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> GENIS Easy Way Elliptical + Exercise Bike Model 1000051 User Manual

Genis 1000051

GENIS Easy Way Elliptical + Exercise Bike User Manual

Model: 1000051 | Brand: Genis

INTRODUCTION

This manual provides essential instructions for the safe and effective use of your GENIS Easy Way Elliptical + Exercise Bike. Please read this manual thoroughly before assembly and operation to ensure proper function and to prevent injury.

The GENIS Easy Way is a versatile fitness machine combining the benefits of an elliptical trainer and an exercise bike. It features electromagnetic technology for smooth, consistent movement, making it suitable for various fitness levels.



Image 1: Front view of the GENIS Easy Way Elliptical + Exercise Bike, showcasing its dual functionality and sleek design.

IMPORTANT SAFETY INFORMATION

Before using the equipment, consult with a physician. Stop exercising immediately if you feel faint, dizzy, or experience

pain. Always follow these safety guidelines:

- Ensure all bolts and nuts are securely tightened before each use.
- Place the equipment on a flat, stable surface.
- Keep children and pets away from the equipment during operation.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum user weight (if specified, otherwise assume standard).
- Unplug the unit when not in use or before cleaning.

SETUP AND ASSEMBLY

The GENIS Easy Way Elliptical + Exercise Bike requires assembly. Please refer to the separate "**Instruction Manual**" included in your package for detailed, step-by-step assembly instructions and diagrams. This section provides general guidance.

Unpacking and Component Check

Carefully remove all components from the packaging. Verify that all parts listed in the included manual are present. The package includes:

- 1 EasyWay GENIS FITNESS unit
- 1 Nutrition Guide
- 1 Instruction Manual
- Necessary assembly tools (usually included)

Placement

Choose a suitable location for your fitness equipment. Ensure there is ample space around the unit for safe operation and movement. The dimensions of the assembled product are approximately 116 cm (length) x 52.5 cm (width) x 156 cm (height).

Power Connection

The unit operates on electrical power. Connect the power adapter to a compatible outlet. The required voltage is 110-220 Volts (Bivolt).



Image 2: Angled view of the GENIS Easy Way, showing the overall structure and footprint for placement consideration.

OPERATING INSTRUCTIONS

Getting Started

1. Plug in the power adapter.

2. Step onto the pedals or sit on the seat, ensuring a stable position.
3. The console should power on automatically or by pressing a button.

Using as an Elliptical

Stand on the foot pedals and grasp the moving handlebars. Begin a natural walking or running motion. The electromagnetic resistance system provides smooth, impact-free strides. Adjust resistance levels via the console as desired.



Image 3: A user demonstrating the elliptical function, engaging both upper and lower body.

Using as an Exercise Bike

Adjust the seat height for comfortable pedaling. Sit on the seat and place your feet on the pedals. You can hold the stationary handlebars for stability or use the moving handlebars for a full-body workout. Adjust resistance levels via the console.



Image 4: A user demonstrating the exercise bike function, highlighting the adjustable seat and comfortable riding position.

Console Functions

The integrated console displays key workout metrics such as time, speed, distance, calories burned, and pulse (if equipped with sensors). Refer to the detailed instruction manual for specific console operation and program selection.



Image 5: Close-up view of the digital display console, showing workout metrics and control buttons.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your GENIS Easy Way. Always unplug the unit before performing any maintenance.

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** Moving parts may require occasional lubrication. Refer to the main instruction manual for specific lubrication points and recommended lubricants.

TROUBLESHOOTING

If you encounter issues with your GENIS Easy Way, try the following basic troubleshooting steps:

- **No Power to Console:**
 - Ensure the power adapter is securely plugged into both the unit and the wall outlet.
 - Check the wall outlet with another device to confirm it is functional.
- **Unusual Noises:**
 - Inspect for any loose parts and tighten them.
 - Ensure the equipment is on a level surface.
- **Resistance Not Changing:**
 - Verify that the console is powered on and functioning correctly.
 - Refer to the main manual for specific resistance adjustment procedures.

If problems persist, contact customer support for assistance.

SPECIFICATIONS

Model Name	Easy Way Genis Polishop
Model Number	1000051
Brand	Genis
Color	Black and Red
Material	Metal, plastic, and rubber
Product Dimensions (L x W x H)	116 cm x 52.5 cm x 156 cm
Product Weight	45.75 kg
Power Source	Electrical power
Voltage	110-220 Volts (Bivolt)
Included Components	1 EasyWay GENIS FITNESS unit, 1 Nutrition Guide, 1 Instruction Manual

WARRANTY AND SUPPORT

For warranty information, please refer to the documentation included with your purchase or contact the seller, Loja Oficial Polishop. For technical support or service inquiries, please reach out to the manufacturer, Genis, or the authorized retailer where the product was purchased.

Seller: [Loja Oficial Polishop](#)

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