

Wonder Core PM-01

Wonder Core Pro Max 4-in-1 Fitness Machine User Manual

1. INTRODUCTION

Thank you for choosing the Wonder Core Pro Max 4-in-1 Fitness Machine. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read all instructions carefully before assembly and operation. Keep this manual for future reference.

Safety Information

- Consult a physician before starting any new exercise program.
- Ensure all parts are securely assembled before each use.
- Do not exceed the maximum recommended user weight of 110 kg.
- Keep children and pets away from the equipment during use.
- Use the machine on a flat, stable surface.

2. PRODUCT OVERVIEW

The Wonder Core Pro Max is a versatile 4-in-1 fitness machine designed for a comprehensive full-body workout. It combines the functions of a rowing machine, ab slider, back extension, and leg press into a single, compact unit.

Key Features:

- **4-in-1 Functionality:** Seamlessly switch between Rowing, Ab Slider, Back Extension, and Leg Press modes.
- **Adjustable Resistance:** Features a 6kg load tube and 2-stage incline adjustment for varied intensity.
- **Space-Saving Design:** Weighs only 13kg and is foldable for compact storage.

- **Durable Construction:** Integrated steel rail structure supports up to 110kg.
- **App Connectivity:** Syncs with a dedicated smartphone app for guided workouts and progress tracking.



The Wonder Core Pro Max in AB Glider mode, targeting core muscles.



User demonstrating the Rowing Machine mode for back and arm muscles.



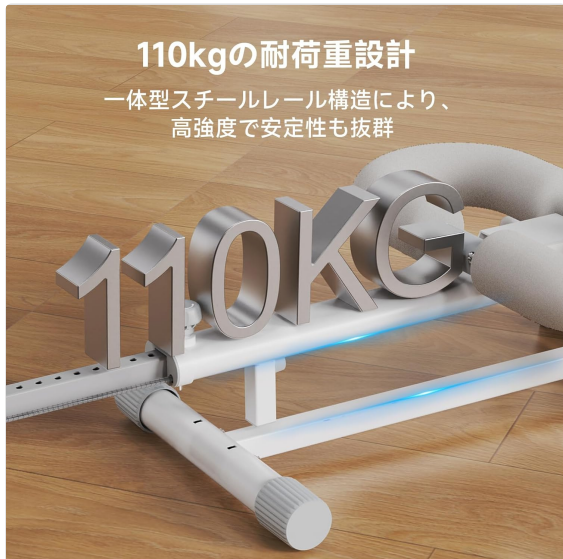
The machine configured for Back Extension (Roman Chair) exercises.



User performing Leg Press exercises on the Wonder Core Pro Max.



Smartphone app displaying various workout routines and progress tracking.



Close-up showing the robust construction and 110kg weight capacity.



The Wonder Core Pro Max folded into a compact form for easy storage.

3. SETUP

The Wonder Core Pro Max is designed for simple assembly. Please follow the detailed instructions provided in the separate assembly guide included with your product. Ensure all bolts and connections are tightened securely before first use.

Initial Setup Steps:

1. Unpack all components and verify against the parts list.
2. Attach the main frame components as per the visual guide.
3. Install the seat, backrest, and handle grips.
4. Connect the resistance tubes and adjust to your desired level.

5. Perform a stability check to ensure the machine is firm and does not wobble.

4. OPERATING INSTRUCTIONS

The Wonder Core Pro Max offers four primary exercise modes. Always warm up before exercising and cool down afterward. Adjust the resistance and incline to match your fitness level.

4.1. Rowing Machine Mode

This mode targets your back, arms, and core, simulating a rowing motion. Adjust the resistance tubes for desired intensity.

Video demonstrating various exercises, including rowing, on the fitness machine.

4.2. Abdominal Roller / Ab Slider Mode

Engage your abdominal muscles with this core-strengthening mode. Position yourself on the machine and perform controlled sliding movements.

Video showcasing abdominal exercises using the machine's ab roller function.

4.3. Back Extension Mode

Strengthen your lower back and glutes by performing back extension exercises. Adjust the machine's angle for varying difficulty.

4.4. Leg Press Mode

Target your lower body muscles, including quadriceps and hamstrings, with the leg press function. Ensure your feet are securely placed on the pedals.

4.5. App Integration

Download the dedicated smartphone app to access professional training videos and track your workout data. The app helps ensure correct form and monitors your progress, making your fitness journey more engaging.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Wonder Core Pro Max.

Cleaning:

- Wipe down the machine with a damp cloth after each use to remove sweat and dust.
- Avoid using abrasive cleaners or solvents that could damage the finish.

Storage:

- The machine is foldable for compact storage. Refer to the assembly guide for folding instructions.

- Store in a dry place away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

If you encounter any issues with your Wonder Core Pro Max, please refer to the following common solutions. For problems not listed here, contact customer support.

Common Issues:

- **Squeaking Noises:** Check all bolts and connections for tightness. Apply a small amount of silicone lubricant to moving parts if necessary.
- **Instability:** Ensure the machine is placed on a flat, level surface. Verify all support legs are fully extended and locked.
- **Resistance Issues:** Check if the resistance tubes are properly attached and not damaged. Adjust the resistance settings as per the operating instructions.
- **App Connectivity Problems:** Ensure Bluetooth is enabled on your device and the app is updated to the latest version. Restart both the app and your device if issues persist.

7. SPECIFICATIONS

Feature	Detail
Brand	Wonder Core
Model Number	PM-01
Color	Grey
Resistance Mechanism	Air (implied by tube resistance)
Product Dimensions (D x W x H)	110 x 25 x 17 cm
Special Features	Foldable, Easy Assembly
Measurement Type	Time
Tension Adjustment	Adjustable
Item Weight	13 kg
Recommended Maximum Weight	110 kg
Material	Alloy Steel
Manufacturer	Wonder Core CO., LTD.
Country of Origin	China
Included Components	Resistance Tube

8. WARRANTY AND SUPPORT

Your Wonder Core Pro Max comes with a **1-year manufacturer's warranty**, ensuring quality and peace of mind. We are committed to providing excellent customer service.

Contact Support:

For any questions regarding product usage, assembly, warranty claims, or other inquiries, please contact our customer support team. Have your purchase details and model number (PM-01) ready for faster assistance.

- **Online:** Visit the official Wonder Core website for support resources and contact forms.
- **Email:** Refer to your purchase documentation for the customer service email address.