

Genau X50 A Electric Treadmill

User Manual

This translation was made automatically.

THANK YOU FOR YOUR PURCHASE!



Thank you for purchasing the Genau X50 A treadmill. 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

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.
- 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.

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

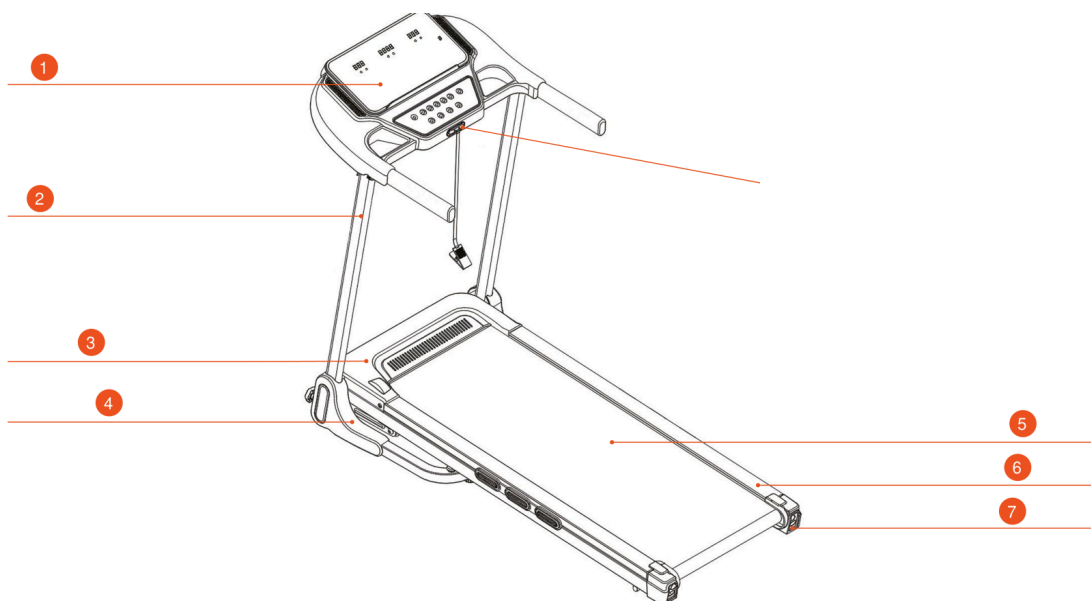
The electronic components in this equipment are considered hazardous to the environment. Please dispose of them properly in accordance with national legislation.

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.

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.

PRODUCT OVERVIEW

Home electric treadmill with a single function



In the picture:

1. Console
2. Upright
3. Motor cover
4. Decorative cover
5. Running belt
6. Side cover
7. End cap

Important note: The safety key is red. This red device with a red cord is in the plastic bag with the manual — this is the safety key. Insert the safety key connector into the yellow socket on the console. While the treadmill is running, removing the safety key causes an emergency stop.

Package Contents

No.	Item	Unit	Qty
1	Treadmill, assembled	set	1
2	Decorative upright covers	set	1
3	Accessory bag	set	1

Accessory bag

No.	Item	Unit	Qty
1	Screws M8*25	pcs	2
2	Multi-purpose wrench 13–17, 3 mm thick	pcs	1

No.	Item	Unit	Qty
3	Hex key 6 mm	pcs	1
4	Safety key	pcs	1
5	User Manual	pcs	1
6	MP3 connection cable, optional	pcs	1
7	Oil	pcs	1

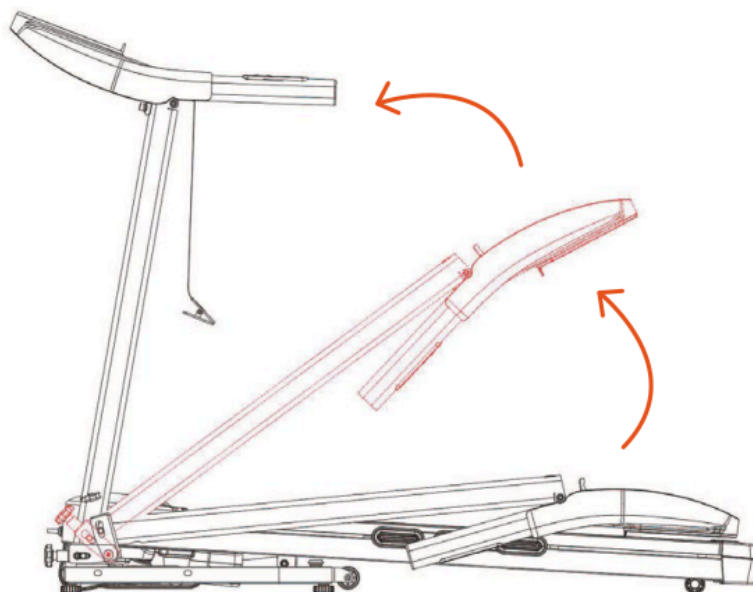
INSTALLATION INSTRUCTIONS

During installation, first tighten all screws only lightly. After the frame is fully assembled, tighten them fully.

Warning: the treadmill is very heavy. At least two people are required for installation.

Note: when disassembling, installing, folding or moving the treadmill, do not put your hands or fingers into the gaps of the treadmill, as there is a risk of pinching.

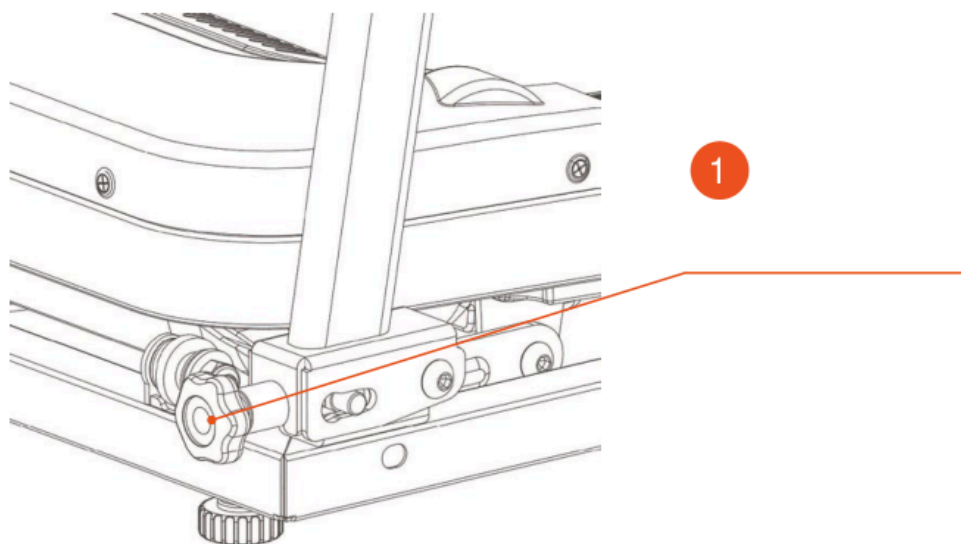
STEP 1



Carefully take the treadmill out of the box and place it level on the floor.

Note: this operation requires at least two people. Be careful.

STEP 2

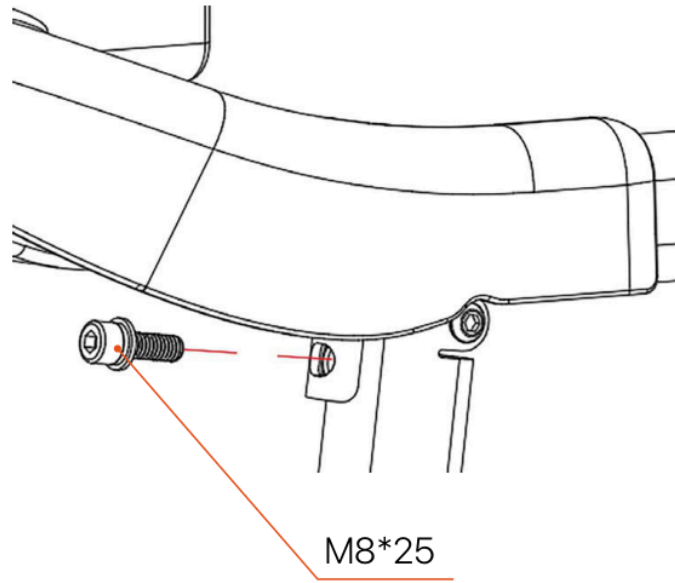


In the picture:

1. Upright locking knob

Lift the upright and the electronic display, turning them counterclockwise in the direction shown in the diagram. The upright locks automatically in the preliminary position. Tighten the upright by turning the locking knob clockwise.

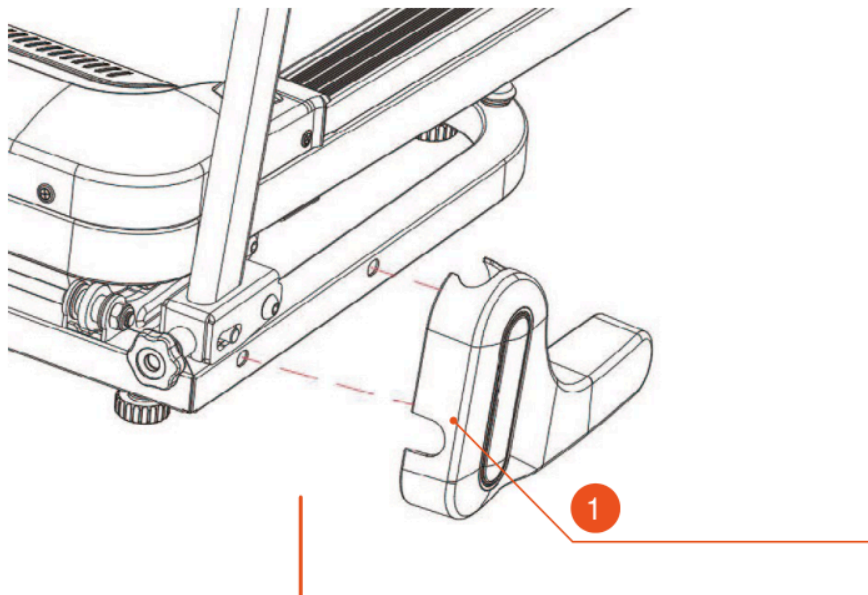
STEP 3



Using the No. 6 hex socket wrench, fasten the two M8×25 hex socket screws and secure the console bracket to the upright.

Note: hold the upright tubes carefully with your hands on both sides. When tightening the screws, make sure the console bracket does not pinch the wires of the right upright. As shown in the diagram on the left.

STEP 4

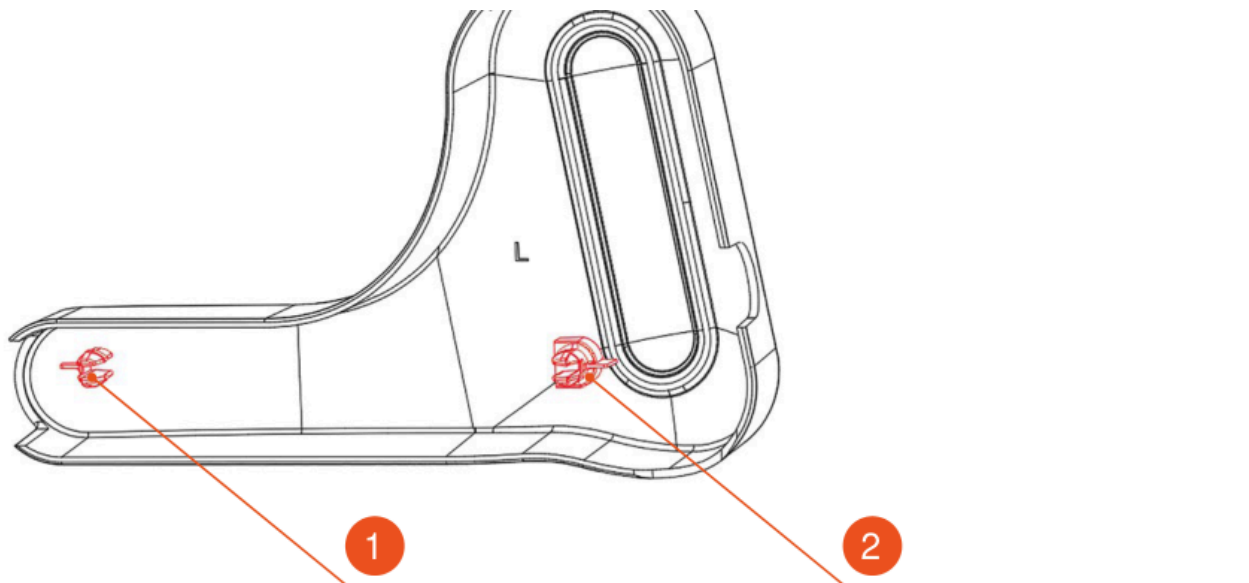


In the picture:

- 1. Protective cover

Take the two decorative side covers of the frame base out of the box. For each cover, first insert one end of its upper opening into the arc of the upright tube, then snap the clips under the decorative cover into the two holes on the frame base. Make sure they are fully locked.

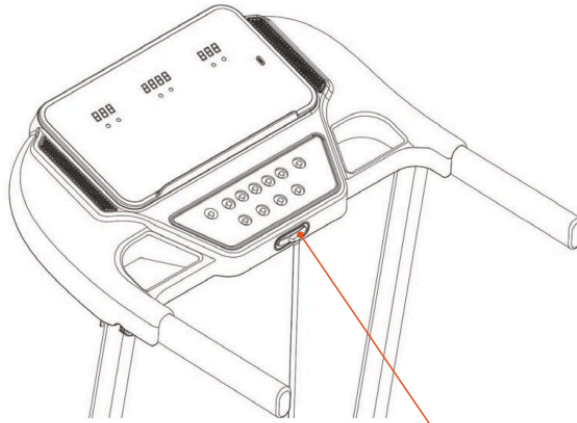
Note: the decorative covers of the frame base are divided into left and right sides. As shown in the diagram below:



In the picture:

- 1. Latch / clip
- 2. Latch / clip

STEP 5



Place the safety key in the position shown in the diagram below. Plug the power cord into the outlet, then press the power switch on the front of the motor cover. The power switch indicator will light up. After that the electronic display will light up — press the Start button, and the treadmill is ready for use.

Note: first make sure that the whole installation was done according to the requirements above. Then tighten all screws evenly. Power can be connected only after checking and confirming that no step was skipped.

Important! The safety key must be inserted into the yellow-marked socket in the middle under the display so that the treadmill starts normally. If “E7” appears on the electronic display, the safety key is not inserted or not fully inserted.

OPERATING INSTRUCTIONS

Using the Treadmill

Connect the power and turn on the red switch (1). It will light up, then a beep will sound and the screen will turn on.



1

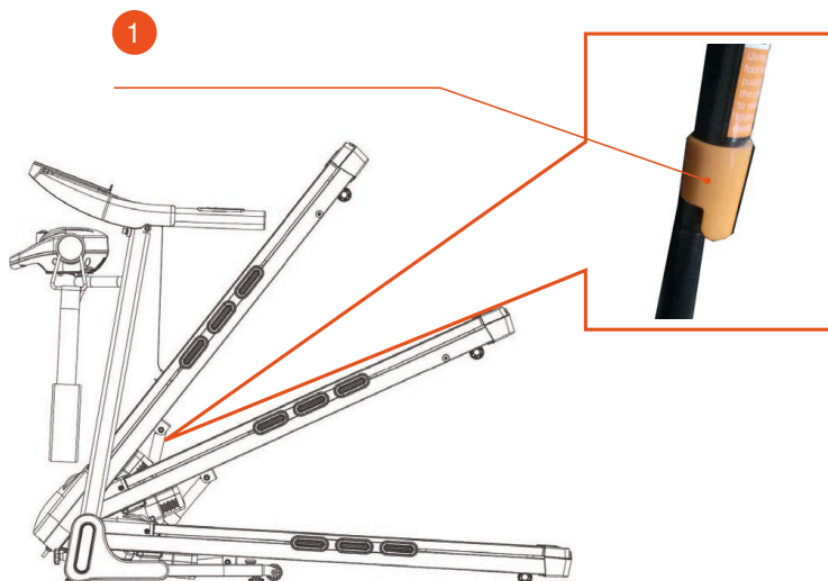
Folding the treadmill

Folding the treadmill saves space. Before folding, first switch off the power of the treadmill and unplug it from the outlet. Lift the running belt by hand until it locks.

Attention! Do not let your hands get pinched and keep children away from the treadmill to prevent injuries.

Unfolding the treadmill

Press the gas spring with your foot and slightly pull the running platform by hand, then release it — the running platform will lower slowly to the floor by itself. See the picture on the left.

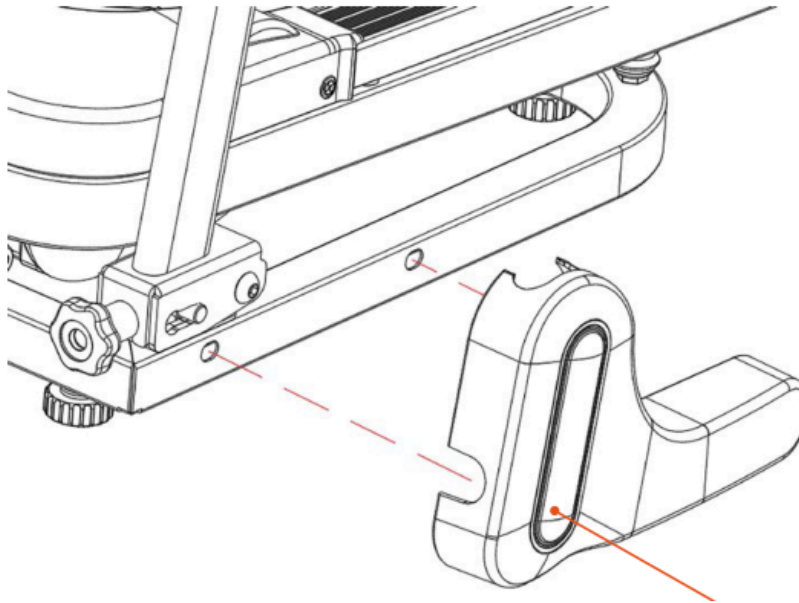


In the picture:

1. Press here to unfold the treadmill

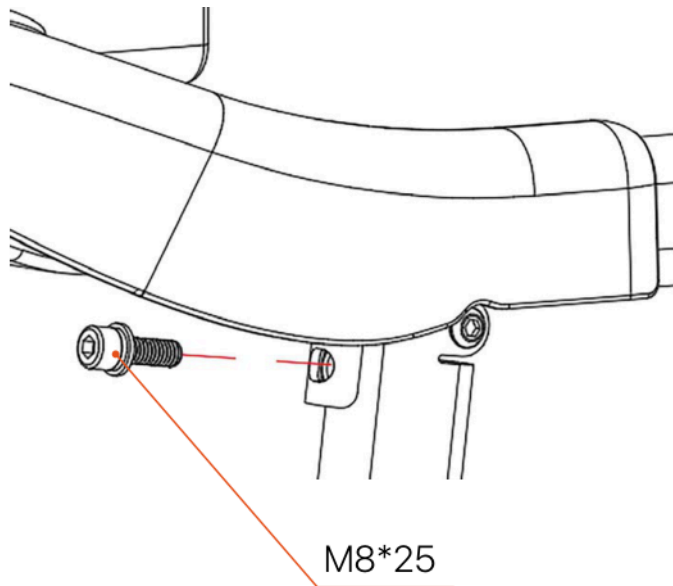
Folding the upright

STEP 1

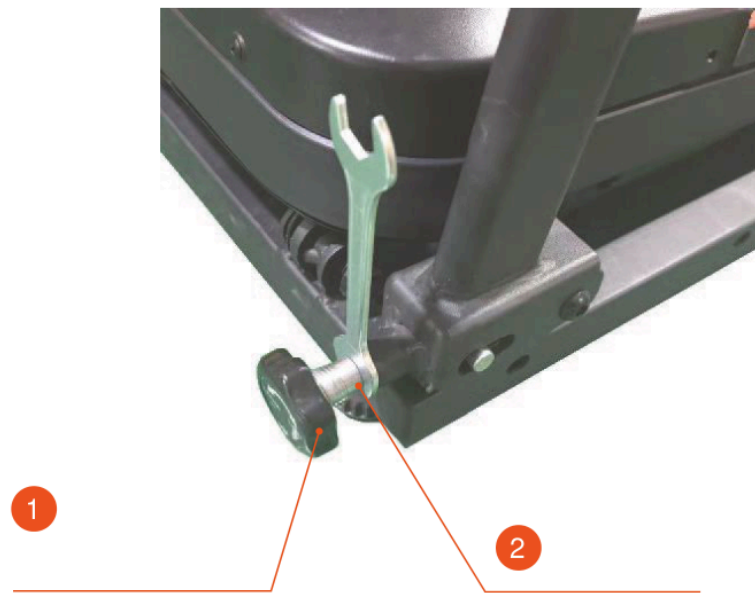


Remove the left and right protective covers. Using the No. 6 hex socket wrench, unscrew the 2 M8×25 hex socket screws from the reinforced upright.

Pull the protective covers upward and outward on both sides.



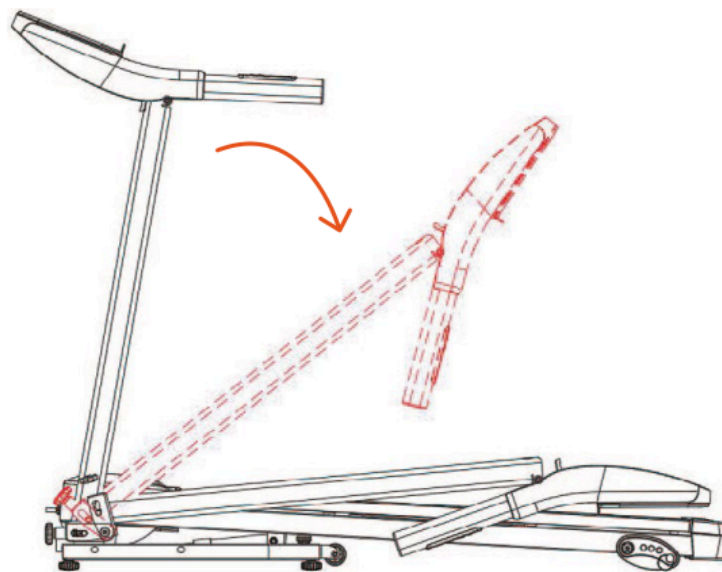
STEP 2



In the picture:

- 1. Upright locking knob
- 2. 13-17 wrench

First loosen the left and right upright locking knobs. Then pull the left upright locking knob outward. Use the multi-purpose wrench 13-17, 3 mm thick, placing it between the upright and the knob. Holding the left upright with your right hand, pull the right locking knob outward with your left hand and slowly fold the upright toward the running platform.



To reassemble, follow the installation instructions on the left.

Safety key information

Insert the safety key connector into the yellow marked area on the console to activate the treadmill. Clip the safety key to your clothing. In an emergency, immediately pull out the safety key to stop the motor at once.

If you want to continue using the treadmill, insert the safety key again. The treadmill can be stopped under any circumstances by pulling out the safety key.

CONSOLE OPERATING INSTRUCTIONS

Button Functions

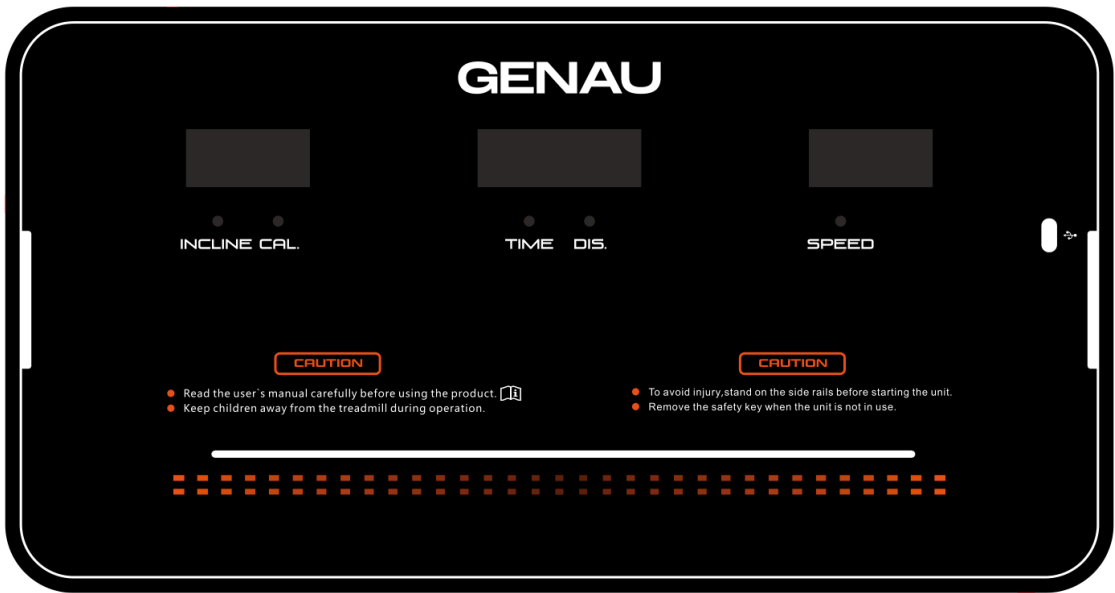
Name	Description
Start/Pause Key	When the treadmill is stationary, press the Start/Pause button to start it. If the treadmill is running, press Start/Pause once to pause it; press Start/Pause again to resume.
Stop Key	While the treadmill is running, press the Stop button to reset all data to zero and stop the treadmill.
Program Key	In standby mode, press this button to switch between modes: from manual mode to the preset programs.
Mode Key	In standby mode, press this button to switch between the 3 countdown modes. Switching order: Time → Distance → Calories.
Speed + Key	While the treadmill is running, press the Speed + button to increase the speed.
Speed - Key	While the treadmill is running, press the Speed - button to decrease the speed.
Speed Shortcut Keys	While the treadmill is running, press the speed shortcut buttons 3/6/9/12 to quickly switch between speeds 3/6/9/12.
Incline + Key	While the treadmill is running, press the Incline + button to increase the incline angle.
Incline - Key	While the treadmill is running, press the Incline - button to decrease the incline angle.
Incline Shortcut Keys	While the treadmill is running, press the incline shortcut buttons 3/6/9/12 to quickly switch between incline levels 3/6/9/12 to increase or decrease the incline.

Display Functions

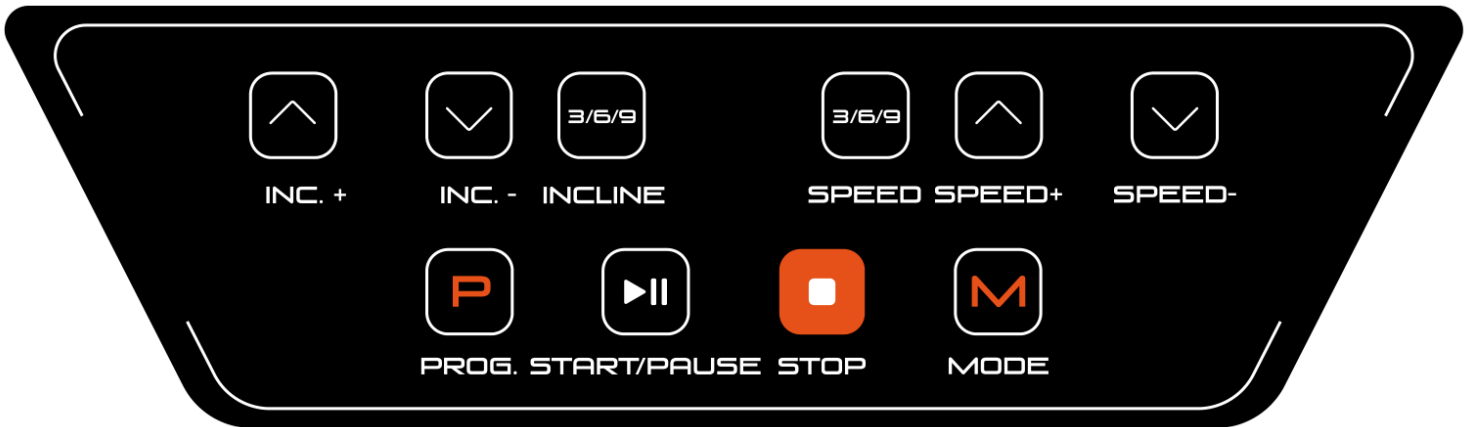
Item	Description
Time Display	When the time indicator is on, the display shows the workout time in manual mode or the countdown time in setting/program modes.
Speed Display	Shows the current speed.

Item	Description
Distance Display	Shows the accumulated distance in manual and program modes, or the countdown distance in setting modes.
Calories Display	Shows the accumulated number of calories burned in manual and program modes, or the countdown calories in setting modes.

Display



Console



PRESET PROGRAMS

Note: This function is not available on systems with a color screen.

Setting / 10 = running time of each period

Program / Time	1	2	3	4	5	6	7	8	9	10
P1 · Speed	3	3	6	5	5	4	4	4	4	3
P1 · Incline	0	3	3	3	4	4	4	1	1	0
P2 · Speed	3	3	4	4	5	5	5	6	6	4
P2 · Incline	2	2	2	3	3	3	3	4	4	2
P3 · Speed	2	4	6	8	7	8	6	2	3	2
P3 · Incline	3	5	4	4	3	4	4	3	4	2
P4 · Speed	3	3	5	6	7	6	5	4	3	3
P4 · Incline	0	3	3	2	2	5	5	3	3	2
P5 · Speed	3	6	6	6	8	7	7	5	5	4
P5 · Incline	3	5	3	4	2	3	4	2	3	2
P6 · Speed	2	6	5	4	8	7	5	3	3	2
P6 · Incline	3	4	5	6	3	5	5	6	4	3
P7 · Speed	2	9	9	7	7	6	5	3	2	2
P7 · Incline	0	3	3	3	4	4	4	1	1	0
P8 · Speed	2	4	4	4	5	6	8	8	6	2
P8 · Incline	1	1	4	4	4	5	5	4	3	2
P9 · Speed	2	4	5	5	6	5	6	3	3	2
P9 · Incline	3	5	3	4	2	3	4	2	3	2
P10 · Speed	2	5	7	5	8	6	5	2	4	3
P10 · Incline	1	5	6	8	12	9	10	9	5	3
P11 · Speed	2	5	6	7	8	9	10	5	3	2
P11 · Incline	3	5	6	8	6	5	8	7	5	2
P12 · Speed	2	3	5	6	8	6	9	6	5	3
P12 · Incline	5	7	5	8	6	5	9	10	6	2

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.
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.
E7	Safety key missing.	Place the safety key in the correct position (the yellow mark on the console).

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

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 the entire treadmill, including the console, with a mild soap solution, then wipe it thoroughly with a dry cloth. Simple care will keep the equipment looking excellent for many years. Do not use abrasive or rough brushes and

cloths, as this may damage the surface of the equipment. Do not let cleaning agents or liquids get on the surface of the equipment. Do not use aggressive 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

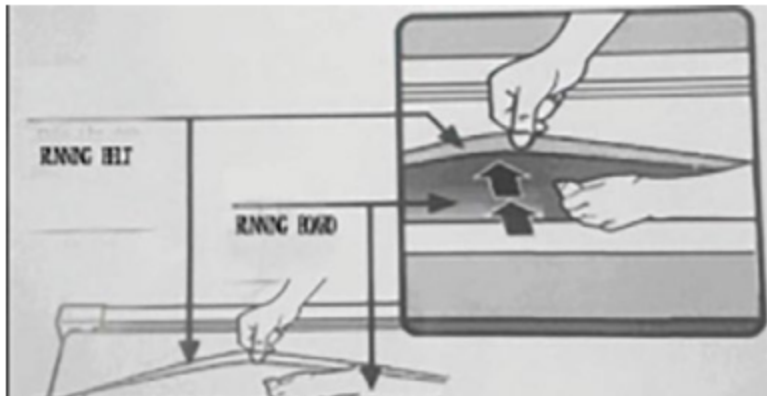
Use only lubricants recommended by the manufacturer, such as silicone treadmill lubricant. Other types and compositions of lubricants may damage the equipment.

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 and spread the lubricant evenly along the entire length of the belt. After applying the lubricant, switch on the treadmill at 4–5 km/h and walk on it for a few minutes so that the lubricant is spread 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. 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.

WARM-UP AND COOL-DOWN EXERCISES

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

Warming up is the most important part of a workout and must be done before every session. Warming up helps to warm the body, stretch the muscles and prepare the body for more intense loads. Repeating the warm-up exercises after a workout helps to relieve muscle tension and ease pain. It is recommended to do suitable warm-up and cool-down exercises, as shown below:



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
Input voltage	220-240 V~
Rated frequency	50-60 Hz
Speed	1.0-14 km/h
Running surface	410 × 1070 mm
Maximum user weight	110 kg
Unfolded dimensions	1335 × 620 × 1075 mm
Functions	Running
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