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Wonder Core PM-01

Wonder Core Pro Max - 4-in-1 Home Fitness System

Model: PM-01 | Brand: Wonder Core

INTRODUCTION

Thank you for choosing the Wonder Core Pro Max. This versatile 4-in-1 home fitness system is designed to provide a comprehensive full-body workout, combining the functions of a rowing machine, ab glider, Roman chair (back extension), and leg press. This manual will guide you through the setup, operation, maintenance, and troubleshooting of your new fitness equipment, ensuring a safe and effective exercise experience.

4-in-1 Home Fitness System



Cardio + Resistance Training
Efficiently train your whole
body.

Image: The Wonder Core Pro Max in various exercise modes, demonstrating its 4-in-1 functionality for cardio and resistance training.

SAFETY INFORMATION

- Consult your physician before starting any exercise program.
- Always inspect the equipment for loose or damaged parts before each use. Do not use if any components are compromised.
- Ensure the equipment is placed on a flat, stable surface during use.
- Maintain proper form during exercises to prevent injury. Refer to the operating instructions for guidance.
- Keep children and pets away from the equipment during operation.
- The maximum recommended user weight for this device is **110 kg (242 lbs)**. Do not exceed this limit.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.

PACKAGE CONTENTS

Upon unpacking, please ensure all components are present and undamaged:

- Wonder Core Pro Max Main Unit (with pre-attached elastic cords/tubes)

- Instruction Manual

SETUP AND ASSEMBLY

The Wonder Core Pro Max is designed for easy setup. The main unit comes largely pre-assembled with elastic cords/tubes already attached.

1. **Unpack:** Carefully remove all components from the packaging.
2. **Unfold:** Gently unfold the main frame of the unit. Ensure all locking mechanisms click into place securely.
3. **Stabilize:** Place the unit on a flat, non-slip surface.
4. **Inspect:** Double-check all connections and moving parts to ensure they are properly secured before first use.

For detailed visual guidance, refer to the assembly diagrams in the included printed manual.

OPERATING INSTRUCTIONS

The Wonder Core Pro Max offers four primary exercise modes. Always warm up before your workout and cool down afterwards.

1. Rowing Machine Mode

This mode targets 85% of your muscles, including back, arms, abs, and legs, while boosting cardiovascular fitness.

1. Sit on the main seat with your feet secured in the footrests.
2. Grasp the handles of the resistance bands.
3. Push back with your legs, extending them fully, while simultaneously pulling the handles towards your core.
4. Return to the starting position in a controlled manner.

Kneeling Glider



**Lift Hips
Slim Waist**

Sculpt Curves

Perfect Abs

Precisely
Train Core

2 - Level Incline

Varying Difficulty
Workouts

Image: A user demonstrating the rowing machine function, engaging core, arm, and leg muscles.

2. Kneeling Glider (Ab Glider) Mode

Focus on your core with this mode, designed to sculpt abs and slim your waist.

1. Kneel on the padded support, placing your forearms on the armrests.
2. Engage your core and slide your body forward and backward, maintaining a controlled movement.
3. Adjust the incline for varying difficulty (see 'Adjustments' section).

Rowing Machine



Trains 85% Muscles

Back, Arms,
Abs, Legs

Boosts Cardio Fitness

Heart & Lungs

Burns Fat Faster

More Efficient
Than Others

Image: A user performing abdominal exercises using the kneeling glider function, targeting core muscles with a two-level incline option.

3. Roman Chair (Back Extension) Mode

Strengthen your hips and lower back, helping to relieve back tightness.

1. Position yourself face down, with your hips resting on the main pad and your feet secured.
2. Lower your upper body towards the floor, then raise it back up using your lower back and glute muscles.
3. For increased intensity, dumbbells or barbell plates can be held (ensure secure grip).

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 user performing back extensions on the Roman chair, strengthening the lower back and hips. The image also shows compatibility with dumbbells for weighted training.

4. Leg Press Mode

Sculpt your hips and legs, strengthening lower body muscles and enhancing stamina.

1. Sit on the main seat with your back supported and your feet placed on the footrests.
2. Push your legs away from your body, extending them against the resistance.
3. Control the return motion back to the starting position.

Leg Press



Sculpt Hips/Legs

Train Muscles
Tighten Lower Body

Boost Endurance

Strengthen Legs
Enhance Stamina

Resistance Bands

Train Arm Lines

Image: A user performing leg press exercises, targeting leg and hip muscles for lower body strengthening.

ADJUSTMENTS

Resistance Adjustment

The Wonder Core Pro Max utilizes elastic cords/tubes for resistance. The unit comes with standard resistance (approximately 13.2 lb). Optional add-on resistance bands (approximately 19.8 lb) may be available for increased intensity. Refer to the product packaging or manufacturer's website for details on acquiring additional resistance bands and instructions on how to safely swap them.

Incline Adjustment (Kneeling Glider Mode)

For the Kneeling Glider mode, the unit offers a 2-level incline adjustment to vary the difficulty of your abdominal workouts. Locate the adjustment pin or lever near the base of the gliding mechanism. Follow the markings to select your desired incline level, ensuring it is securely locked before use.

MAINTENANCE

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.

- **Storage:** The Wonder Core Pro Max features a foldable design for easy storage. Fold the unit according to the instructions to save space. Store in a dry, cool place away from direct sunlight.



Image: The Wonder Core Pro Max in its folded position, demonstrating its compact design for easy storage.

- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners. Replace worn or damaged parts immediately.

TROUBLESHOOTING

If you encounter any issues with your Wonder Core Pro Max, refer to the following common solutions:

- **Squeaking Noises:** Check for loose bolts or moving parts that may require lubrication. Apply a small amount of silicone-based lubricant if necessary.
- **Unstable Unit:** Ensure the unit is placed on a flat, level surface. Check that all folding mechanisms are fully engaged and locked.
- **Resistance Feels Too Easy/Hard:** Verify that the correct resistance bands are installed. Consider adjusting the incline for the ab glider or adding/removing optional resistance bands.
- **Difficulty Folding/Unfolding:** Ensure all safety pins or levers are disengaged/engaged as required for folding/unfolding. Do not force the mechanism.

If problems persist, please contact customer support.

SPECIFICATIONS

Feature	Detail
Brand	Wonder Core
Model	PM-01
Color	Gray
Material	Alloy Steel (ABS-PP-Foam-PA)
Resistance Mechanism	Air (Elastic Cords/Tubes)
Standard Resistance Bands	13.2 lb
Optional Add-on Resistance Bands	19.8 lb
Product Dimensions (D x W x H)	110 x 25 x 17 cm (43.3 x 9.8 x 6.7 inches)
Folded Dimensions (L x W x H)	47 x 22.5 x 10 inches (approx.)
Recommended Max User Weight	110 kg (242 lbs)
Net Weight	~28.7 lb
Special Features	Foldable, Easy Assembly

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: Detailed product information including dimensions, weight, and materials for the Wonder Core Pro Max.

242 lbs Weight Capacity

Integrated steel rail construction for high strength and excellent stability.

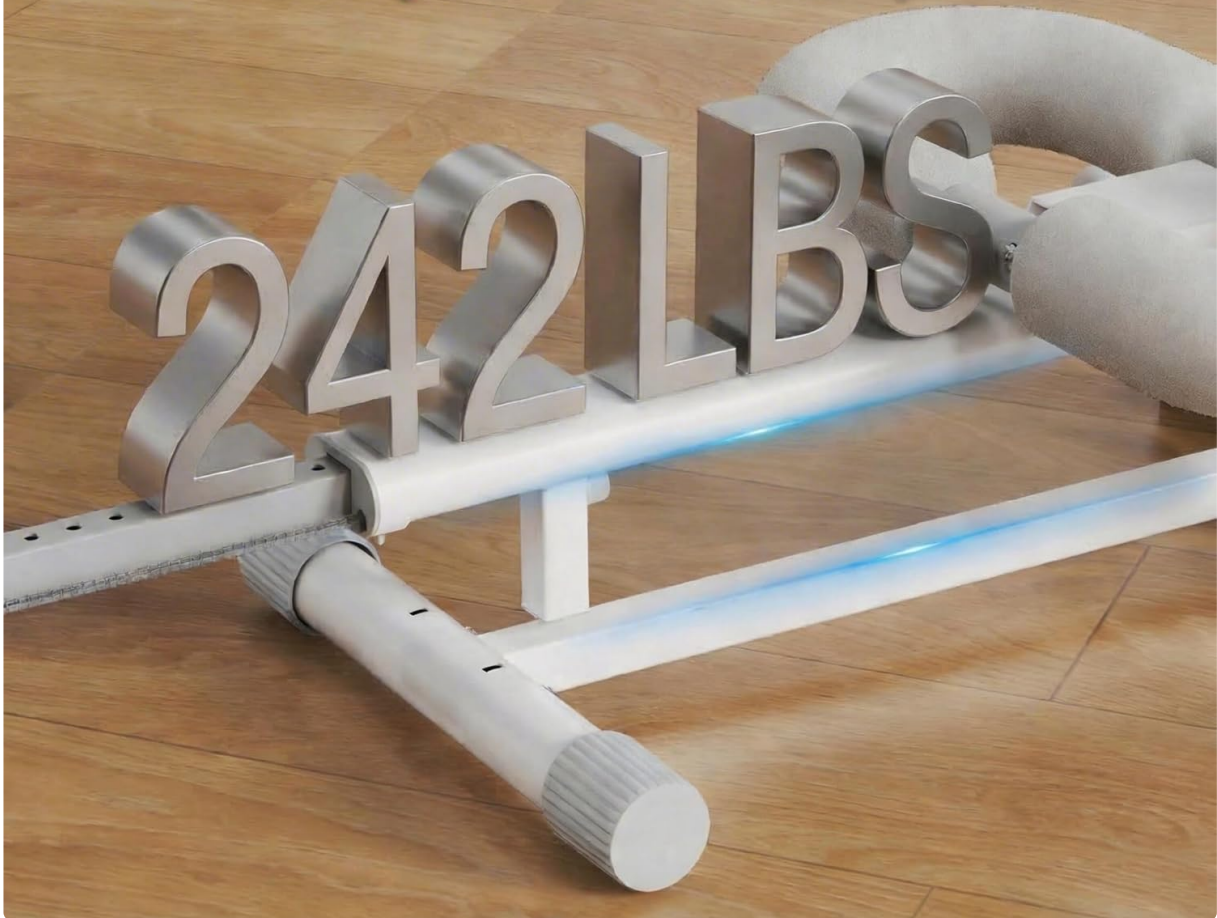


Image: Visual representation of the 242 lbs (110 kg) weight capacity, highlighting the integrated steel rail construction for stability.

WARRANTY AND SUPPORT

Warranty: The Wonder Core Pro Max comes with an **18-month manufacturer's warranty** from the date of purchase. This warranty covers defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims.

Customer Support: For any questions, technical assistance, or warranty claims, please contact Wonder Core customer support through the retailer where you purchased the product or visit the official Wonder Core website for contact information.