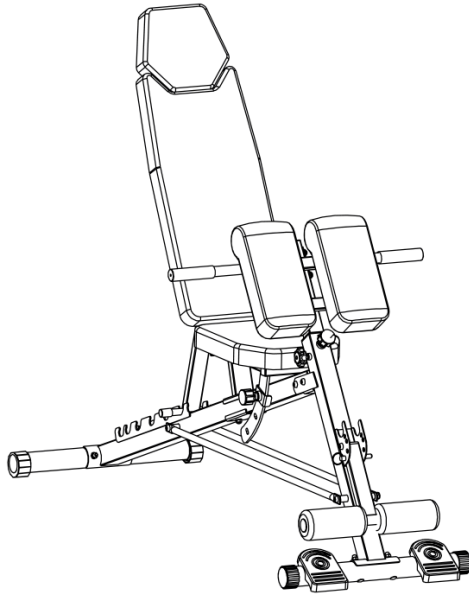


Genau Vector adjustable bench with hyperextension

User Manual

This translation was made automatically.

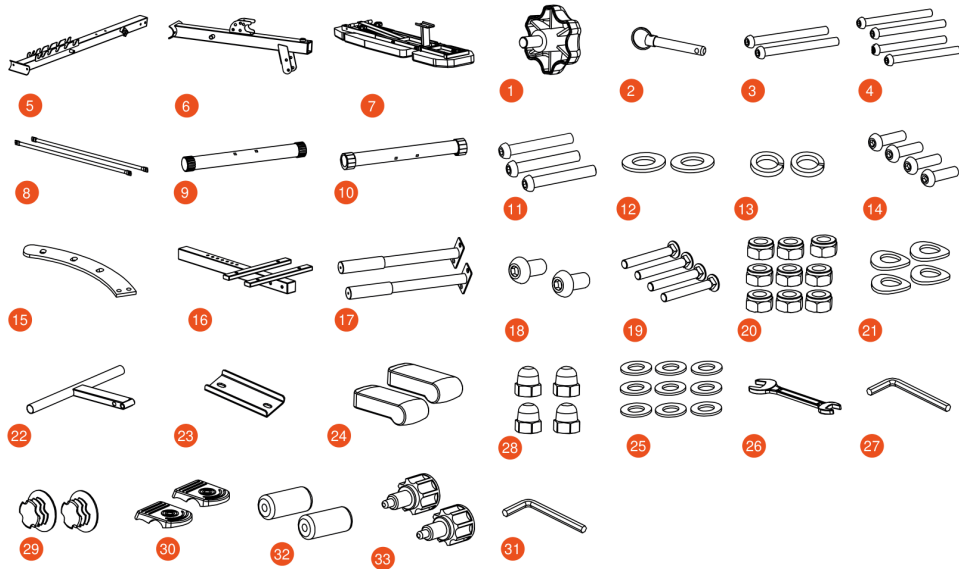
THANK YOU FOR YOUR PURCHASE!



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 keep this user manual so that you always have the maintenance and adjustment instructions at hand.

PARTS AND ACCESSORIES



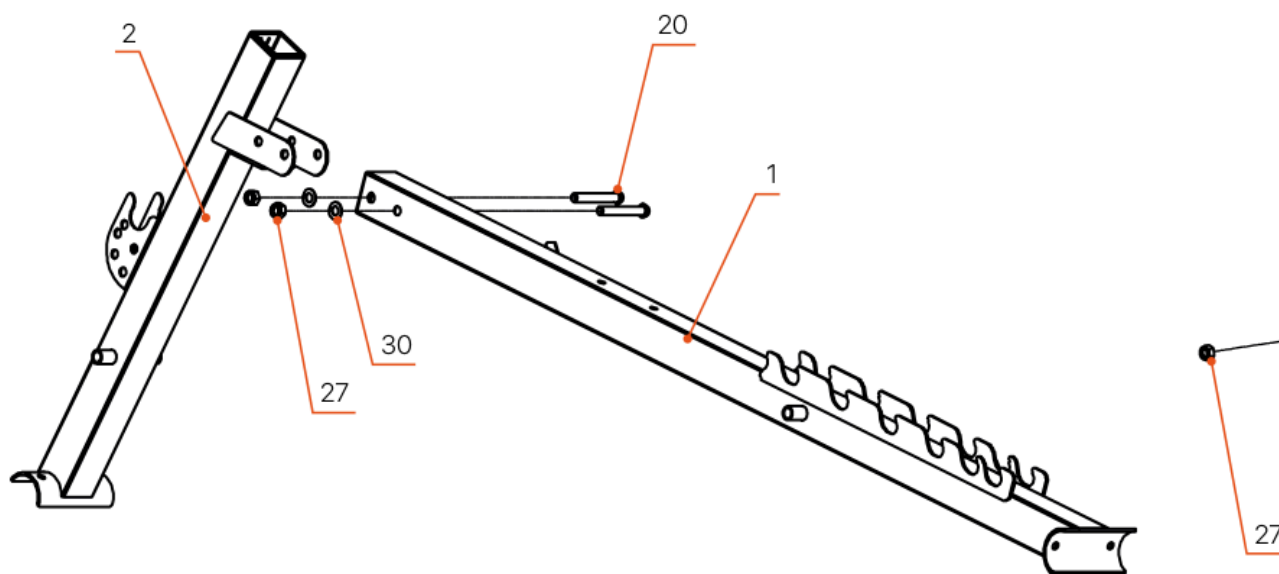
In the picture:

1. 17. Wing knob — 1 pcs
2. 18. End cap — 1 pcs
3. 19. Screw M10×115 — 2 pcs
4. 20. Screw M10×70 — 4 pcs
5. 1. Rear main frame — 1 pcs
6. 2. Front support tube — 1 pcs
7. 3. Backrest assembly — 1 pcs
8. 4. Seat support tube — 2 pcs
9. 5. Front support leg — 1 pcs
10. 6. Rear support leg — 1 pcs
11. 21. Screw M10×60 — 3 pcs
12. 22. Washer D8 — 2 pcs
13. 23. Spring washer D8 — 2 pcs
14. 24. Screw M8×30 — 4 pcs
15. 7. Seat adjuster — 1 pcs
16. 8. Handle tube — 1 pcs
17. 9. Handrail (tube) — 2 pcs
18. 25. Screw M8×20 — 2 pcs
19. 26. Screw M8×60 — 4 pcs
20. 27. Nut M10 — 9 pcs
21. 28. Curved washer D8 — 4 pcs
22. 10. Pendulum tube — 1 pcs
23. 11. Connecting plate — 1 pcs

- 24. 12. Armrest with screws — 2 pcs
- 25. 30. Washer D10 — 9 pcs
- 26. 31. Wrench — 1 pcs
- 27. 32. Hex key — 1 pcs
- 28. 29. Cap nut M8 — 4 pcs
- 29. 13. Inner tube end cap — 2 pcs
- 30. 14. Pedal — 2 pcs
- 31. 33. Hex key — 1 pcs
- 32. 15. Foam roller — 2 pcs
- 33. 16. Wing knob — 2 pcs

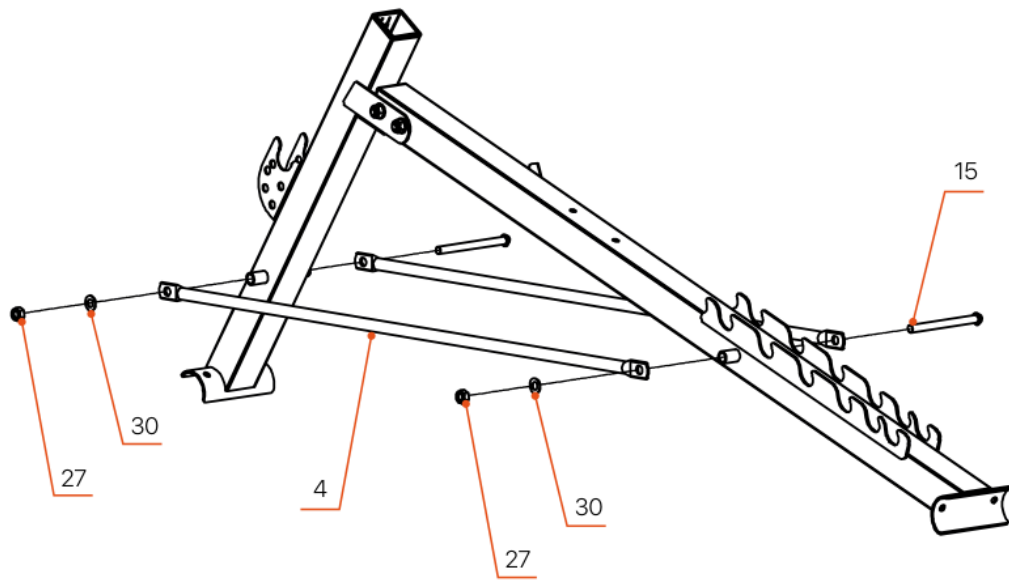
ASSEMBLY

STEP 1



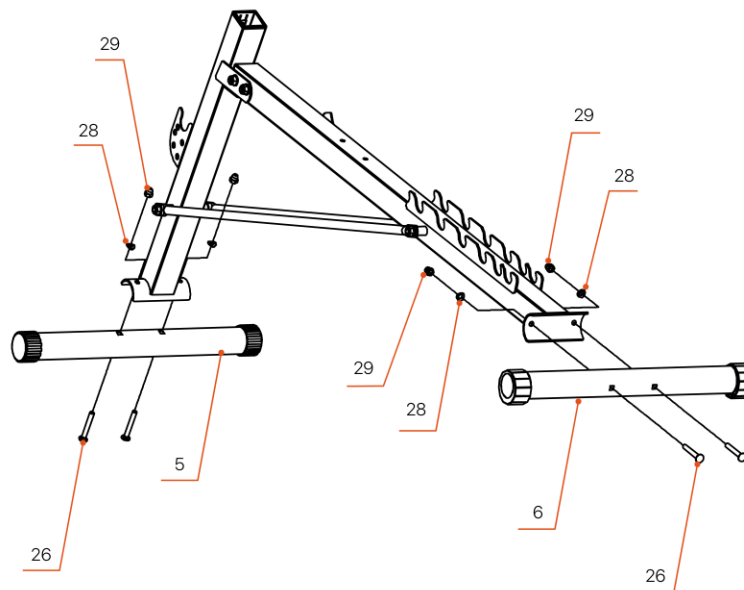
- 20. Screw M10×70 — 2 pcs
- 30. Washer D10 — 2 pcs
- 27. Nut M10 — 2 pcs

STEP 2



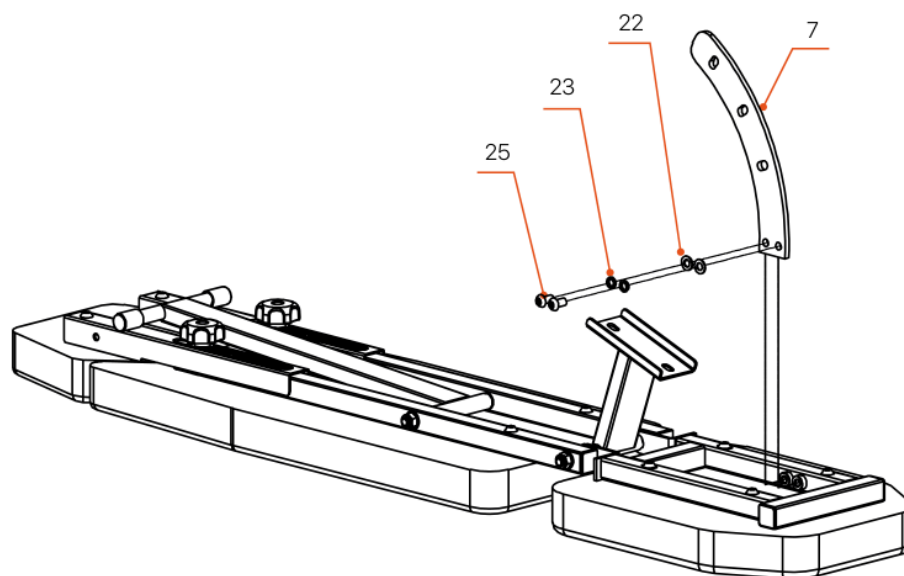
- 19. Screw M10×115 — 2 pcs
- 30. Washer D10 — 2 pcs
- 27. Nut M10 — 2 pcs

STEP 3



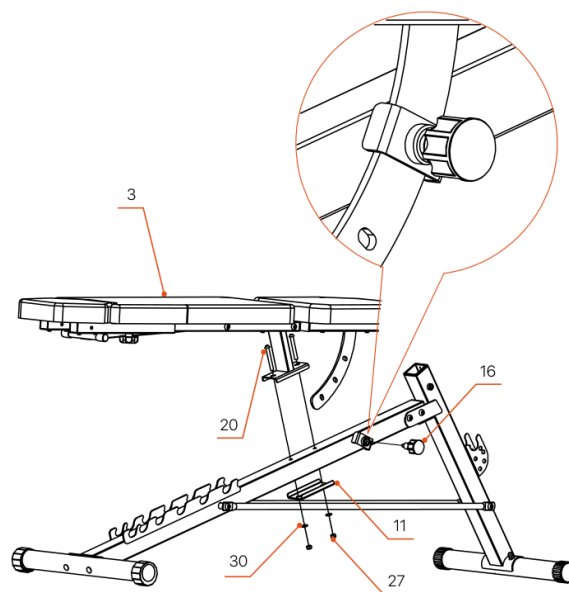
- 26. Screw M8×60 — 4 pcs
- 28. Curved washer D8 — 4 pcs
- 29. Cap nut M8 — 4 pcs

STEP 4



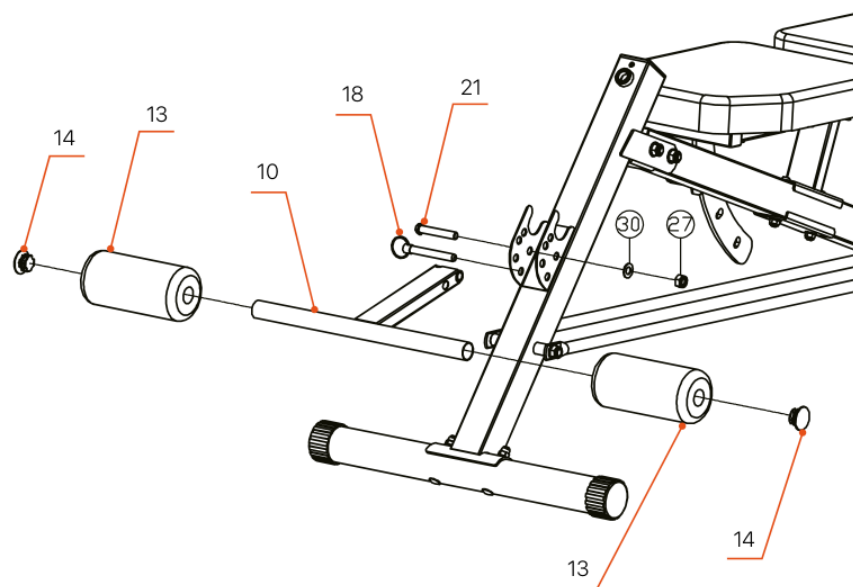
- 25. Screw M8×20 — 2 pcs
- 22. Washer D8 — 2 pcs
- 23. Spring washer D8 — 2 pcs

STEP 5



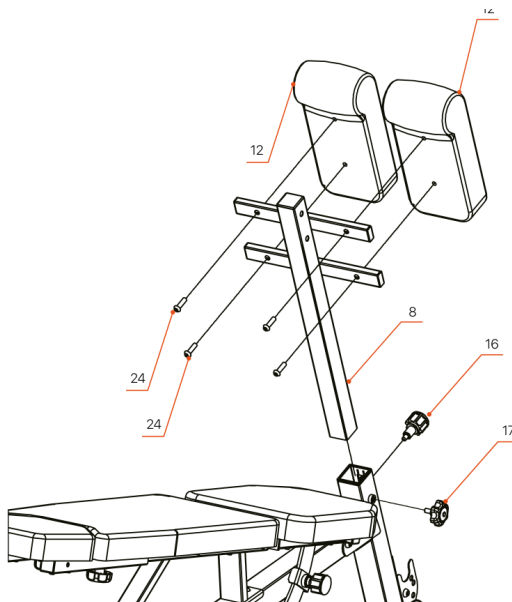
- 20. Screw M10×70 — 2 pcs
- 30. Washer D10 — 2 pcs
- 27. Nut M10 — 2 pcs

STEP 6



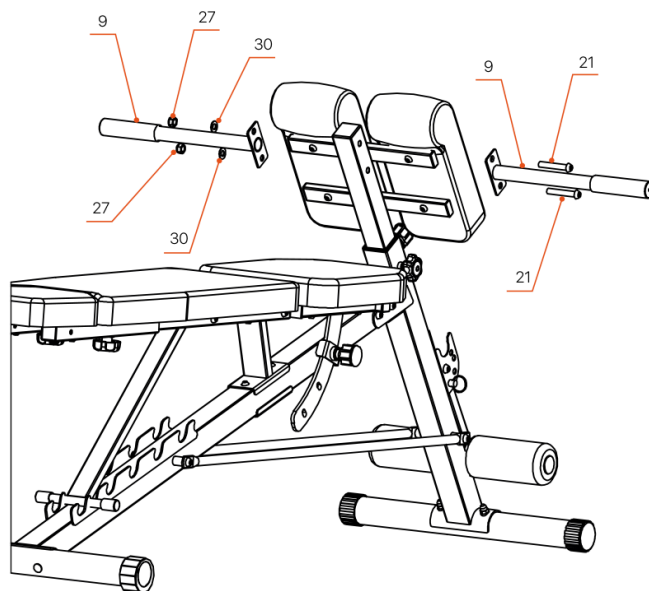
- 21. Screw M10×60 — 1 pcs
- 30. Washer D10 — 2 pcs
- 27. Nut M10 — 2 pcs

STEP 7



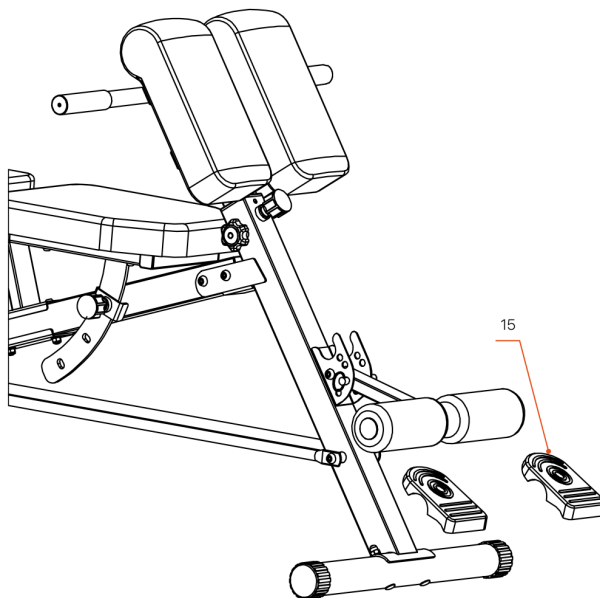
- 24. Screw M8×30 — 4 pcs

STEP 8



- 21. Screw M10×60 — 1 pcs
- 30. Washer D10 — 2 pcs
- 27. Nut M10 — 2 pcs

STEP 9



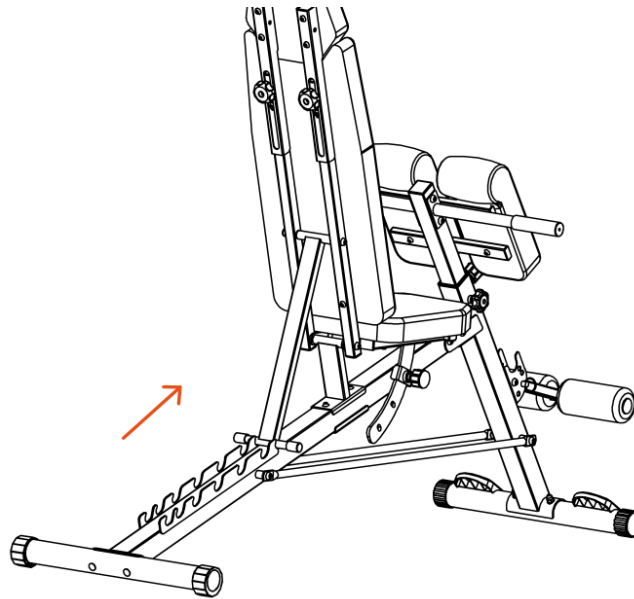
- 15. Pedal — 2 pcs

ADJUSTMENT AND USAGE RULES

Adjustable backrest

The rear main frame has 7 locking levels.

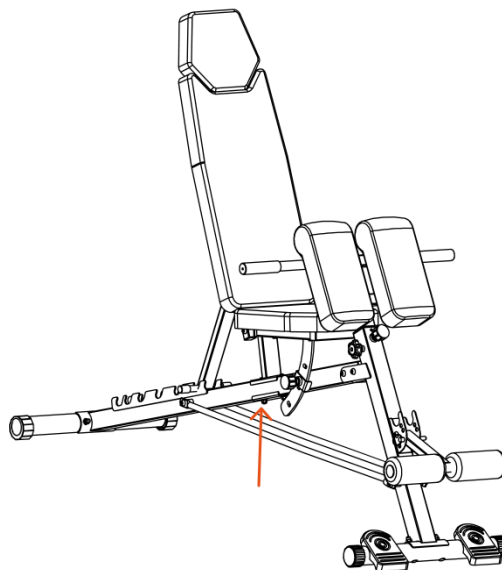
To adjust the backrest angle, lift the backrest by hand and set the backrest adjustment lock into one of the slots on the rear frame.



Adjustable seat

The seat locking tube has 3 adjustment holes.

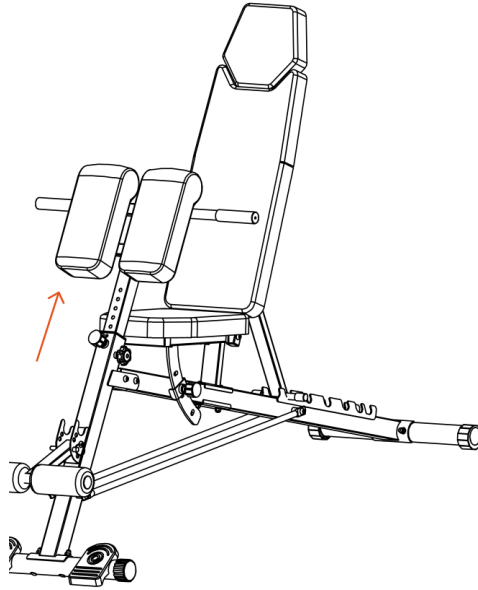
To change the seat angle, lift the locking pin by hand and set the seat into the required adjustment hole.



Adjustable support pad

The front adjustment tube has 7 holes.

To adjust the armrest height, lift the spring locking pin by hand, set the pad to the required height and insert the pin into the corresponding hole.



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

Manufacturer: ZHEJIANG DDS SPORTS EQUIPMENT CO.,LTD, No. 2, Jingui South Road, Huachuan Industrial Zone, Yongkang City, Zhejiang Province, China.

SERVICE

For questions about assembly, operation and warranty, please contact Genau service in Kyrgyzstan.

Genau GmbH LLC (OçOO «Генай ГМБХ»), Kyrgyzstan. Phone: +996 778 639 000

[Official website genau.kg](#)