC mains voltage.
		Driver fault.	Replace the driver.

Error code	Problem description	Possible cause	Solution
E14	Phase loss error, shown on the console	The motor phase wires have come loose.	Reconnect the phase wires to the driver.
		False alarm caused by a sudden load on the treadmill.	Turn the power off and on again before using again.
		Motor fault.	Replace the motor.
		Driver fault.	Replace the driver.
E16	Driver error, shown on the console	Driver fault.	Replace the driver.
E07	Error shown in vibration massage mode	Motor wires are loose or disconnected; motor damage / controller damage.	Reconnect the motor wire connector or replace the motor; check whether the motor wires are disconnected.

CARE, STORAGE AND MAINTENANCE

Important! To extend the service life of the treadmill, take a ten-minute break every 1–1.5 hours of operation.

Maintenance

Regular cleaning

Turn off the power before cleaning and use a minimal amount of water and soapy solution to prevent moisture from getting onto electrical parts.

Clean the running belt and other parts of the treadmill regularly. After each workout, wipe down the entire treadmill, including the console, with a mild soapy solution, then dry it thoroughly with a dry cloth. Simple care will keep the equipment looking great for many years. Do not use abrasive or rough brushes and cloths, as they may damage the surface of the equipment. Do not let cleaning agents or liquids get onto the surface of the equipment. Do not use harsh chemicals or solvents to clean the treadmill.

Note: This model is made of durable materials. The plastic parts are made of strong, chemically resistant ABS, the frame is made of high-strength steel with an industrial powder coating to protect against corrosion, and the metal parts have an anti-corrosion coating. However, keep in mind that sweat left on the surface of the treadmill can be highly aggressive to the materials if not removed promptly.

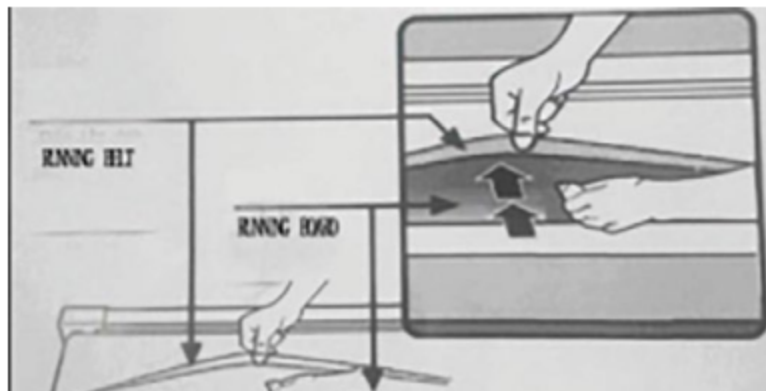
Lubricating the running belt

Use only lubricants recommended by the manufacturer, such as silicone treadmill lubricant. Other types and compositions of lubricants may damage the equipment.

Lubrication frequency

- Light use (less than 3 hours per week): lubricate once every 10 months.
- Heavy use (more than 7 hours per week): lubricate every 2–5 months.

Lubrication procedure



Use only lubricants recommended by the manufacturer, such as silicone treadmill lubricant. Other types and compositions of lubricants may damage the equipment.

After applying the lubricant, run the treadmill at 4–5 km/h and walk on it for a few minutes so that the lubricant spreads evenly over the deck.

Avoid over-lubrication

Do not apply too much lubricant, as this can make the belt too slippery and dangerous. Remove excess lubricant with a clean towel.

Running Belt Adjustment

Check and adjust the tension and alignment of the running belt to prevent wear and ensure safe operation.

Checking belt alignment

Make sure the treadmill is placed on a level surface. Run the belt at 3–8 km/h and watch how it moves. If the belt drifts to the left or right, use the adjustment bolts to correct its position.



1



2

In the picture:

- 1. Belt drifting to the left
- 2. Belt drifting to the right

Belt drifting to the left

- Turn the left adjustment bolt 1/2 turn clockwise.
- Then turn the right adjustment bolt 1/2 turn counterclockwise.
- Check the belt position after 1–2 minutes. If the belt has not returned to the center, repeat the procedure.

Belt drifting to the right

- Turn the right adjustment bolt 1/2 turn clockwise.
- Then turn the left adjustment bolt 1/2 turn counterclockwise.
- Check the belt position after 1–2 minutes. Repeat the adjustment if necessary.

Adjusting belt tension

- If the belt is too loose, it may slip during operation. To check the tension, run the treadmill at 1 km/h and press lightly on the belt with your foot.
- If the belt stops while the motor and rollers keep running, the tension is too loose and must be tightened.
- Turn the adjustment bolts at both ends of the belt 1/2 turn clockwise. Make sure you turn both bolts the same number of times for even tension.
- Check the tension again and make sure the belt does not slip but is not overtightened.

Avoid overtightening

- Do not overtighten the running belt, as this puts excessive pressure on the front and rear roller bearings, causing squeaking and accelerated wear.
- With correct tension, you can slightly lift the edges of the belt by 50–70 mm on both sides.

Storing the Treadmill

Recommended storage and operating conditions

- Temperature: +10...+35 °C.
- Humidity: 50–75%.
- Acclimatization: if the treadmill has been stored at low temperature or high humidity (there are signs of condensation), keep it under normal conditions for at least 2–4 hours before use. Only then may you start using the treadmill.

WARM-UP AND COOL-DOWN EXERCISES

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

The warm-up is the most important part of a workout and should be done before every session. It helps warm up the body, stretch the muscles and prepare the body for more intense exercise. Repeating the warm-up exercises after your workout helps relieve muscle tension and soreness.

We recommend doing suitable warm-up and cool-down exercises as shown below:



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 and bend your left leg. Hold your left ankle with your left hand and pull it inward so that your left foot is as close to your body as possible, with the sole against the inner side of your right thigh. Then lean your body forward and reach both hands toward your toes — the deeper the stretch, the better. Hold this position for 15 seconds, then switch legs.



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
Rated voltage	AC 220–240 V
Rated frequency	50–60 Hz
Speed range	1.0–10 km/h
Walking area	405×950 mm
Unfolded dimensions	1260×545×980 mm
Maximum user weight	110 kg
Vibration levels	1–130 levels; 15-minute timer
Functions	Running and vibration

Manufacturer: Zhejiang Lijiujia Sports Equipment Co., Ltd. ADD 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