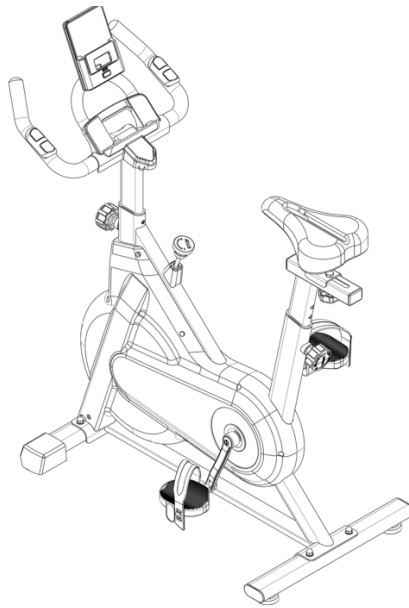


Genau W50 Spin Bike

User Manual

This translation was made automatically.

THANK YOU FOR YOUR PURCHASE!



Thank you for purchasing the Genau Spin Bike W50 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.

In line with the principle of continuous development, the product may be updated when necessary without prior notice.

If the manual does not match the product, the actual product takes priority.

SAFETY INSTRUCTIONS

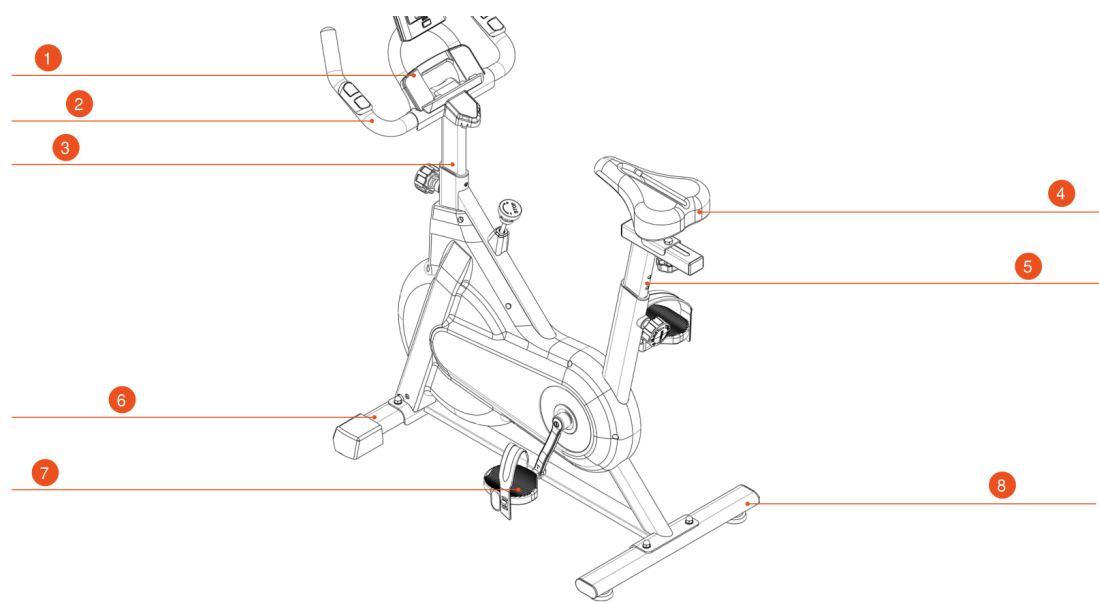
The translation of this section has not been reviewed yet. The official text is in Russian.

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. Console
- 2. Front handlebar
- 3. Handlebar post
- 4. Seat
- 5. Seat post
- 6. Front stabilizer
- 7. Pedal
- 8. Rear stabilizer

Packing List

No.	Item	Unit	Qty
1	Frame	pcs	1
2	Front stabilizer	set	1
3	Rear stabilizer	set	1
4	Pedal	set	1
5	Seat	set	1
6	Handlebar post	set	1
7	Rotary knob	pcs	2
8	Front handlebar	pcs	1

No.	Item	Unit	Qty
9	Seat post	set	1
10	Tool kit	set	1

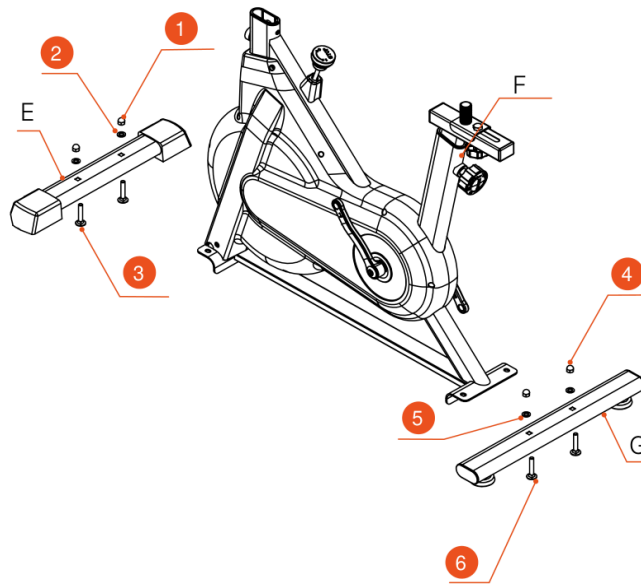
Tool list

No.	Item	Unit	Qty
1	Hex key 5 mm	pcs	1
2	Multi-purpose wrench	pcs	1
3	Adjustable wrench (open-end wrench)	pcs	1

ASSEMBLY

Note: During installation, first fasten all the screws loosely, then tighten them fully after the frame is completely assembled.

STEP 1

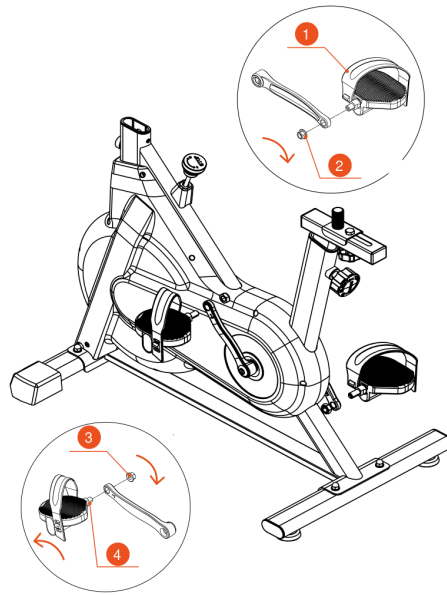


In the picture:

- 1. L-5
- 2. L-6
- 3. L-4
- 4. L-5
- 5. L-6
- 6. G-2

- Take the front stabilizer E and the rear stabilizer G out of the packaging, and the 5 mm hex key L-1 from the tool kit.
- Then take the screw set L-4 (square-head bolt), L-5 (nut) and L-6 (flat washer) from the fastener bag, as shown in the diagram.
- Install by placing the front support tube over the rear one, then tighten the round-head screw L-1 with the 5 mm hex key L-1.

STEP 2



In the picture:

1. F-11

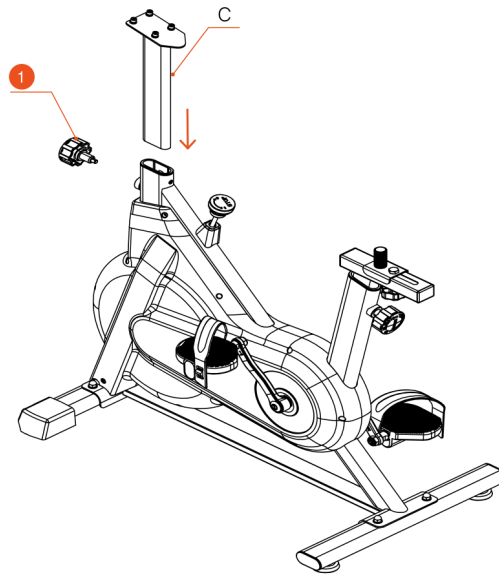
2. F-16

3. F-17

4. F-18

- Take the left pedal F-18 out of the packaging, then unscrew the pre-installed nylon lock nut F-17 from the pedal. See the figure on the left: turn and secure the pedal with the open-end wrench L-2, then tighten the nylon nut with the open-end wrench L-3, turning it in the direction shown by the arrow, to complete the assembly.
- Remove the pre-installed nylon nut from the pedal, take the right pedal F-11 and unscrew the pre-installed nylon lock nut F-16 from the pedal. See figure 2 below: turn and secure the pedal with the open-end wrench L-2, then tighten the nylon nut with the open-end wrench L-3. Turn the nut in the direction of the arrow to complete the assembly.

STEP 3

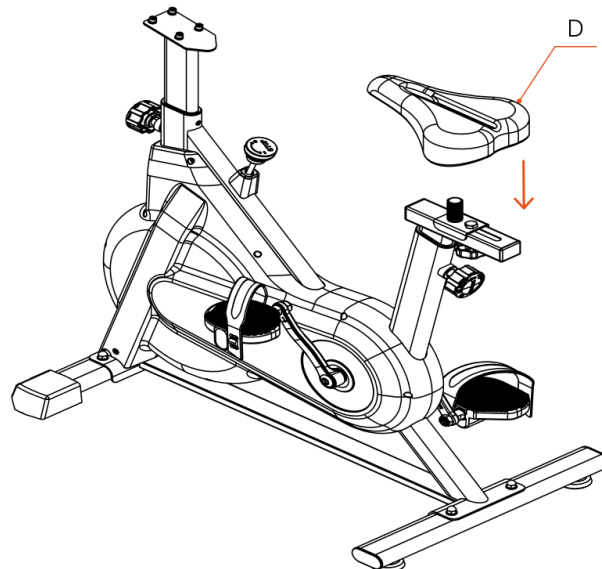


In the picture:

1. F-1

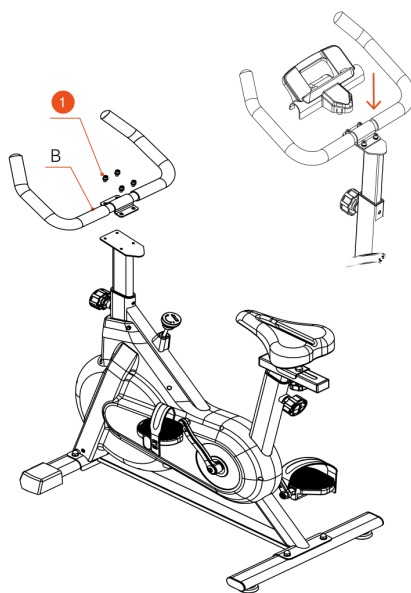
- Take the handlebar post C out of the packaging, then pull the pin knob F-1 and secure the post in the required position.

STEP 4



- Take the seat post D out of the packaging, as shown below.
- Install it at the correct angle and position, then secure it with the multi-purpose wrench L-2.

STEP 5

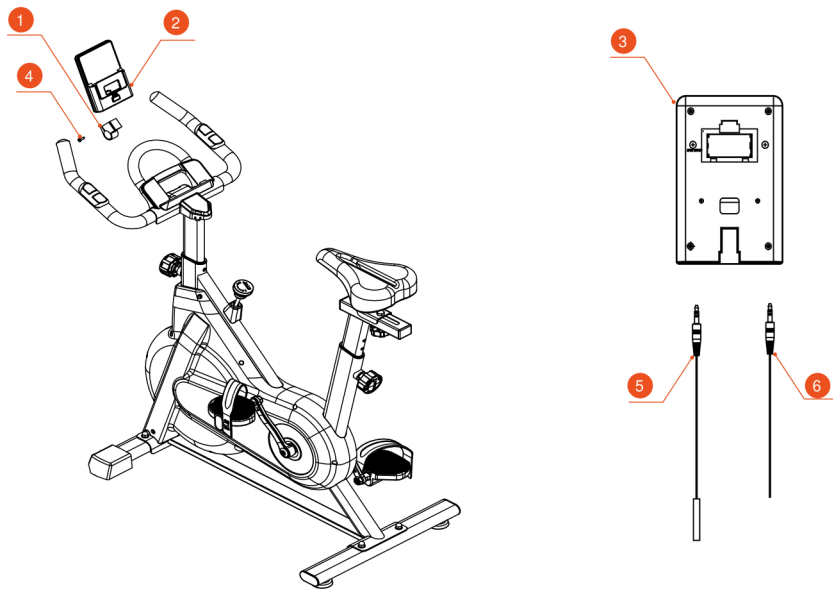


In the picture:

1. C-1

- Remove the pre-installed set of three hex screws C-1 from the front handlebar B in the packaging.
- Install the armrest, aligning its hole with the hole of the support tube, insert the hex screw from the set and tighten it with the hex key L-1.
- Then take the phone holder and install it in the armrest in the direction shown by the arrow.

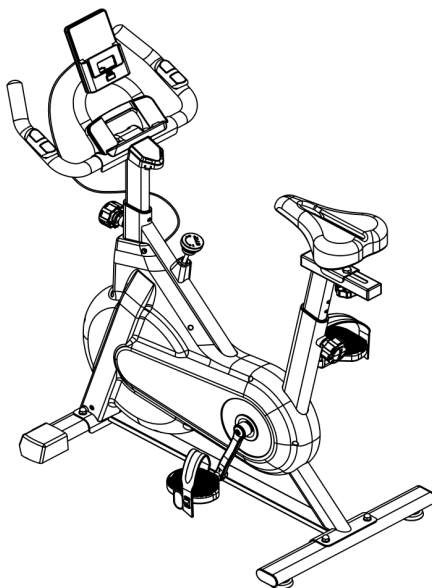
STEP 6



In the picture:

- 1. A-2
- 2. A-1
- 3. A-1
- 4. A-3
- 5. K-1
- 6. K-2

- Take the console A-1, A-2 out of the packaging, then remove the pre-installed combined set of hex screws.
- Install the electronic display in the holder slot, insert the battery into the display and connect the sensor cable and the pulse measurement cable to the corresponding sockets on the back of the console.
- The assembly of the exercise bike is complete.

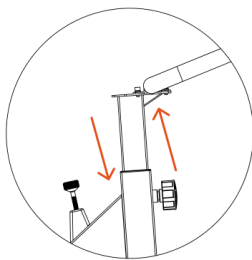
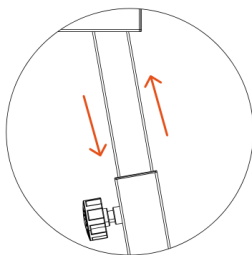


OPERATION

Make sure that all screws are finally tightened only after checking that the installation is complete as specified, and that no part is missing before use.

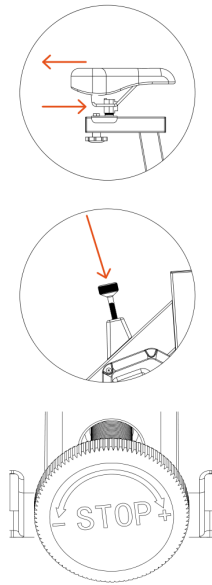
Note: When adjusting the maximum height of the handlebar post, do not exceed the STOP mark.

Adjusting the handlebar height



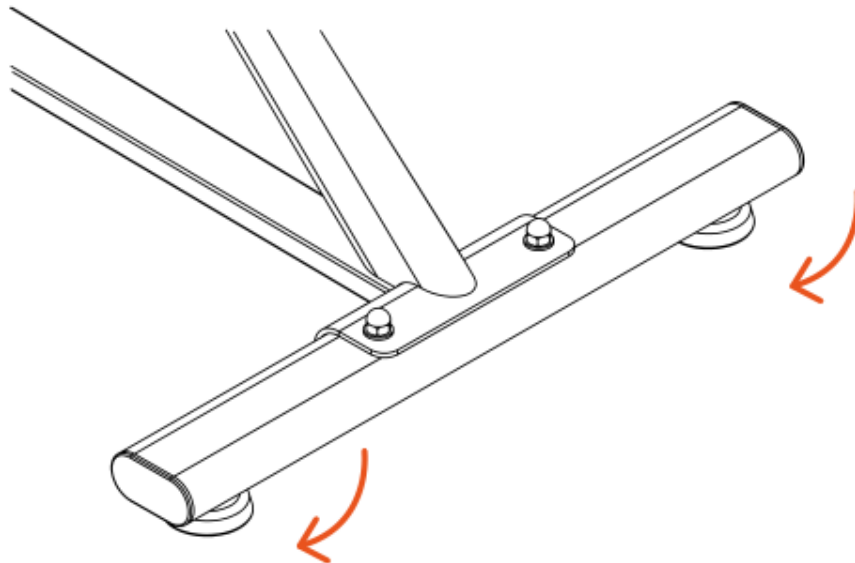
- Easily adjust the armrests to a comfortable posture and level of comfort simply by tightening or loosening the eccentric clamp.
- Adjust the height of the seat post and lock it.
- Set everything to the most comfortable position.

Adjusting the seat



- Loosen the eccentric clamp, move the seat to the required position and then lock it.
- To stop the equipment urgently during use, press the STOP brake knob.
- Always fasten the pedal strap securely.
- When the equipment is not in use, turn the brake knob clockwise to lock the flywheel.
- Release the lock before using again.

Adjust the angle of the support foot to level the surface when using on an uneven floor.



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.

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.

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
Maximum user weight	120 kg
Flywheel	6 kg
Dimensions in operating position	935×466×1010 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 (ОсОО «Генау ГМБХ»), Kyrgyzstan. Phone: +996 778 639 000

[Official website genau.kg](#)