

Genau W101 spin bike

User Manual

This translation was made automatically.

THANK YOU FOR YOUR PURCHASE!



Thank you for purchasing the Genau W101 exercise bike. 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

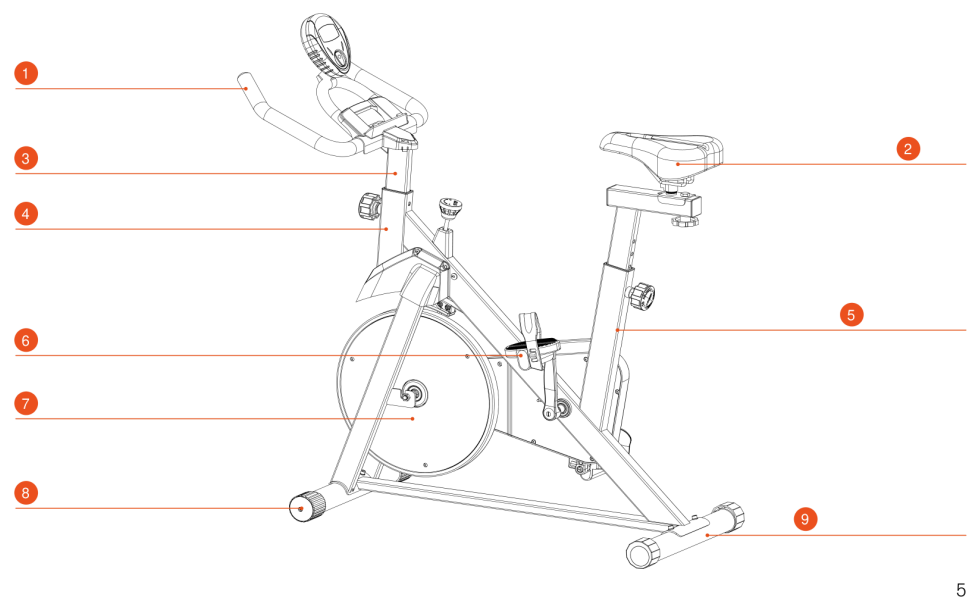
The translation of this section has not been reviewed yet. The official text is in Russian.

Attention! To ensure your safety and avoid injury, read the following instructions carefully before using the bike and pay attention to the precautions given.

Note: Although the design and safety of the product have been carefully checked, be sure to follow the instructions below before use. We are not responsible for consequences caused by improper use.

- This exercise bike is intended for indoor use. Place it on a level surface. Do not put foreign objects on the equipment.
- If the power cord is damaged, it must be replaced by a specialist from the manufacturer or a service center. If the equipment is not used for a long time, disconnect the power.
- Always unplug the device from the socket if it is not used for a long time.
- This product belongs to category H. After use, lock the flywheel to avoid injury.
- The equipment is not intended for people with disabilities or for children. Do not use it if you feel unwell.
- Do not use the equipment in a dusty or overly damp room. Avoid static electricity. Use only original parts.
- Do not place the equipment near heating appliances or moving objects.
- Disconnect the power before moving the equipment. Do not disassemble the device yourself.
- Wear close-fitting, fastened clothing while exercising. Do not allow any part of your clothing to touch moving parts.
- If you feel unwell, stop exercising immediately and consult a doctor.
- Use only suitable sockets. Do not touch the plug with wet hands.
- The equipment is intended for home use only. It is not suitable for professional training or medical purposes.
- Do not use the equipment if the housing or welded seams are damaged.
- Do not exercise after eating, when tired, or when feeling unwell — it may be harmful to your health.
- Do not allow needles, debris or water to get on the power plug.
- Always disconnect the equipment from the mains after use.

PRODUCT COMPONENTS



- In the picture:
- 1. Handlebar
 - 2. Seat
 - 3. Handlebar post
 - 4. Frame
 - 5. Seat post
 - 6. Pedal
 - 7. Flywheel
 - 8. Front stabilizer
 - 9. Rear stabilizer

Packing List

No.	Item	Unit	Qty
1	Frame	pcs	1
2	Front stabilizer	pcs	1
3	Rear stabilizer	pcs	1
4	Pedals	set	1
5	Seat	pcs	1
6	Handlebar post	pcs	1
7	Latch	pcs	2

No.	Item	Unit	Qty
8	Handlebar	pcs	1
9	Seat post	pcs	1
10	Tool kit	pcs	1
11	Monitor	pcs	1
12	Monitor bracket	pcs	1

Tool list

No.	Item	Unit	Qty
1	Hex key 5 mm	pcs	1
2	Wrench	pcs	1
3	Wrench	pcs	1

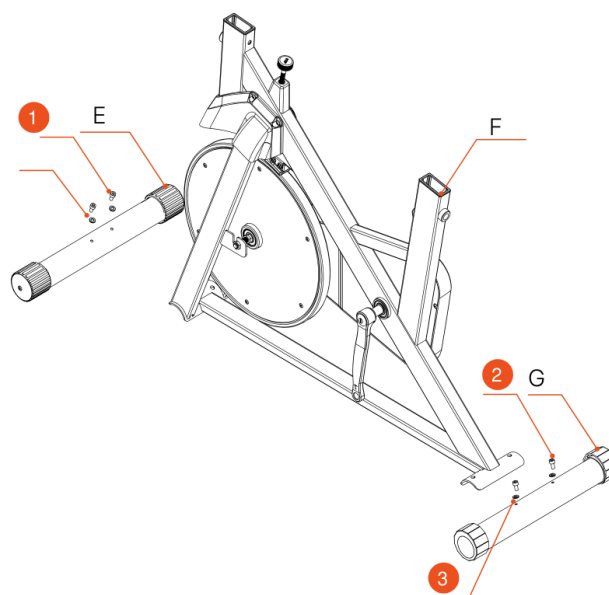
ASSEMBLY

Note: Two people are required for assembly.

Place all parts of the bike in a clean, open area and remove the packaging materials. Do not throw away the packaging until assembly is complete.

During assembly, first install all screws without fully tightening them — tighten them completely only after the bike is fully assembled.

STEP 1



In the picture:

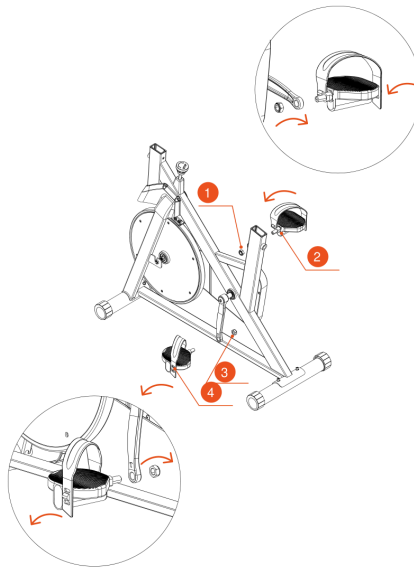
1. E-1, E-2

2. G-1

3. G-2

- Take out the front stabilizer E, the rear stabilizer G and the hex key L-1.
- Remove the pre-installed screws E-1 and flat washers E-2.
- Install the stabilizers as shown in the figure below. Use the hex key L-1 to secure the screws E-1.

STEP 2



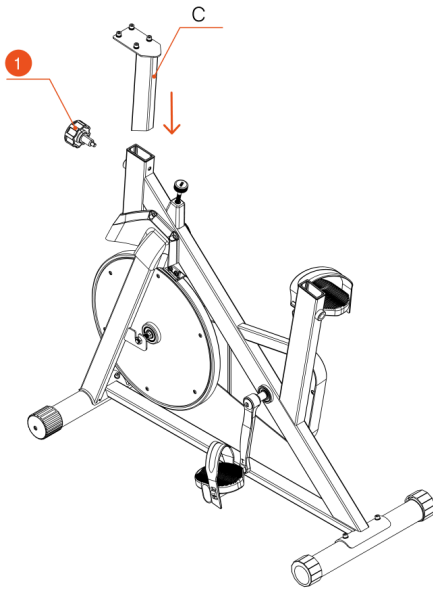
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In the picture:

1. F-22
2. Right pedal F-16
3. Lock nut (left) F-20
4. F-22

- Take the left pedal F-21 out of the packaging and unscrew the pre-installed lock nut (left) F-20 from the pedal.
- See the figure. Use the wrench L-2 to turn and hold, then use the wrench L-3 to tighten the lock nut (left) F-20 and turn it in the direction shown by the arrow.
- Take out the right pedal F-16 and unscrew the pre-installed lock nut (right) F-22 from the pedal.
- See the figure. Use the wrench L-2 to turn and hold, then use the wrench L-3 to tighten the lock nut F-22 and turn the assembly in the direction shown by the arrow.

STEP 3

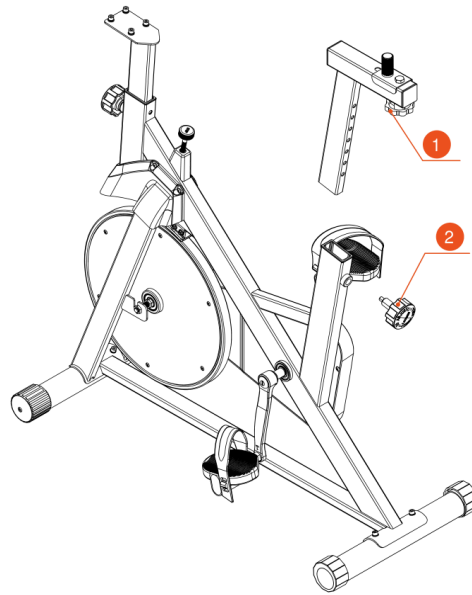


In the picture:

1. Lock F-1

- Take out the handlebar post C and the lock F-1.
- Install them and secure them.

STEP 4

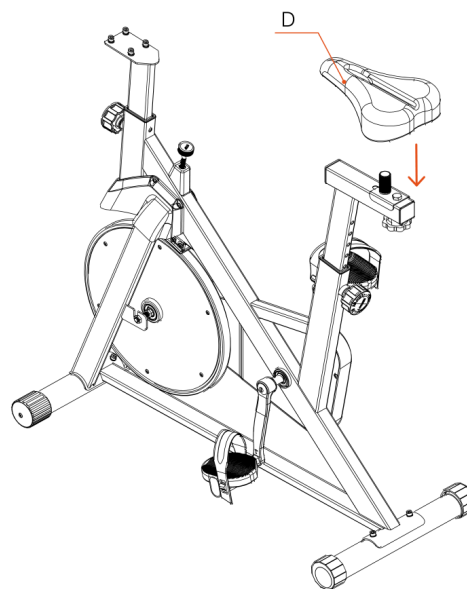


In the picture:

- 1. Seat post D-3
- 2. Lock F-1

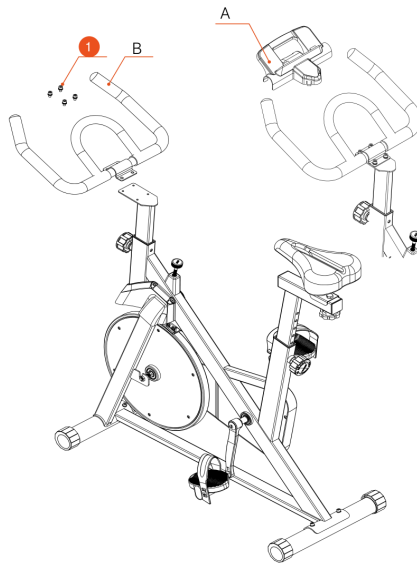
- Take out the seat post D-3 and the lock F-1.
- Install them as shown in the figure: insert the seat post into the frame, then use the lock to secure it.

STEP 5



- Take the saddle D out of the packaging and install it as shown in the figure.
- Use the wrench L-2 to secure the seat after adjusting its angle and direction.

STEP 6



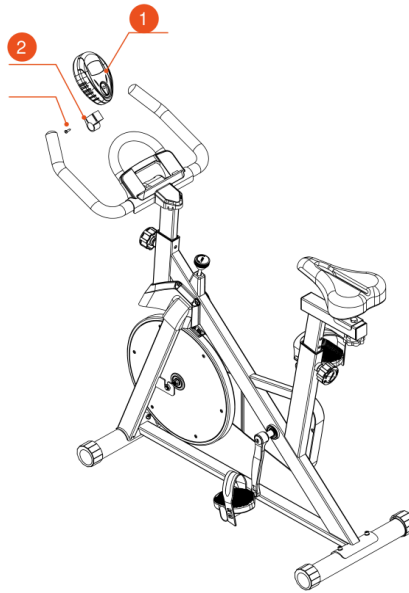
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In the picture:

1. Screws C-1

- Take the handlebar B out of the packaging and remove the pre-installed screws C-1.
- Install as shown in the figure: align the handlebar with the hole in the handlebar post and secure it with the screws C-1.
- Use the hex key L-1 to tighten.
- Take out the phone holder A and insert it into the handlebar.

STEP 7



In the picture:

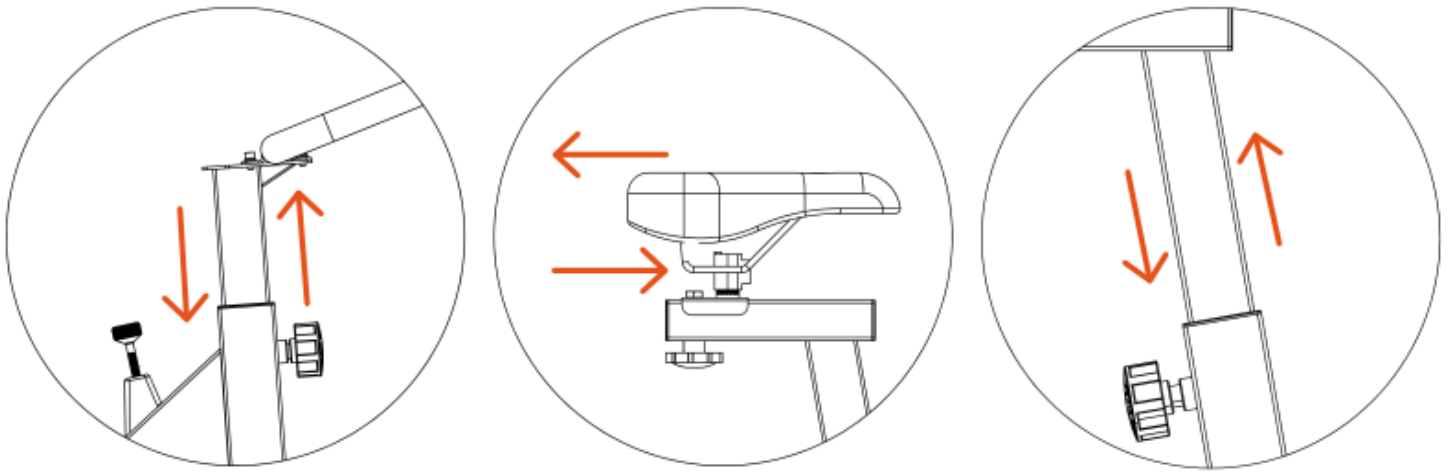
- 1. Monitor A-1
- 2. Monitor frame A-2, screw A-3

- Take out the monitor A-1 and the monitor frame A-2.
- Remove the pre-installed screw A-3.
- The installation method is shown in the figure: place the monitor frame A-2 in its designated position on the handlebar and secure it with the wrench L-2.
- Insert the monitor A-1 into the slot of the monitor frame A-2.
- Take two batteries (AAA) and insert them into the battery compartment of the monitor.
- The product is ready for use.

OPERATION

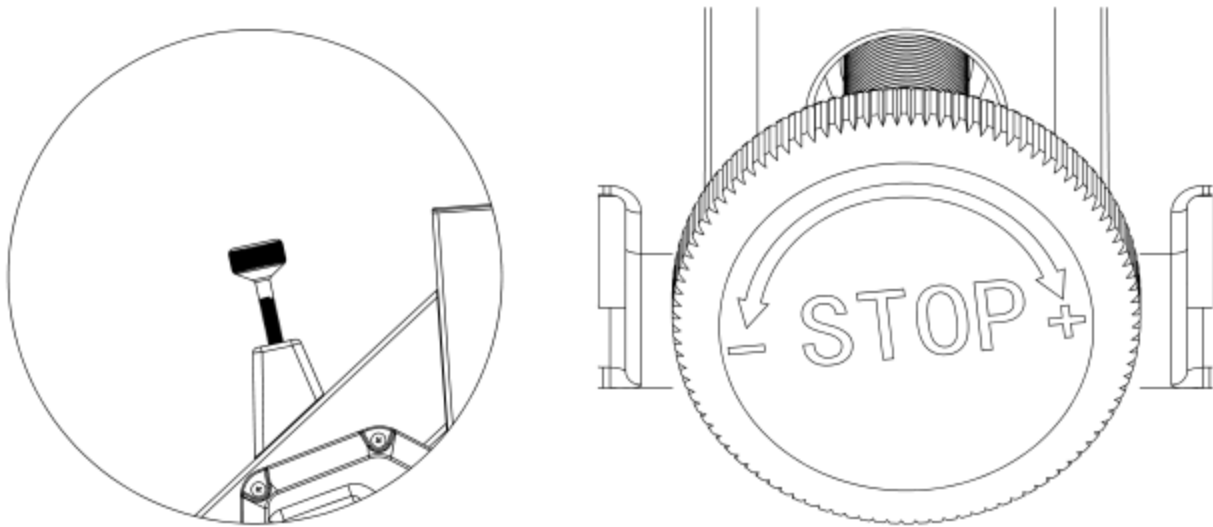
Do not overtighten the screws until all assembly steps are complete. Use the product only after a thorough check.

Adjusting the handlebar and seat height



- You can adjust the height of the handlebar and seat with the adjustment screw to suit your riding position and ensure the most comfortable posture.
- Do not go beyond the STOP mark when adjusting the height of the handlebar post.

Adjusting the seat



- You can adjust the distance between the seat and the handlebar with the adjustment knob under the seat.
- In an emergency, press the STOP brake knob down firmly.
- When the bike is not in use, set the resistance level to maximum by turning the brake knob, and loosen it before the next use.

DISPLAY

Function	Description
TIME	00:00–99:59 min
DISTANCE (DTS)	00.00–99.99 km (miles)
SPEED (SPD)	00.0–999.9 km/h (mph)
ODOMETER (ODO)	000.0–999.9 km (miles)
CALORIES (CAL)	000.0–999.9 kcal

- Batteries: 2 pcs, type AAA
- Power consumption in operating/standby mode: 4.63 mA / 5.3 µA
- Screen size: 48×23 mm
- Product size: 108×164×28 mm

Display Functions

Function	Description
SCAN (Automatic scrolling)	Start pedaling or press the button — the display shows TIME / SPD / DST / CAL / ODO in turn at 5-second intervals.
TIME	Stops counting 3 seconds after the pedals stop.
FIXED DISPLAY (Fixed mode)	Press the button at the desired moment to freeze the displayed data. Press the button again and the display will cycle through the data again.
DATA RESET (Data reset)	Hold the button for 3 seconds to reset the workout data and start over. All TIME / SPD / DST / CAL values will be zeroed, while the ODO value (total distance) is kept.

CARE, STORAGE AND MAINTENANCE

Cleaning

Regular and thorough cleaning will extend the life of the exercise bike. Remove dust and dirt, and make sure your shoes are clean so that debris is not carried into the bike.

Maintenance

Replace worn or damaged parts immediately. Do not use the bike until faulty parts have been replaced. Pay special attention to parts subject to wear.

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:

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.

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
Flywheel weight	8 kg
Maximum user weight	130 kg
Product dimensions	1050×430×1050 mm

Manufacturer: Zhejiang Lijiujia Sports Equipment Co., Ltd., 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 (ООО «Генау ГМБХ»), Kyrgyzstan. Phone: +996 778 639 000

[Official website genau.kg](https://genau.kg)