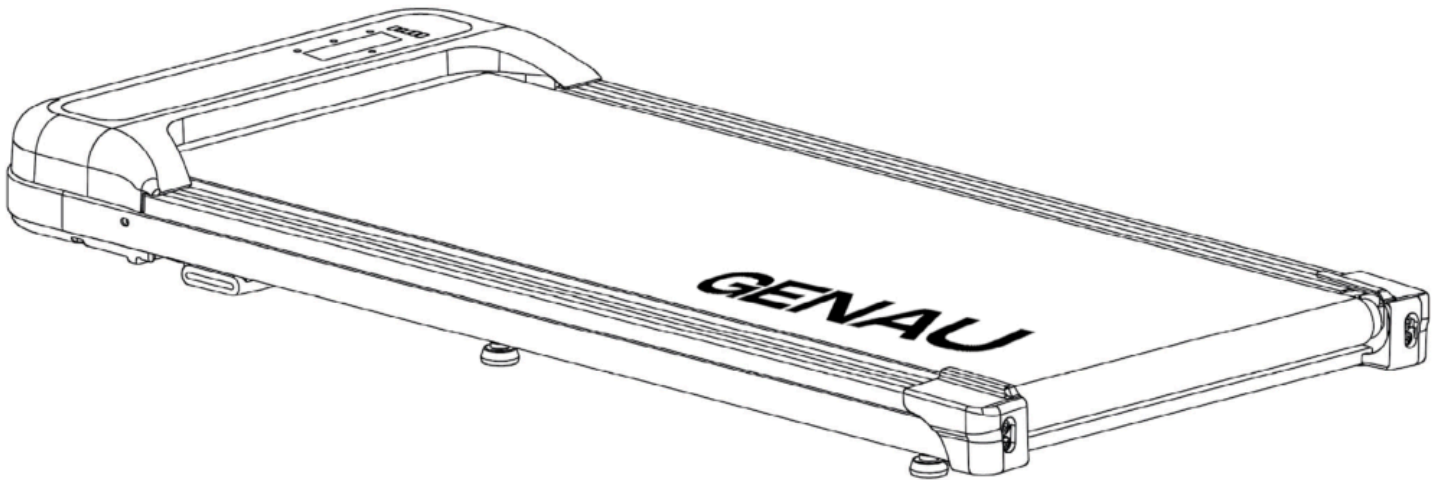


# Genau Vibro Walker electric treadmill with vibration platform

User Manual

This translation was made automatically.

## THANK YOU FOR YOUR PURCHASE!



Thank you for purchasing the Genau Vibro Walker electric treadmill with vibration platform. Please use the equipment correctly to ensure your safety and health. Before use, 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.

**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**

People with limited abilities or capacity must be supervised by a doctor or an observer.

## **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.
- Do not allow strangers, animals or children near the moving parts of the equipment during use, as 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.

## **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.

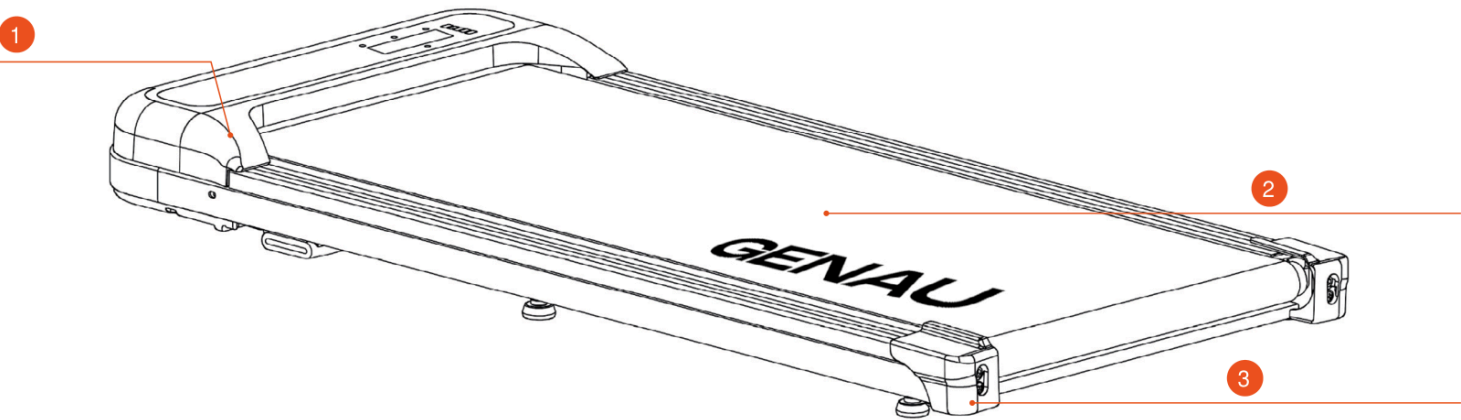
## **Who should not use this product?**

Consult a doctor before use if you:

- You are under medical supervision or feel unwell;
- You have cancer;
- You are pregnant or menstruating;
- You have heart disease or osteoporosis;
- You have a pacemaker or other implants;
- You are younger than 10 or older than 60;
- You have a prosthesis or difficulty walking;
- You tolerate vibration or intense physical exertion poorly;
- You have diabetes or circulatory disorders.

**Warning!** Consult a doctor before starting this or any other exercise program. This is especially important for people over 35 or people with existing health problems. Read all instructions before use.

## PRODUCT DESCRIPTION



In the picture:

- 1. Top cover
- 2. Running belt
- 3. End cap

## Packing List

| No. | Item                | Unit | Qty |
|-----|---------------------|------|-----|
| 1   | Assembled treadmill | pcs  | 1   |
| 2   | Accessory bag       | pcs  | 1   |

## Accessory List

| No. | Item            | Unit   | Qty |
|-----|-----------------|--------|-----|
| 1   | Hex key 5 mm    | pcs    | 1   |
| 2   | User Manual     | pcs    | 1   |
| 3   | Remote control  | pcs    | 1   |
| 4   | Lubricating oil | bottle | 1   |

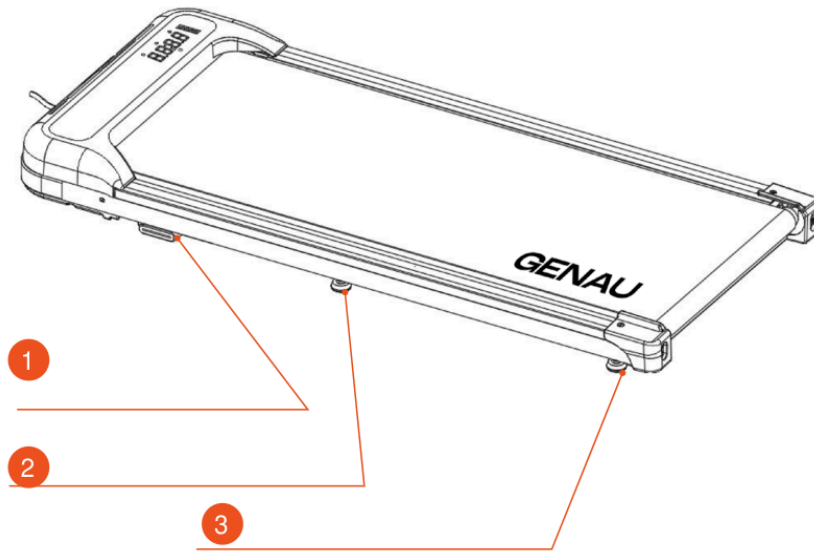
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## ASSEMBLY

- Take the treadmill out of the packaging and place it on a level surface.
- No installation is required — simply take the device out of the packaging!

### Leveling the Treadmill to the Floor

If a gap appears between the treadmill and the floor, adjust the rear support feet so that the front and rear of the treadmill rest firmly on the floor.



In the picture:

1. Manual two-level adjustable support
2. Adjustable support foot
3. Adjustable support foot

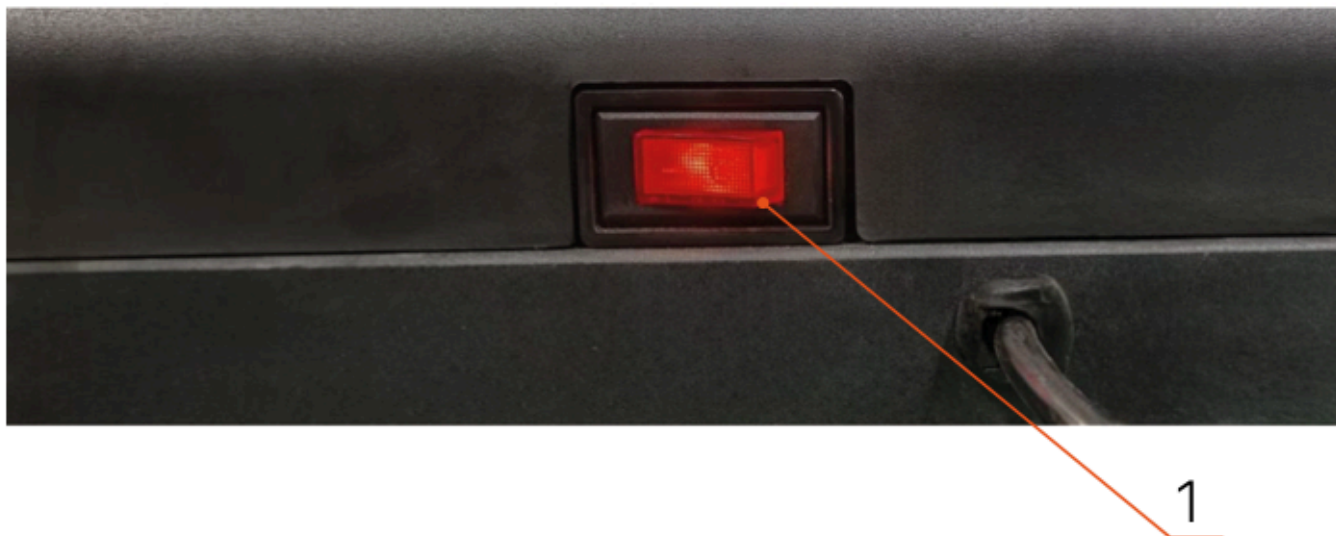
**Attention!** Incorrect adjustment of the gap between the support foot and the floor may make the treadmill unstable!

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## PRODUCT FUNCTIONS

### Using the Treadmill

- Connect the power and turn on the (red) switch (1).
- After switching on, the indicator lights up, a "beep" sounds, and then the display turns on.



**Note:** The switch is located on the right side of the treadmill.

## Using the remote control

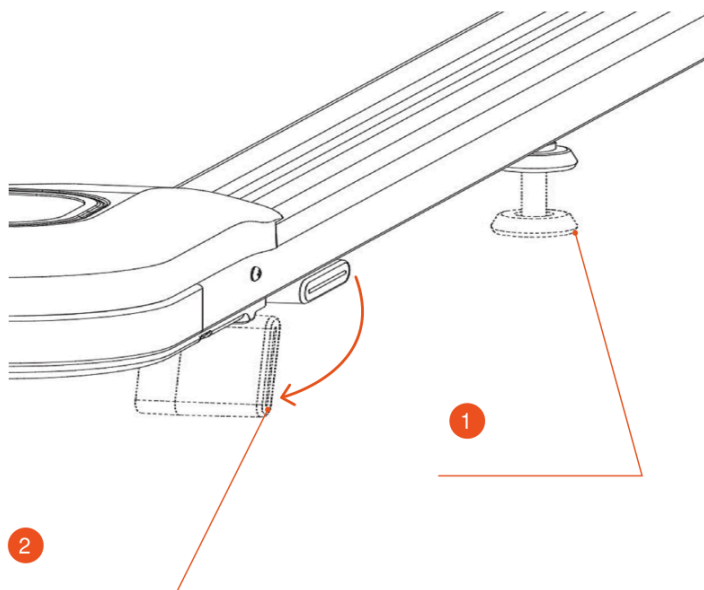
- After switching on the power, press and hold the "Start/Pause" button on the remote for about 7 seconds to start one-to-one pairing.
- If pairing is successful, the buzzer will emit a continuous sound.
- If there is no continuous sound, pairing has failed.
- After successful pairing, the remote can control the treadmill without reconnecting.

## Remote control functions

| Symbol      | Item        | Description      |
|-------------|-------------|------------------|
| Start/Pause | Start/Pause | Start / Pause    |
| Stop        | Stop        | Stop             |
| Speed +     | Speed +     | Increase speed + |
| Speed -     | Speed -     | Decrease speed - |
| M           | Mode (M)    | Mode             |
| Shake       | Shake       | Vibration        |
| Backwards   | Backwards   | Reverse movement |

## Incline Adjustment

- By turning the support feet at the front of the treadmill by hand, you can change the incline angle of the running belt (the left and right supports adjust together).
- After adjusting the front supports, adjust the rear support foot if necessary, depending on how level the floor is.
- Make sure all supports rest firmly on the surface; otherwise, extraneous noise and unwanted strain on the user may occur during operation.



In the picture:

1. Adjusting the support feet
2. Turning the support feet

## DISPLAY AND BUTTON FUNCTIONS

### Display Functions

| Function          | Description                                                                         |
|-------------------|-------------------------------------------------------------------------------------|
| Time Display      | When the time indicator is on, the current workout time is displayed.               |
| Distance Display  | When the distance indicator is on, the total distance covered is displayed.         |
| Calorie Display   | When the calorie indicator is on, the total number of calories burned is displayed. |
| Backwards display | When the reverse indicator is on, the total value of the reverse mode is displayed. |

**Note:** It is recommended to do 5–10 minutes of vibration warm-up before running. The maximum duration of a single vibration session is 20 minutes. Avoid prolonged or repeated use of the vibration function, as it may shorten the motor life.

## Button Functions

| Symbol      | Item        | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|-------------|-------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Start/Pause | Start/Pause | When the device is stopped, press this button to start the treadmill; it will enter walking mode. The "+" button increases the speed and the "-" button decreases it. While the treadmill is running, pressing Start/Pause once pauses operation and pressing it again resumes movement. To stop completely, press Stop; the treadmill will exit walking mode and enter standby mode.                                                                                                                      |
| Stop        | Stop        | While running, press this button to stop the treadmill completely and enter standby mode. All data will be reset to zero.                                                                                                                                                                                                                                                                                                                                                                                  |
| M           | Mode (M)    | In standby mode, press this button to switch between the three countdown modes: time, distance, calories.                                                                                                                                                                                                                                                                                                                                                                                                  |
| Shake       | Shake       | In standby mode, press this button to activate the vibration function. Level 1 is on by default. From top to bottom, the indicators correspond to the 4 vibration levels: level 1, 2, 3 and 4. The "+" button increases the vibration level and the "-" button decreases it. Vibration duration is limited to 5 minutes and stops automatically when the time runs out. While the treadmill is running, the Start/Pause button pauses and resumes movement. To exit vibration mode completely, press Stop. |
| Backwards   | Backwards   | In standby mode, press this button to turn on reverse mode; the running belt will start moving in the opposite direction. "+" increases the speed, "-" decreases it. While running, the Start/Pause button pauses and resumes movement. To exit the mode completely, press Stop.                                                                                                                                                                                                                           |
| Speed +     | Speed +     | Increase speed while moving. +                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Speed -     | Speed -     | Decrease speed while moving. -                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |

**Reminder:** The vibration function may only be used when the treadmill is in a completely horizontal position.

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## ERROR CODES AND TROUBLESHOOTING

| Error code | Problem description                                                                                                    | Possible cause and solution                                                                                                                 |
|------------|------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| E1         | Communication error: when the power is turned on, the connection between the lower controller and the console is lost. | Check the cable between the console and the controller. Make sure every connector is fully plugged in. If the cable is damaged, replace it. |

| Error code | Problem description                                                                                           | Possible cause and solution                                                                                                                                                                                                                                                                                                   |
|------------|---------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| E2         | No signal from the motor.                                                                                     | Check that the motor cable is connected correctly. If not, reconnect it. Check the cable for damage or a burning smell. If present, replace the motor.                                                                                                                                                                        |
| E5         | Overcurrent protection: during operation, the controller detects a current above 6 A for more than 3 seconds. | An overload may trigger the protection or stop the motor because of jamming. Restart the treadmill. Check the motor for liquid or a burning smell — if present, replace the motor. If the controller has burned out, replace it. Check the supply voltage. If it is out of range, connect the correct voltage and test again. |
| E6         | Surge protection: abnormal voltage or a fault in the motor power circuit.                                     | Check whether the voltage is too low (less than 50% of nominal). Use the correct voltage and test again. If the controller has burned out, replace it. Make sure the motor cable is connected correctly.                                                                                                                      |
| E8         | Motor overheating protection                                                                                  | The motor is overheated. The built-in temperature control system starts automatically. The motor will stop to protect the device. After the motor cools down, operation will resume automatically.                                                                                                                            |

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## CARE, STORAGE AND MAINTENANCE

**Important!** To extend the life of the treadmill, it is recommended to take ten-minute breaks every 1–1.5 hours of operation.

### Maintenance

#### Regular cleaning

Disconnect the power before cleaning and use a minimal amount of water and soap solution to prevent moisture from getting onto the 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 soap 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 this may damage the surface of the equipment. Do not allow cleaning agents or liquids to 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, chemical-resistant ABS polymer, the frame is made of high-strength steel with an industrial powder coating for corrosion protection, and the metal parts have an anti-corrosion coating. However, please note that sweat accumulated on the surface of the treadmill can be extremely aggressive to the materials if it is not removed promptly.

## Lubricating the running belt

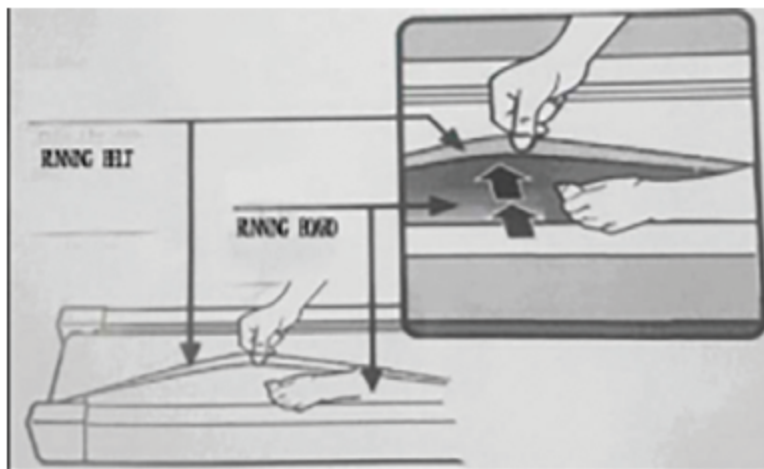
Use only lubricants recommended by the manufacturer, such as silicone treadmill lubricant. Other types and compositions of lubricants may damage the equipment.

## Lubrication frequency

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

## Lubrication procedure

Lift the belt, find the plugs and spread the lubricant evenly along the entire length of the belt. After applying the lubricant, turn on the treadmill at 4–5 km/h and walk on it for a few minutes so the lubricant spreads evenly across 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.



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. If necessary, repeat the adjustment.

### **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.
- Correct tension means 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 to +35°C.
- Humidity: 50-75%.
- Acclimatization: If the treadmill has been stored at a low temperature or in high humidity (there are signs of condensation), it must be left in normal conditions for at least 2-4 hours before use. Only then can you start using the treadmill.

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## 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:

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## 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.

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## 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](#)

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## SPECIFICATIONS

| Parameter                        | Value                                |
|----------------------------------|--------------------------------------|
| Input voltage                    | AC 220–240 V                         |
| Rated frequency                  | 50–60 Hz                             |
| Speed                            | 1.0–6 km/h                           |
| Running belt size                | 385×900 mm                           |
| Maximum user weight              | 90 kg                                |
| Dimensions in operating position | 1100×460×100 mm                      |
| Functions                        | Walking, vibration, reverse movement |

Manufacturer: Zhejiang Lijiujia Sports Equipment Co., Ltd. ADD: No.88 Yuegui South Road, Xicheng Street, Yongkang, Zhejiang, China.

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## 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](#)