

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

- › [WONDER CORE](#) /
- › [WONDER CORE Pro Max User Manual](#)

WONDER CORE PM-01

WONDER CORE Pro Max User Manual

Model: PM-01 | Brand: WONDER CORE

INTRODUCTION

The WONDER CORE Pro Max is an innovative 4-in-1 transforming fitness system designed to provide a comprehensive full-body workout in the comfort of your home. This single piece of equipment integrates the functionalities of a Roman Chair, Ab Glider, Leg Press, and Rowing Machine, making it an efficient solution for strengthening and toning various muscle groups.

It focuses on core engagement, targeting upper, lower, and middle abdominal muscles, as well as obliques. Beyond core training, it effectively works arms, glutes, and legs, and provides cardio benefits. Its compact and foldable design ensures easy storage, making it suitable for any living space.



Image: The WONDER CORE Pro Max shown in its different configurations, highlighting its versatility.

SETUP AND ASSEMBLY

The WONDER CORE Pro Max is designed for straightforward assembly. Follow the included instructions carefully to ensure proper setup and safe operation. The unit features a patented transforming design that allows for easy conversion between its four primary modes.

Assembly Steps:

1. Unpack all components and verify against the parts list in the separate assembly guide.
2. Attach the main frame components as instructed, ensuring all bolts and fasteners are securely tightened.

3. Install the padded supports and handles, confirming they are firmly in place.
4. Before first use, check all connections and moving parts for stability and proper function.

User Guidance Video:

Your browser does not support the video tag.

Video: This official user guidance video demonstrates the setup, transformation, and basic operation of the WONDER CORE Pro Max, including how to switch between its various exercise modes.

OPERATING MODES

The WONDER CORE Pro Max offers four distinct exercise modes, each designed to target specific muscle groups and provide a varied workout experience.

1. Roman Chair Mode

This mode is designed to work your core, lower back, side abs, glutes, and hamstrings. It provides an effective way to strengthen your posterior chain. Adjust the intensity based on your fitness level. This mode is compatible with free weights and dumbbells for increased challenge.

Rowing Machine



Trains 85% Muscles

Back, Arms,
Abs, Legs

Boosts Cardio Fitness

Heart & Lungs

Burns Fat Faster

More Efficient
Than Others

Image: A woman demonstrating the Roman Chair mode, focusing on back and core extension exercises.

2. Ab Glider Mode

The Ab Glider mode targets and strengthens your abdominal muscles. It allows for a smooth gliding motion to engage your core effectively, helping to define your midsection. This mode facilitates easy and simple exercises for daily use.

Kneeling Glider



**Lift Hips
Slim Waist**

Sculpt Curves

Perfect Abs

Precisely
Train Core

2 - Level Incline

Varying Difficulty
Workouts

Image: A man demonstrating the Ab Glider mode, performing knee-to-chest movements for abdominal workout.

3. Leg Press Mode

Utilize the Leg Press mode for an effective lower body workout. This mode helps to strengthen, tighten, and tone your upper and lower legs, as well as your glutes, through a smooth, continuous motion. It contributes to developing lean and strong leg muscles.

Leg Press



Sculpt Hips/Legs

Train Muscles
Tighten Lower Body

Boost Endurance

Strengthen Legs
Enhance Stamina

Resistance Bands

Train Arm Lines

Image: A man demonstrating the Leg Press mode, pushing against the footrests to engage leg muscles.

4. Rowing Machine Mode

The Rowing Machine mode simulates the action of rowing a boat, providing a full-body cardio workout. It engages your core, legs, and upper body in one fluid motion, offering an efficient way to improve cardiovascular fitness and burn calories.

Roman Chair



Compatible with dumbbells
or barbell plates

Sculpt Hips/Back

Trains core
hips/thighs/lower back

Relieve Lower Back Pain

Eases back
tightness

Weighted Training

Dumbbells/plates
boost intensity

Image: A woman demonstrating the Rowing Machine mode, pulling the resistance bands while extending her legs.

SPECIFICATIONS

Detailed product specifications for the WONDER CORE Pro Max:

Specification	Detail
Product Name	Wonder Core Pro Max
Model	PM-01
Brand	Wonder Core
Color	Light Gray
Suggested User Height	4.92 - 6.23 ft (150 - 190 cm)

Maximum Dynamic Load	242 lb (110 kg)
Product Net Weight	28.7 lb (13 kg)
Resistance	Standard: 13.2 lb; Optional add-on: 19.8 lb
Material	Steel & Plastic (ABS-PP-Foam-PA)
Roman Chair Dimensions (L x W x H)	44.1 x 34.8 x 30.9 in (112 x 88.4 x 78.5 cm)
Rowing Machine Dimensions (L x W x H)	45.9 x 22.5 x 12.6 in (116.6 x 57.2 x 32 cm)
Ab Glider & Leg Press Dimensions (L x W x H)	44.1 x 22.5 x 30.9 in (112 x 57.2 x 78.5 cm)
Folded Dimensions (L x W x H)	47 x 22.5 x 10 in (119.4 x 57.2 x 25.4 cm)

PRODUCT INFORMATION

Name

Wonder Core Pro Max

Model

PM-01

Color

Light gray

Net Weight

~ 28.7 lb

Suggested User Height

4.92 - 6.23 ft

Max. User Weight

242 lb

Resistance Bands

Standard: 13.2 lb
Optional add-on: 19.8 lb

Material

Steel & Plastic
(ABS-PP-Foam-PA)

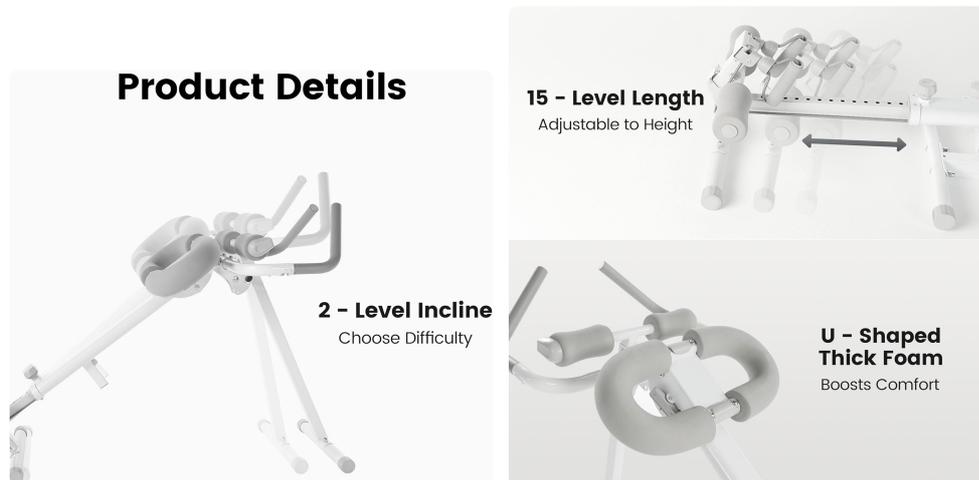
Dimension (L x W x H)

Roman Chair: 44.1 x 34.8 x 30.9 in
Rowing Machine: 45.9 x 22.5 x 12.6 in
Ab Glider & Leg Press: 44.1 x 22.5 x 30.9 in
Folded (for storage): 47 x 22.5 x 10 in

Image: A visual representation of the product's key specifications and dimensions.

Adjustable Features:

- **2-Level Incline:** Choose between two difficulty levels to adjust the intensity of your workout.
- **15-Level Length Adjustment:** The unit's length can be adjusted to 15 different levels, accommodating various user heights for optimal comfort and exercise effectiveness.
- **U-Shaped Thick Foam:** Padded supports are designed with U-shaped thick foam to enhance comfort during use.



Images: Details showing the 2-level incline adjustment and the 15-level length adjustment with U-shaped thick foam for comfort.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your WONDER CORE Pro Max.

- **Cleaning:** Wipe down the frame and padded areas with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts to ensure they are secure and functioning correctly. Tighten any loose fasteners.
- **Lubrication:** Apply a small amount of silicone-based lubricant to any moving joints or pivot points if you notice friction or noise.
- **Storage:** When not in use, fold the unit into its compact storage position and store it in a dry, cool place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

If you encounter any issues with your WONDER CORE Pro Max, refer to the following common troubleshooting tips:

- **Squeaking Noises:** Check all pivot points and joints. Lubricate with a silicone-based spray if necessary.

Ensure all bolts are tightened.

- **Difficulty Adjusting Modes:** Ensure the locking pins are fully disengaged before attempting to change modes. Do not force the mechanism. Refer to the user guidance video for proper transformation steps.
- **Instability During Use:** Verify that the unit is placed on a flat, stable surface. Check all assembly connections to ensure they are securely tightened.
- **Resistance Issues:** Ensure the resistance bands are properly attached and not worn or damaged. If resistance feels too low or too high, verify the correct resistance level is selected or consider optional add-on bands.

For issues not covered here, please contact WONDER CORE customer support.

WARRANTY AND SUPPORT

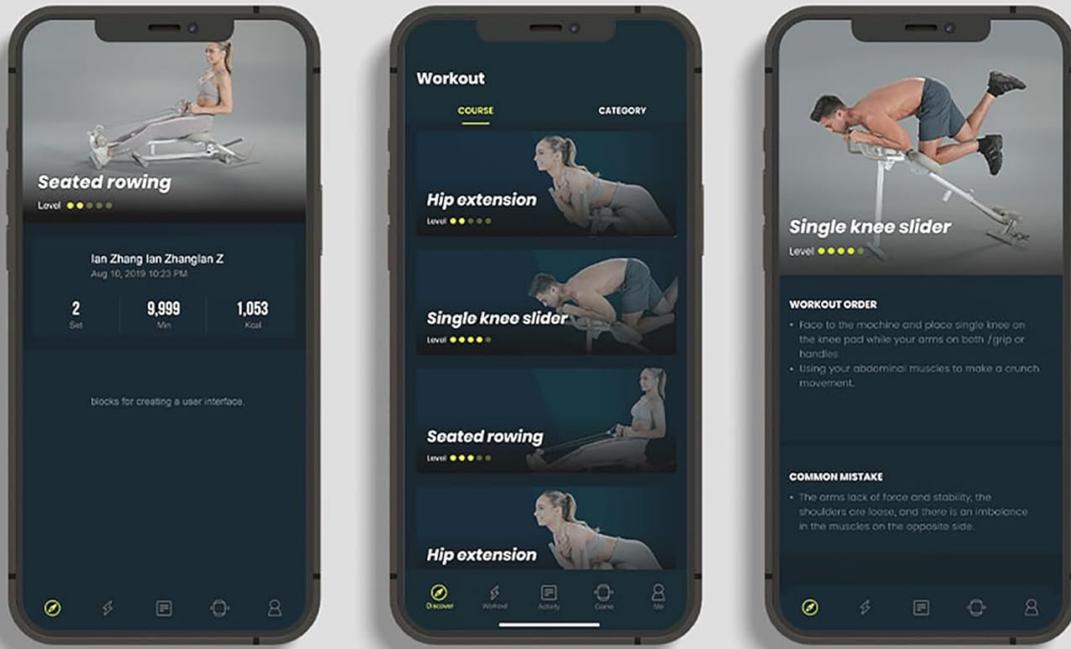
Warranty Information:

The WONDER CORE Pro Max comes with a **1-year warranty** from the date of purchase. This warranty covers manufacturing defects and material flaws under normal use. Please retain your proof of purchase for warranty claims. The warranty does not cover damage due to misuse, accidents, unauthorized modifications, or normal wear and tear.

Customer Support and Exclusive App:

For additional support, training tutorials, and to connect with the WONDER CORE community, download the exclusive WONDER CORE App. The app provides a wide variety of workout tutorials created by world-class trainers for each of the four different modes, along with smart training analysis and real-life coaching.

Search for "Wonder Core" on Google Play or the App Store to download and install the application. The app offers a comprehensive resource for maximizing your fitness journey with the Pro Max.



EXCLUSIVE APP



Real-life coaches



Professional content



Smart training analysis

Image: Screenshots showcasing the WONDER CORE exclusive app interface with various workout courses and training tutorials.

For direct customer service inquiries, please refer to the contact information provided in your product packaging or visit the official WONDER CORE website.

© 2025 WONDER CORE. All rights reserved.

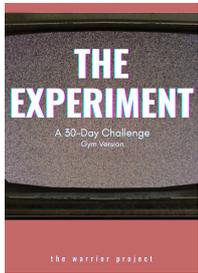
Related Documents - PM-01

<p>AB TRAINER MANUAL EZ58</p> 	<p>TUNTURI AB TRAINER User Manual: Assembly, Safety, and Exercise Guide</p> <p>This comprehensive user manual for the TUNTURI AB TRAINER provides essential safety precautions, detailed assembly instructions with a parts list, and step-by-step guidance for performing various abdominal exercises. Learn how to quickly assemble, use, and store your AB Trainer for effective core strengthening.</p>
---	---



[Tunturi CT80 Core Trainer User Manual](#)

User manual for the Tunturi CT80 Core Trainer, providing assembly instructions, usage guidelines, safety precautions, maintenance advice, and warranty information for home fitness enthusiasts.



[The Experiment: 30-Day Fitness Challenge & Workout Program by The Warrior Project](#)

Discover 'The Experiment,' a 30-day fitness challenge from The Warrior Project. This comprehensive guide offers detailed workout plans for both gym and home, featuring structured weekly splits and daily routines to help users achieve their fitness goals.



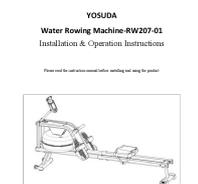
[SKLZ Chrome Power Wheel Instruction Manual and Exercise Guide](#)

Official instruction manual and exercise guide for the SKLZ Chrome Power Wheel. Learn assembly, safe usage, and effective exercises for building core strength and improving athletic performance. Features include detailed steps, warnings, and warranty information.



[Ab Machine Exercise Guide: 4 Core Workouts](#)

Comprehensive guide to performing four core-strengthening exercises on an ab machine: Standard Ab Curl, Single-Leg Sliding, Arm & Hip Exercise, and Plank. Includes detailed instructions and tips for effective workouts.



[YOSUDA A Water Rowing Machine RW207-01: Installation and Operation Guide](#)

Comprehensive installation and operation instructions for the YOSUDA A Water Rowing Machine RW207-01. Learn how to assemble, use, and maintain your rowing machine for effective fitness and weight loss.