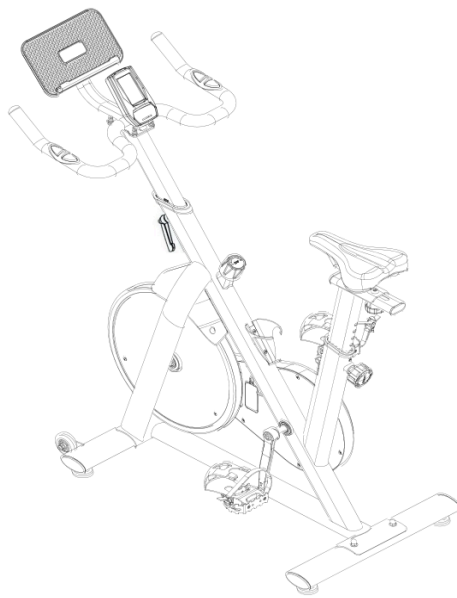


Genau Zest Pro C6 Exercise Bike

User Manual

This translation was made automatically.

THANK YOU FOR YOUR PURCHASE!



Thank you for purchasing the Genau C6 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.

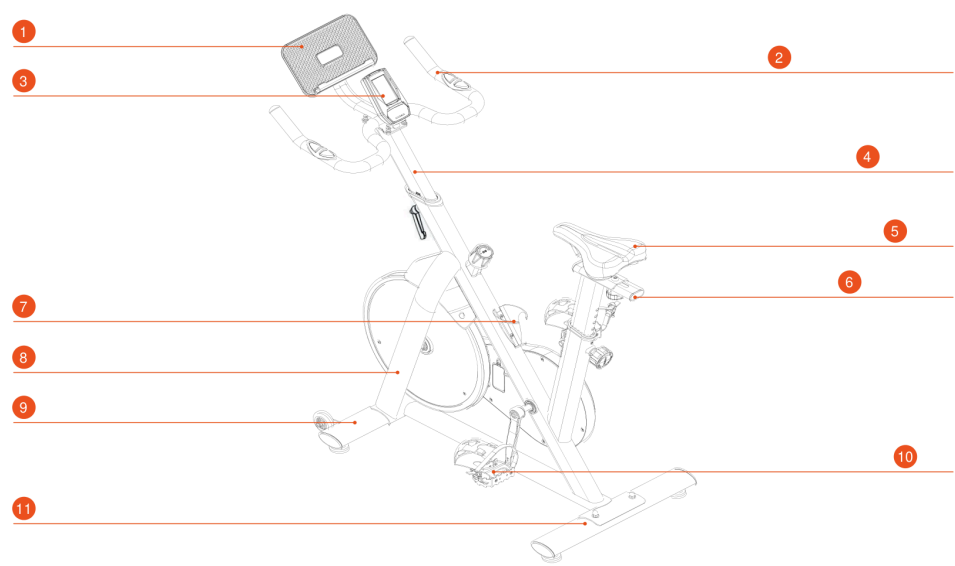
Attention! Read the user manual before using the equipment. Keep this manual for the entire service life of the equipment.

Warning! To ensure your safety and prevent injury, please read the following instructions carefully before using the exercise bike and pay attention to these safety measures.

- All adjustable devices must be installed correctly and must not interfere with the machine. The sports equipment must be placed on a stable base and a level surface. The exercise bike is intended for indoor use only; it must stand on a level floor, and foreign objects must not fall onto it.
- This product belongs to category H. During storage, use a locking device to block the flywheel to prevent it from rotating and possible injury.
- The product is not intended for use by children or people with disabilities. Persons who are unwell, have mental disorders or lack proper self-control must not use the exercise bike without supervision or the help of a responsible person. Failure to observe this rule may result in injury.
- Do not use the exercise bike in dusty rooms. Maintain normal humidity to avoid static electricity, which may affect the operation of the electronic display. Use only original components. Replacing parts on your own is prohibited.
- Unqualified persons are prohibited from disassembling the machine. Unauthorized intervention may lead to serious consequences.
- Before exercising, make sure your clothing is well fastened and not too loose.
- If you feel unwell or have unusual sensations during exercise, stop and consult a doctor.
- The product is intended for home use only. It is not suitable for professional training or medical purposes.
- Do not use the machine if the body is damaged or cracked, or if there are cracks in the welded joints.
- Do not exercise right after eating, when tired or when feeling unwell, as this may harm your health.

Warning! Although the product was carefully designed with safety in mind during development and manufacture, the instructions below must be strictly followed. We are not responsible for the consequences of improper use.

PRODUCT COMPONENTS



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In the picture:

- 1. Holder
- 2. Front armrest
- 3. Console
- 4. Handlebar post
- 5. Seat
- 6. Seat post
- 7. Bottle holder
- 8. Frame
- 9. Front stabilizer
- 10. Pedal
- 11. Rear stabilizer

Packing List

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

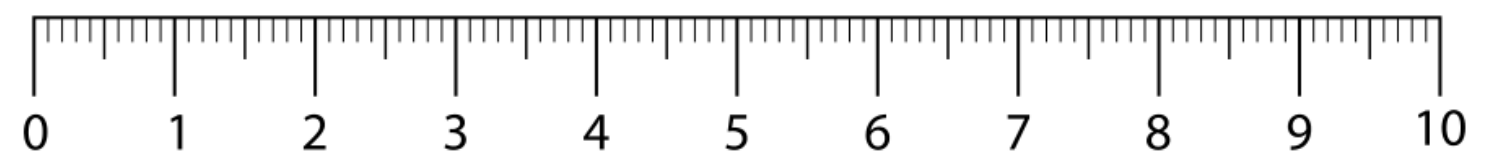
No.	Item	Unit	Qty
7	Holder	pcs	1
8	Armrest	pcs	2
9	Seat tube	pcs	1
10	Decorative plastic parts	pcs	1
11	Accessory bag	set	1

Accessory Bag Contents

No.	Item	Unit	Qty
1	Wrench	pcs	1
2	Hex key 5 mm	pcs	1
3	Square-neck bolt M8	pcs	4
4	Washer Φ8	pcs	4
5	Nut M8	pcs	4
6	Washer Φ6	pcs	2
7	Spring washers	pcs	8
8	Hex socket screw M6	pcs	6
9	Tapping screw ST4.2	pcs	6
10	Wrench 17-19	pcs	1

Measuring scale

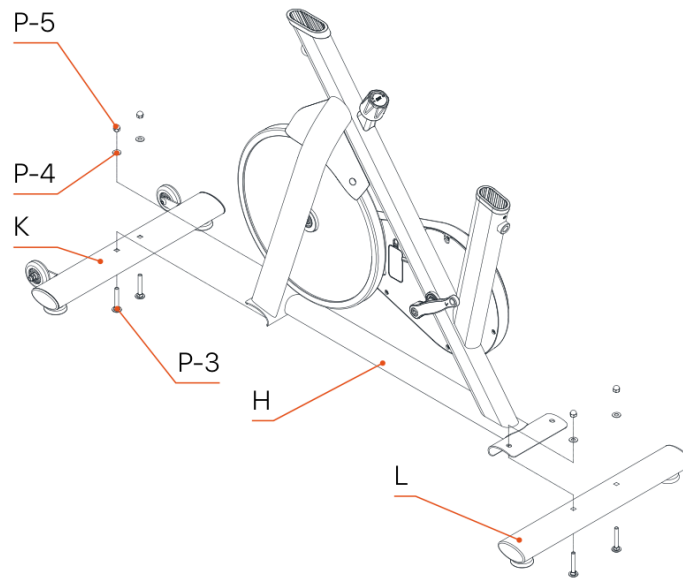
When assembling the exercise bike, you can use the supplied scale to measure the length of the screws for easier installation.



ASSEMBLY

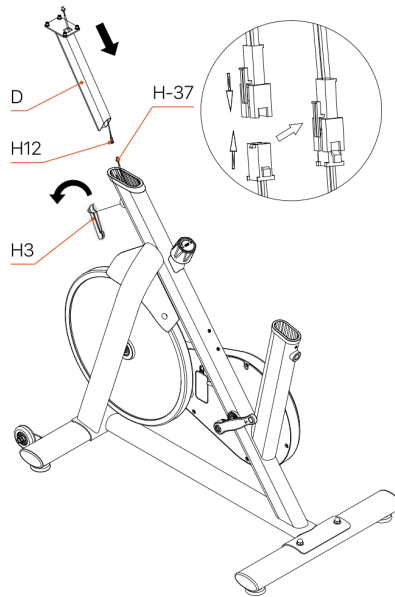
Note: During installation, first fasten all screws loosely and tighten them fully only after the frame is completely assembled.

STEP 1



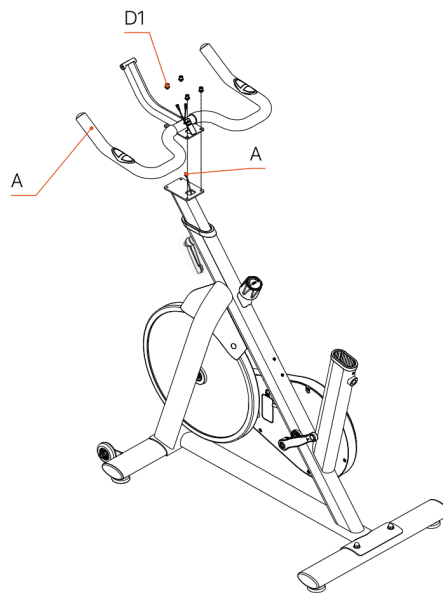
- Take the frame H, front support K and rear support L out of the packaging.
- Take the universal wrench P-1, nut P-5, flat washer P-4 and square-neck bolt P-3 from the tool set.
- As shown in the figure: align front support K and rear support L with the semicircular holes on frame H.
- Install the square-neck bolt P-3.
- Insert the flat washer P-4 and nut P-5.
- Tighten with the universal wrench P-1.

STEP 2



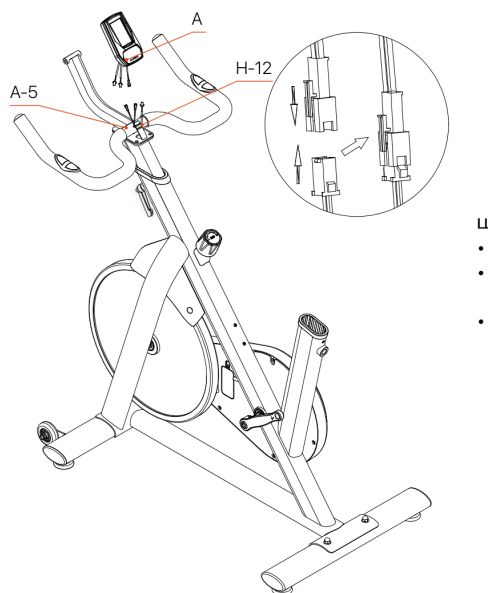
- Take the armrest post D out of the packaging.
- Pull out the lock H-3.
- As shown in the figure: first connect H-12 to H-37.
- Insert the armrest post tube D into the frame and turn the lock H-3 clockwise, making sure the locking holes line up.

STEP 3



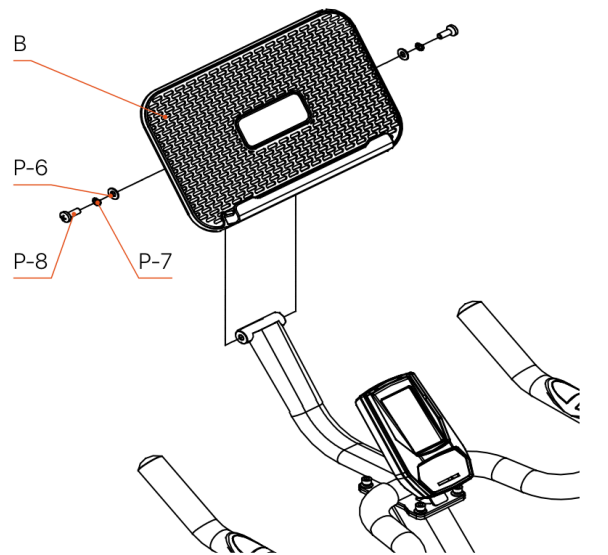
- Loosen the pre-installed screws D-1 × 4 on the armrest post tube.
- Take the front armrest A out of the packaging and connect it to the armrest post tube with screws D-1.
- Use the wrench P-2 from the tool set to fasten it firmly.

STEP 4



- Take the electronic console C out of the packaging.
- As shown in the figure: connect A-5 and H-12 to the electronic console C.
- Insert the electronic console into the armrest.

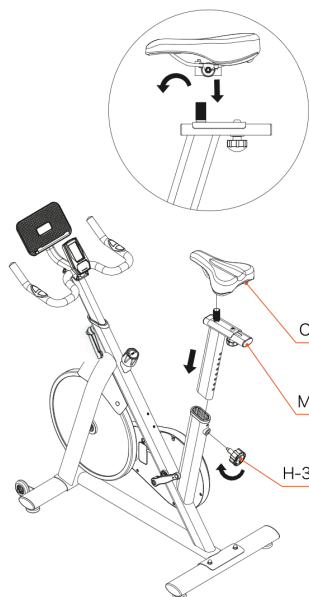
STEP 5



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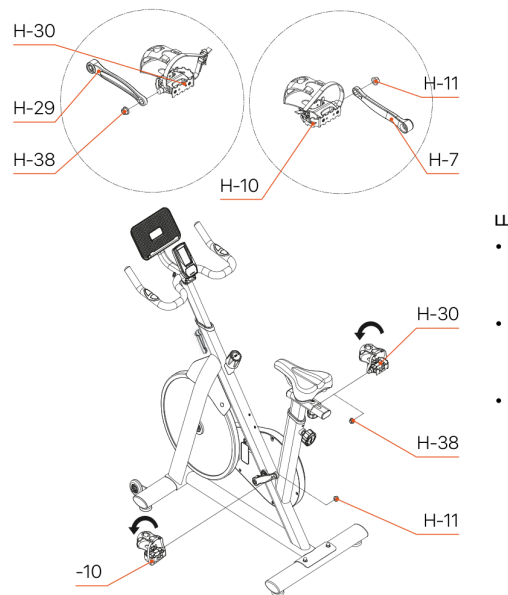
- Take the phone holder B out of the packaging.
- Take the M6 screw P-8, spring washer P-7 and flat washer P-6 from the tool set.
- As shown in the figure below, pass the M6 screw P-8 through the spring washer P-7 and flat washer P-6.
- Place the phone holder on the pivot of the front armrest and use the hex wrench P-2 from the tool set to fasten it firmly.

STEP 6



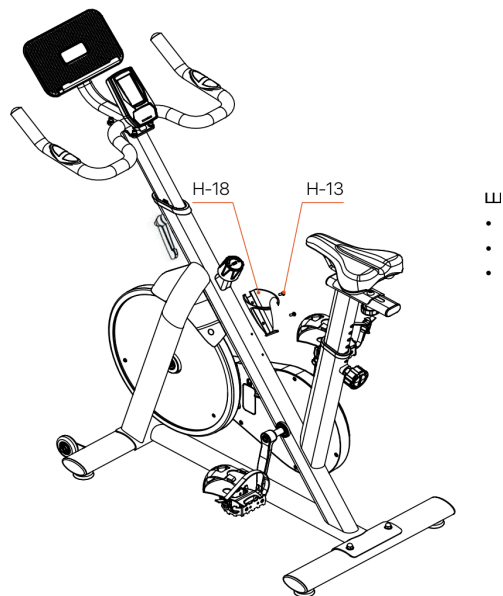
- Take the seat O, seat tube assembly M and lock H-3 out of the packaging.
- Insert the seat tube assembly M into the seat socket of the frame, align the holes and turn the lock H-3 clockwise to secure the assembly.
- Place the seat on the seat tube assembly and use the universal wrench P-2 to secure the seat.

STEP 7



- Take the pedal assembly out of the packaging, including the left pedal H-10, right pedal H-30, pedal with left mark H-11 and pedal with right mark H-38.
- As shown in the figure, use the universal wrench P-2 to screw the pedals on clockwise and secure them to the crank.
- Tighten the corresponding nuts with the wrench P-10.

STEP 8



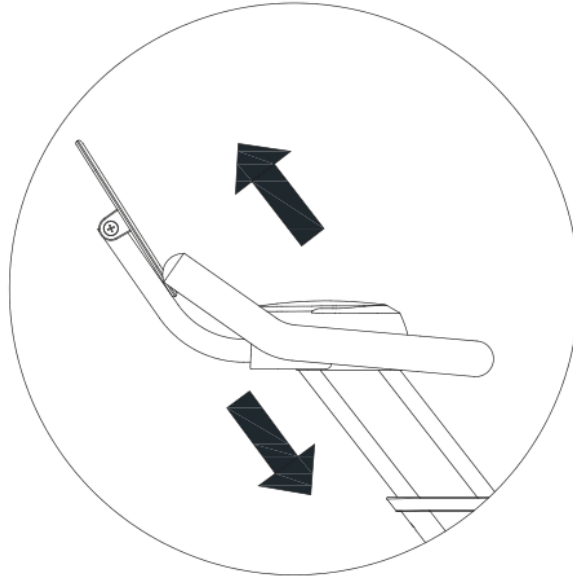
- Take the bottle holder H-18 out of the packaging.
- As shown in the figure, remove the screw H-13 from the frame.
- Fasten the bottle holder H-18 to the frame using the wrench P-1 from the tool set.

SETUP AND OPERATION

Make sure all screws are tightened firmly after checking that they are installed correctly according to the requirements. Only then can the machine be used.

Height adjustment

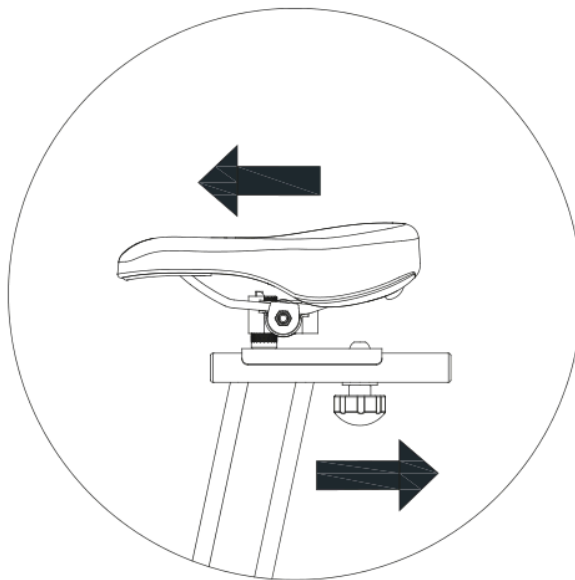
You can adjust the height of the armrest and seat tube to suit your posture and comfort level by loosening or tightening the lock and then securing it. Adjust to the most comfortable position.



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

Adjusting the seat forward/backward

Loosen the lock, slide the seat to the desired position and lock it again.



Emergency stop

If necessary during exercise, press the STOP brake button.

After use, turn the brake knob clockwise to lock the flywheel. Release the lock before the next use.

REGULAR MAINTENANCE

Cleaning

Thorough cleaning will extend the life of the exercise bike. Remove dust regularly to keep it clean. Make sure your sports shoes are clean and avoid foreign objects getting inside the bike.

Maintenance

Faulty parts must be replaced immediately, or the machine must not be used until they are repaired (for example, bearings, brake pads).

Pay special attention to the parts that are most subject to wear (for example, bearings, brake pads).

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

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