

WONDER CORE Wonder Core 2

Wonder Core 2 Upgraded Adjustable Workout Bench & Ab/Rowing Machine User Manual

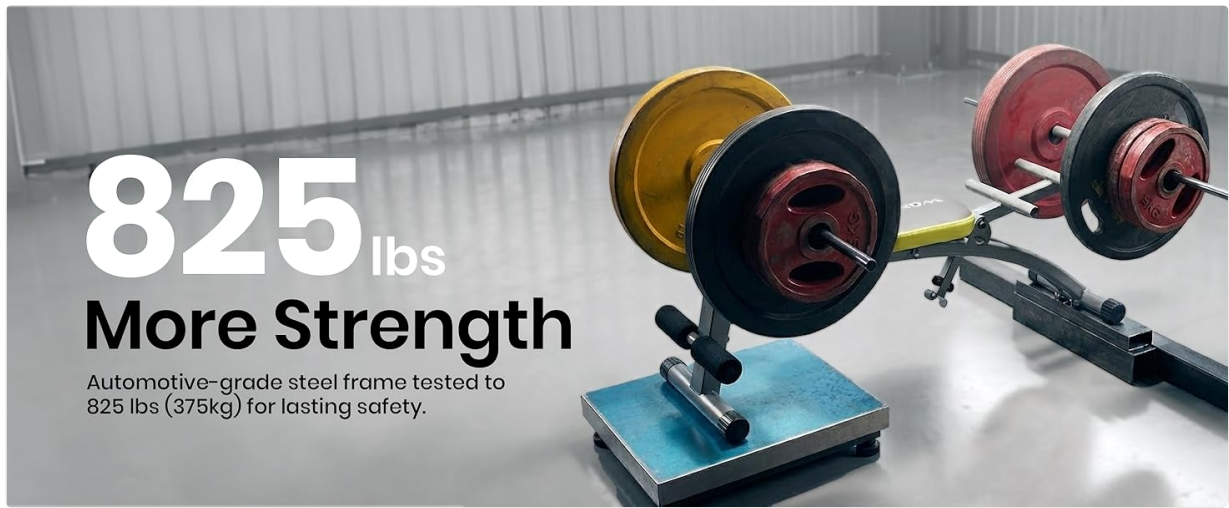
Model: Wonder Core 2 | Brand: WONDER CORE

INTRODUCTION

This manual provides essential information for the safe and effective use of your Wonder Core 2 Upgraded Adjustable Workout Bench & Ab/Rowing Machine. Please read all instructions carefully before assembly and operation. Retain this manual for future reference.

SAFETY INFORMATION

- Consult a physician before starting any exercise program.
- Ensure all parts are correctly assembled and secured before each use.
- The maximum recommended user weight for this equipment is **330 pounds (150 kg)**. The frame has been tested to withstand up to 825 pounds (375 kg).
- Keep children and pets away from the equipment during use.
- Use the equipment on a flat, stable surface.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.
- Wear appropriate exercise attire and footwear.



825 lbs More Strength

Automotive-grade steel frame tested to 825 lbs (375kg) for lasting safety.

Image: The Wonder Core 2 features an automotive-grade steel frame, tested for durability and safety.

SETUP

Unpacking and Component Check

Carefully remove all components from the packaging. Verify that all parts are present and undamaged. If any parts are missing or damaged, do not proceed with assembly and contact customer support.

Assembly

Detailed assembly instructions are provided in the separate assembly guide included with your product. Follow these instructions step-by-step. Ensure all bolts, nuts, and pins are securely fastened. For visual assistance, instructional videos may be available online.

Adjusting the Frame

The Wonder Core 2 features a reinforced frame with four adjustable levels to accommodate various body types. Adjust the frame to a comfortable and secure position before use. The design fits users between 4'11" and 6'3" (150-190cm).



Image: The Wonder Core 2 offers a 4-level adjustable design to fit a wide range of user heights.

OPERATING INSTRUCTIONS

The Wonder Core 2 is designed for a comprehensive full-body workout. Familiarize yourself with its features

and adjustments for optimal exercise.

Core Workouts

- **Auto-Rebound Backrest:** This feature provides resistance during the downward motion of sit-ups and gentle support during the upward motion, reducing strain on the lower back. It has 3 adjustable resistance levels.
- **360° Rotating Seat:** The swivel seat allows for continuous rotation, engaging upper and lower abdominal muscles, obliques, and the lower back for a more complete core workout.
- **Ergonomic Backrest:** Adjust the backrest to one of 3 angles to match your desired training intensity and range of motion. The high-density foam rollers provide comfort and massage during back extension exercises.



Image: The ergonomic relief roller supports back stretching and comfort during core exercises.



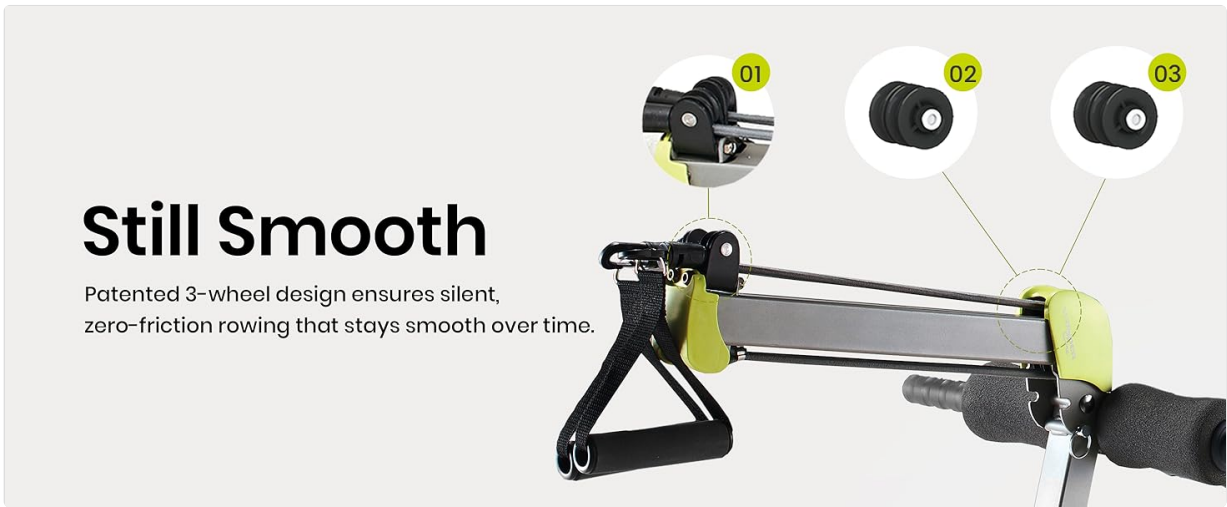
Image: The 360° swivel seat allows for dynamic core engagement and other exercises like tricep dips.

Upper Body & Rowing Workouts

- **Resistance Rope System:** Utilize the patented resistance ropes for upper body exercises targeting the back, biceps, and triceps. Adjust the dual-core springs to customize intensity (Beginner, Intermediate, Advanced).
- **Rowing Function:** The patented 3-wheel design ensures smooth, silent, and zero-friction rowing. Combine rowing with sit-ups for an efficient full-body workout.



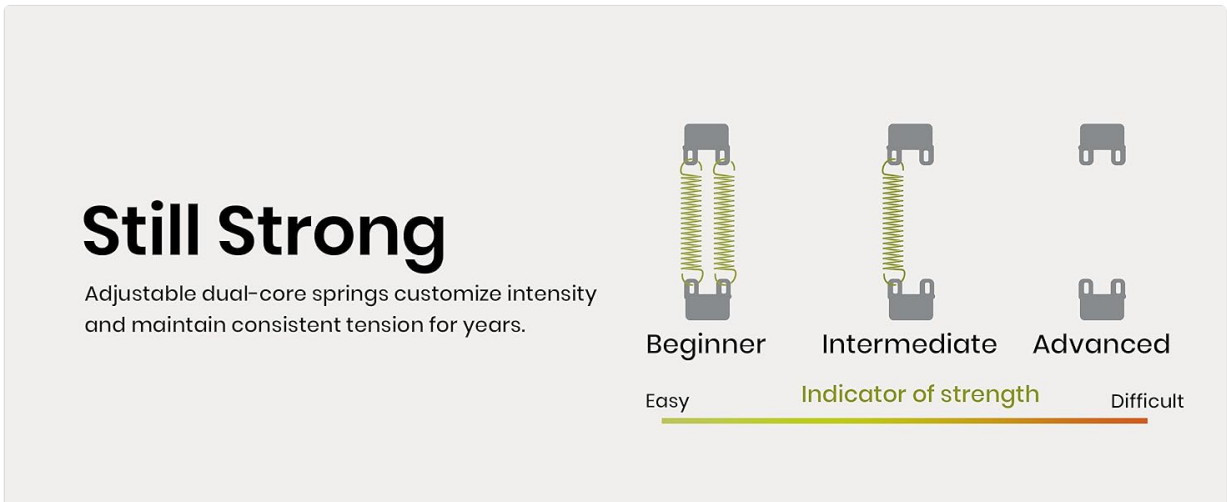
Image: The patented pulley system enables effective bicep curls and other upper body exercises.



Still Smooth

Patented 3-wheel design ensures silent, zero-friction rowing that stays smooth over time.

Image: The 3-wheel design ensures smooth and quiet operation during rowing exercises.



Still Strong

Adjustable dual-core springs customize intensity and maintain consistent tension for years.

Beginner Intermediate Advanced
Easy Indicator of strength Difficult

Image: Adjustable dual-core springs allow for customized exercise intensity.

Using the Exclusive Fitness App

Download the exclusive Wonder Core fitness app for detailed usage tutorials, professional workout videos, and personalized training plans. This resource can help guide your exercise journey and track progress.

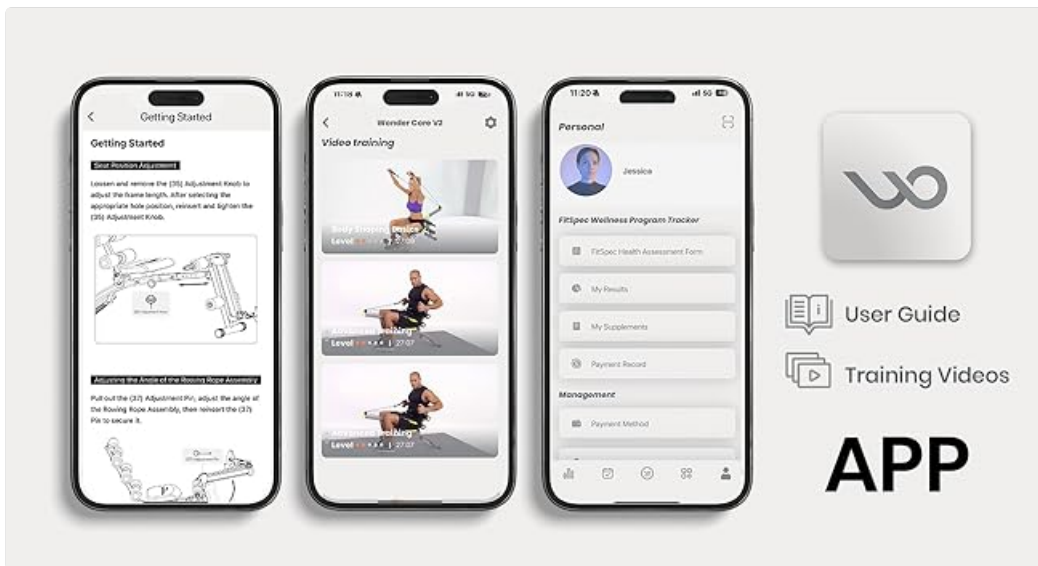


Image: The Wonder Core App provides user guides, training videos, and personalized plans.

MAINTENANCE

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Regularly check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Storage:** The Wonder Core 2 features a foldable design for compact storage. Ensure it is folded correctly and stored in a dry, safe place away from direct sunlight and extreme temperatures.



Image: The foldable design allows for convenient storage in various home environments.

TROUBLESHOOTING

- **Discomfort during sit-ups:** Ensure the backrest is adjusted to an appropriate angle for your body. Experiment with different angles and resistance levels. Proper form is crucial; refer to the app's tutorials if needed.
- **Difficulty folding/unfolding:** Ensure all locking pins are disengaged/engaged correctly. Practice the folding mechanism to become familiar with the process.

- **Unusual noises during operation:** Check all connections and moving parts for looseness. Apply a small amount of silicone-based lubricant to pivot points if necessary.
- **Reduced resistance:** Verify that the dual-core springs are correctly installed and not damaged. Adjust the resistance level as desired.

SPECIFICATIONS

Feature	Detail
Brand	WONDER CORE
Model	Wonder Core 2
Material	Steel, ABS, PP, TPR, PA, Sponge
Item Weight	25.6 Pounds (11.6 kg)
Style	Sit-Up Bench
Max. User Weight	330 Pounds (150 kg)
Frame Tested Load	825 Pounds (375 kg)
User Height Range	4'11" - 6'3" (150-190 cm)
Resistance Levels	3 (for backrest), Adjustable dual-core springs for ropes
Backrest Angles	3 adjustable angles

WARRANTY AND SUPPORT

For information regarding product warranty, please refer to the warranty card included with your purchase or visit the official WONDER CORE website. For technical support, replacement parts, or further assistance, please contact WONDER CORE customer service through their official channels.

Global Patents & Safety



Image: Wonder Core products adhere to global patents and safety certifications.

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