

WONDER CORE WC-83

WONDER CORE 2 Total Gym Machine User Manual

Model: WC-83

Brand: WONDER CORE

1. INTRODUCTION AND OVERVIEW

The WONDER CORE 2 Total Gym Machine is a versatile piece of fitness equipment designed for comprehensive home workouts. It targets various muscle groups, including the upper, middle, and lower abs, obliques, chest, shoulders, back, biceps, triceps, traps, glutes, and calves. Its innovative design allows for a full range of motion, extending beyond 180 degrees, and features an ingenious spring system for assisted movements.



Image: The WONDER CORE 2 Total Gym Machine, showcasing its compact and multi-functional design.

2. SETUP AND ASSEMBLY

The WONDER CORE 2 is designed for straightforward assembly. While specific step-by-step instructions are provided in the product packaging, users generally find the setup process to be quick and manageable. Ensure all components are present and securely fastened before initial use.

Key components include the main frame, adjustable backrest, 360-degree twisting seat, and the patented 8-pulley resistance band system. Refer to the included assembly guide for detailed diagrams and instructions.

3. OPERATING INSTRUCTIONS

The WONDER CORE 2 offers a wide array of exercises. Below are descriptions of key features and how they contribute to your workout.

Core Workout Capabilities

This equipment supports a full turbocharged upper body workout, focusing on abdominal muscles. The design allows for movements beyond 180 degrees, engaging your body's entire range of motion for effective core strengthening.

WONDER
Core

8 BASIC EXERCISES

Sit up, twist, air bike, dumbbell bench
ab tuck, ab pushdowns, push up, stretching

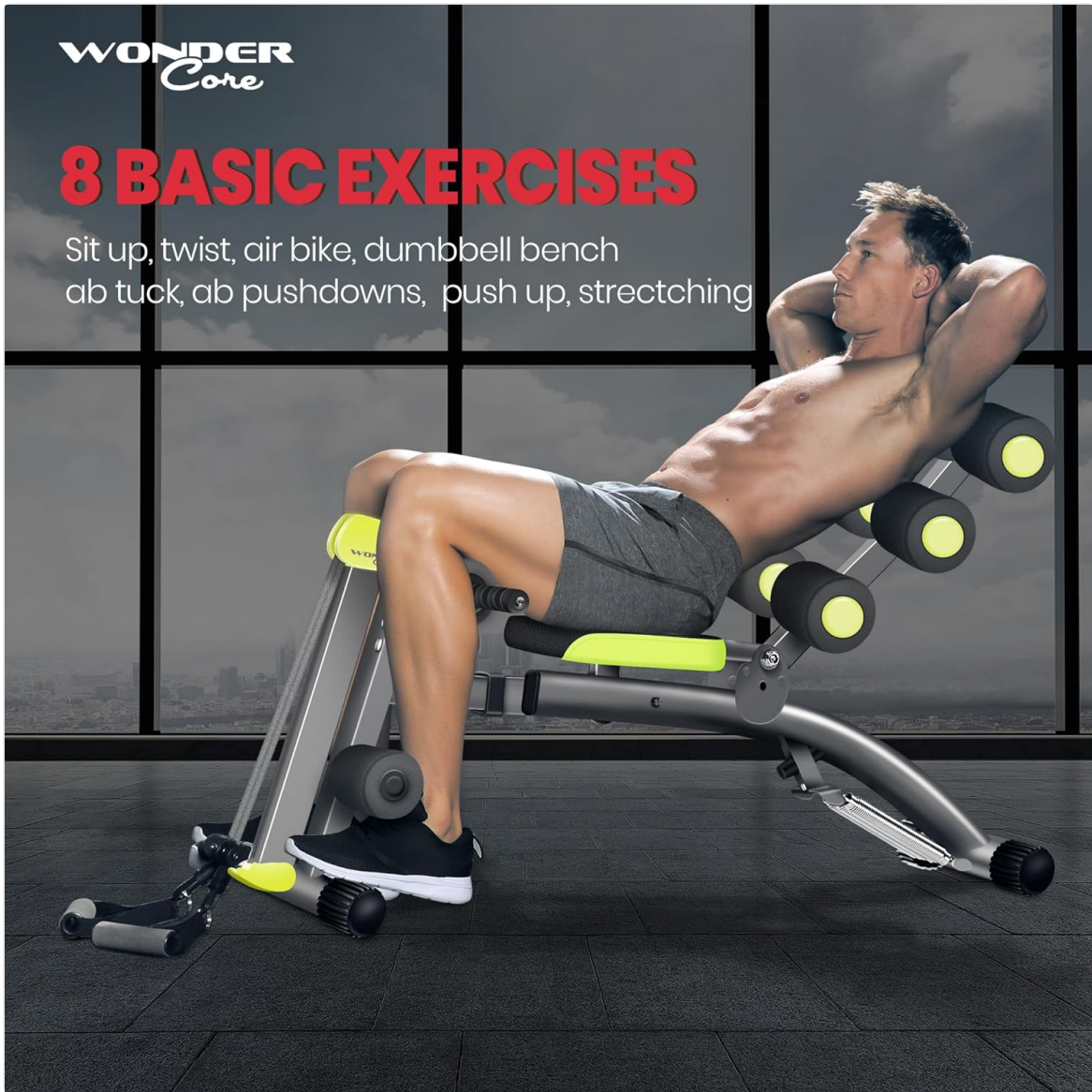


Image: Man performing sit-ups on the WONDER CORE 2, illustrating core exercise functionality.

All-in-One Exercise Equipment

The Wonder Core 2 targets specific areas like upper, middle, and lower abs, obliques, chest, shoulders, back, biceps, triceps, traps, glutes, and calves. You can adjust resistance for either a leaner look or increased muscle size. Workouts can be mixed for varied intensity.

Ingenious Spring System

Equipped with two springs, the machine assists in returning to the starting position, providing support similar to a personal trainer. This feature is beneficial for beginners or individuals with mobility considerations. Resistance levels are adjustable to suit your fitness level.



Image: Detailed view of the ingenious spring system and other adjustable features.

Oblique Twisting Equipment

The integrated twisting seat facilitates cardio and oblique exercises, allowing for targeted rotational movements.

Patented 8 Pulley Resistance Band System

Perform rowing exercises, curls, and raises using the 8-pulley resistance band system. This system aids in muscle development. Advanced resistance bands are available separately for increased intensity.

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12-IN-ONE ROWING EXERCISES

Biceps & back training, biceps curls, one arm curls, arm rowing, back training, triceps extension, one arm delt raise, front delt raise, chest fly, rear delt fly, lean-back shoulders, rowing & sit up.



Image: Woman performing rowing exercises, demonstrating the use of the resistance band system.

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PATENTED RESISTANCE BAND SYSTEM

For those of you really looking to step it up, you can even get the advanced resistance bands options for even more definition in size



40 pounds



26 pounds



Image: Man using the resistance bands, showing different resistance options.

360 Degree Foam Rollers

Six plush 360-degree foam rollers provide support to the sides of your back, ensuring comfort and spinal protection during full range of motion exercises. The double-stitched twisting seat also enhances comfort.

Official Product Videos

Official seller-provided product videos are not available for embedding in this manual. Please refer to the manufacturer's website or product page for any available video demonstrations.

4. MAINTENANCE

To ensure the longevity and optimal performance of your WONDER CORE 2 Total Gym Machine, regular maintenance is recommended:

- **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.

Tighten any loose fasteners.

- **Springs and Bands:** Inspect the springs and resistance bands for any signs of wear, fraying, or damage. Replace them if necessary to maintain proper function and safety.
- **Storage:** Store the machine in a dry, cool place away from direct sunlight and extreme temperatures.

5. TROUBLESHOOTING

If you encounter any issues with your WONDER CORE 2, consider the following common troubleshooting steps:

- **Unusual Noises:** Check for any loose parts or components that may be rubbing together. Lubricate moving joints if necessary with a silicone-based lubricant.
- **Resistance Issues:** Ensure the springs are correctly attached and not damaged. Verify that the resistance bands are properly installed and not stretched or broken.
- **Stability Concerns:** Confirm that the machine is placed on a flat, stable surface. Check all frame connections for tightness.
- **Comfort Issues:** Adjust the ergonomic backrest and ensure the foam rollers are positioned correctly for your body.

If problems persist after attempting these steps, please contact customer support.

6. SPECIFICATIONS

Attribute	Value
Brand	WONDER CORE
Model Number	WC-83
Color	Green
Material	Steel-ABS-PP-TPR-PA-Sponge
Item Weight	23.6 Pounds
Style	Modern
Maximum Weight Recommendation	264.6 Pounds
Product Dimensions (L x W x H)	43.3"L x 21"W x 28.5"H
UPC	645759174857
Date First Available	June 11, 2017



Image: Product dimensions for the WONDER CORE 2.

7. WARRANTY AND SUPPORT

WONDER CORE is committed to providing professional after-sales service. If you encounter any product problems, please do not hesitate to contact us. We are dedicated to helping you resolve any issues in a timely manner.

For direct support, you may contact us via WhatsApp at 0965815674.

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Related Documents - WC-83

AB TRAINER MANUAL
CZSK



[TUNTURI AB TRAINER User Manual: Assembly, Safety, and Exercise Guide](#)

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>SKLZ Chrome Power Wheel Instruction Manual and Exercise Guide</p> <p>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.</p>
	<p>Tunturi CT80 Core Trainer User Manual</p> <p>User manual for the Tunturi CT80 Core Trainer, providing assembly instructions, usage guidelines, safety precautions, maintenance advice, and warranty information for home fitness enthusiasts.</p>
	<p>Abaway Pro Owner's Manual: Step-by-Step Guide to Healthy Lifestyle and Exercise</p> <p>Comprehensive owner's manual for the Abaway Pro abdominal trainer, featuring assembly instructions, workout routines, safety guidelines, and a nutritional plan for a healthy lifestyle. Learn how to use the Abaway Pro effectively for core strengthening and overall fitness.</p>
	<p>Ab Machine Exercise Guide: 4 Core Workouts</p> <p>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.</p>
	<p>Mobiclinic RA-01 Abdominal Roller: User Manual and Safety Instructions</p> <p>Comprehensive user manual for the Mobiclinic RA-01 abdominal roller, providing detailed instructions for use, benefits, maintenance, troubleshooting, and safety precautions in English.</p>