

Genius WONDER[®] Core



USER MANUAL

- ◆ Before using this product, make sure you read the safety instructions thoroughly to ensure proper use.
- ◆ Store instructions in a safe place so you can reference at any time.
- ◆ If you transfer the product to others, the user guide must be transferred together.



Available on the
App Store

ANDROID APP ON
Google play

Please download and install Wonder Core App on your smartphone before using this product.


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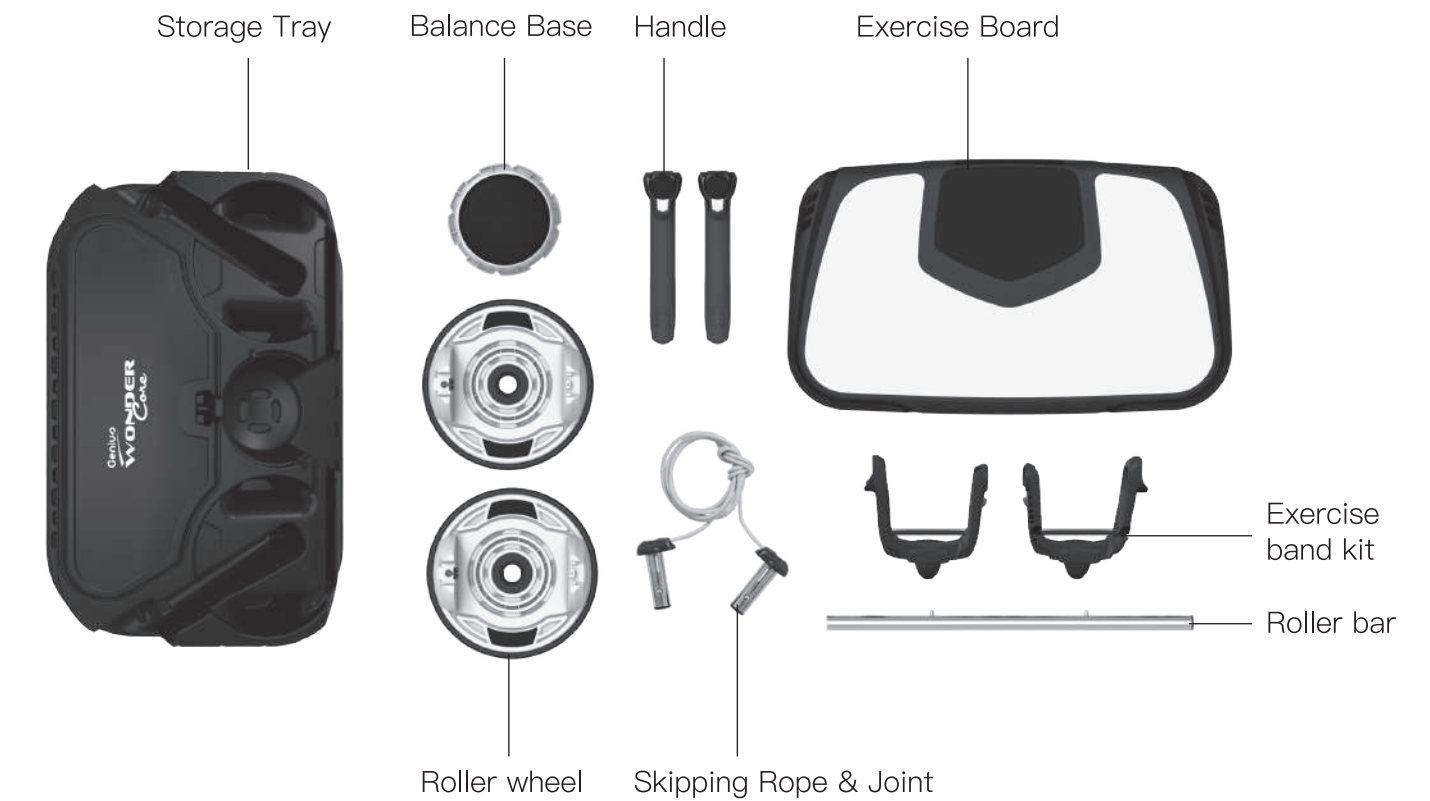
Safety Instructions

- Please read safety instructions before using this product.
- This product follows regulations for EN ISO 20957–1 and DIN 32935, Class H (H= home use).

<div><div></div><div><div>Warning</div></div></div>	
<div><div>!</div><div>Must be followed</div></div>	<p>This product is suitable and has been designed for use by people in good health. Consult your doctor before using this product.</p>
	<p>For your own safety, inspect the product for damage & wear regularly and before each use, especially on the screws, clips, lock pins, exercise band, and exercise board. If you find any missing or damaged parts, nicks, cuts, scratches or gouges in the product, please discontinue use.</p>
	<p>Warning: Incorrect posture can cause injury. To avoid injury, follow the safety instructions in this user guide. If you are new to this product, we suggest you only use it for a maximum of 30 minutes a day. Excessive training might cause muscle pain.</p>
	<p>Please stop immediately if you experience discomfort during exercise.</p>
	<p>Do not use the product immediately after a meal or after drinking alcohol as accidents or injury may occur.</p>
	<p>Set up the product in a suitable location for exercise. If the location is inappropriate, it may lead to falls or cause injury.</p>
	<p>Please use the product on flat, hard surfaces. If the location is inappropriate, it may result in falls or cause injury.</p>
	<p>Appropriate and well-fitting sportswear must be worn during use. Failure to do so may lead to injury or accident.</p>
	<p>Make sure you complete a warm-up before exercise. Exercise without warming up the body puts unnecessary stress on the body.</p>
	<p>Please refer to instructions for usage tips to mount and operate product properly as shown in the diagrams.</p>
	<p>Always disassemble the accessories and put into storage tray after each use.</p>
<p>When using the product, allow an area of 1 m (Free area: A) around all sides of the product (Training Area: B), so it is clear of all obstructions and positioned far enough away from children, bystanders, and pets.</p> <div></div>	

<div>  Warning </div>	
Child safety	Never allow children to use this product unattended as this may lead to injuries.
	Keep young children and pets clear while the product is in use.
<div>  Do not disassemble </div>	Never repair or modify the product by yourself. This may lead to abnormal movement or cause an accident. Contact the original dealer in case of a failure or damage.
<div>  Confirmation </div>	Before using this product, make sure that clips are secured properly. Improper use may lead to accidents or may cause damage.
<div>  Forbidden </div>	Only use this product for its intended purpose. Improper use may result in a fall, damage, product malfunction or injury.
	Do not attempt any exercises that have not been listed in this user guide. Otherwise, an injury or accident may occur.
	Do not allow more than one person to use the product at the same time. This product is designed for use by one individual at a time. Improper use may result in an accident or injury.
	This product is limited to general home use. Improper use may cause an accidental injury.

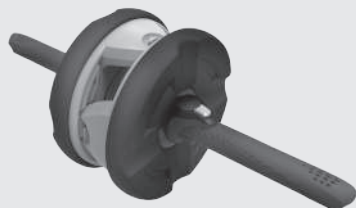
In The Box



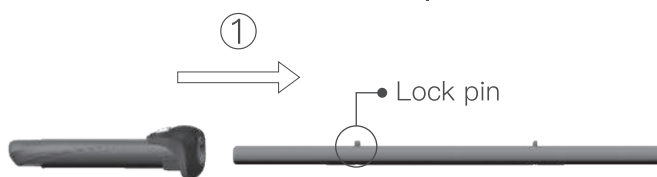
How To Use

01. Ab Roller mode

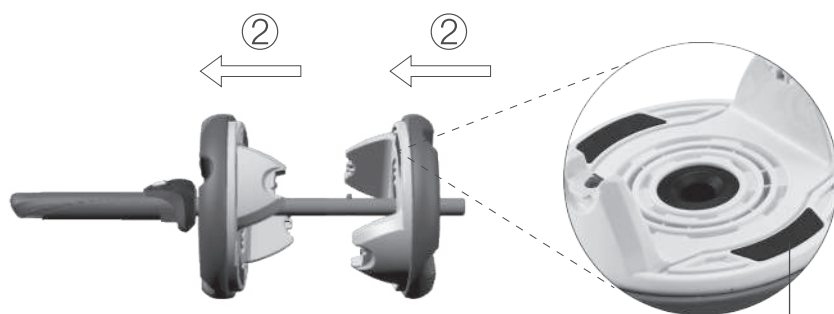
Required accessories



| Assembly instruction |

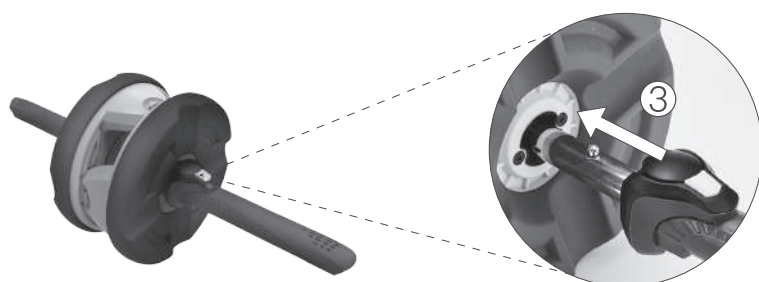


Step 1: Install one handle on one end of the roller bar in place. Make sure that the green clip on the handle secures the lock pin on the roller bar properly.



Step 2: Put roller wheels on the roller bar as shown on the diagram. Make sure that tips of the side frames mount on the black anti-slip pads properly to prevent slips.

• Black anti-slip pads



Step 3: Install the handle on the other end of roller bar in place. Make sure that the green clip on the handle secures the lock pin on the roller bar properly. To detach the handles, press the green clip and remove them.

| Exercise demo |

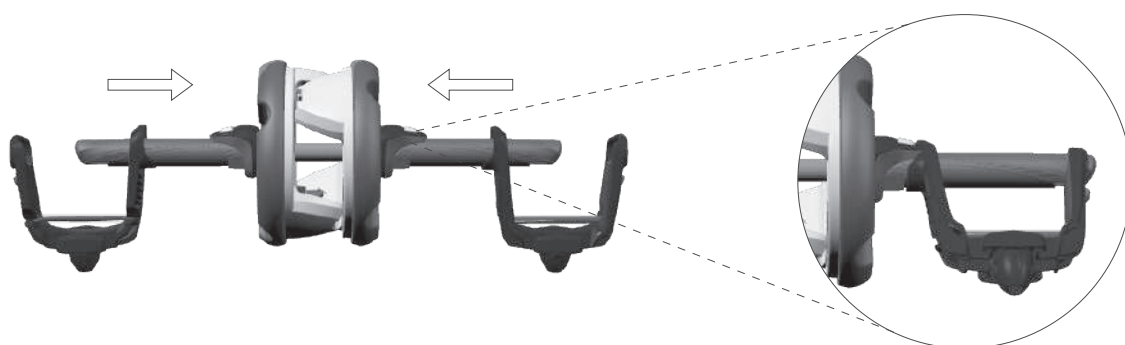


02. Ab Roller Plus mode

Required accessories



| Assembly instruction |

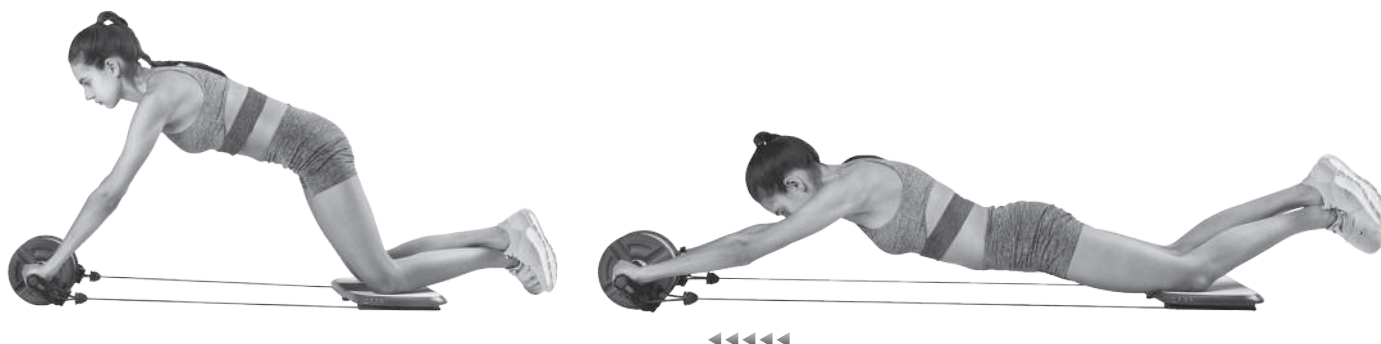


Put the exercise band kit on the handles. The red clip on the frame should be at the end of the handle. Make sure that the red clip secures the end of the handle properly. To detach the exercise band kit, press the red clip and remove it.



Surround the exercise band underneath the exercise board as shown on the diagram. Make sure that the band is straight and smooth before exercise.

| Exercise demo |

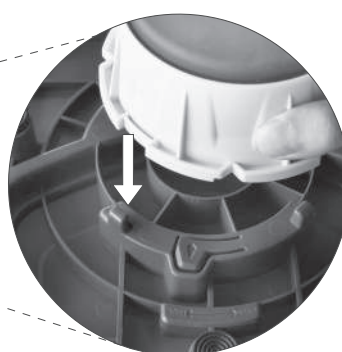
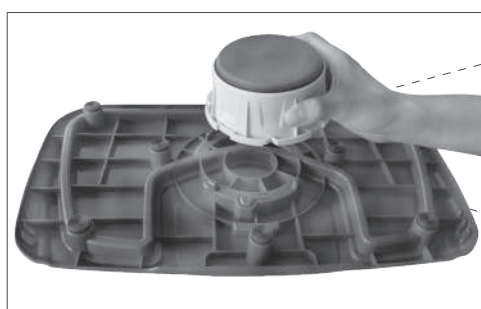


03. Balance Board mode

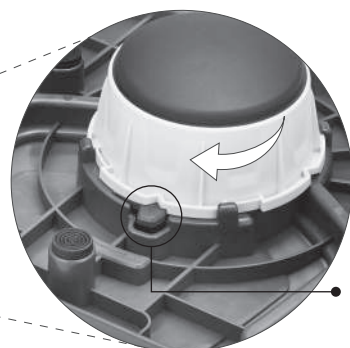
Required accessories



| Assembly instruction |



Place the balance base on the bottom of the exercise board. Align the notch position as shown on the diagram.



• Grey clip

Lock the balance base by rotating it clockwise. Make sure that the grey clip secures it properly. To detach the balance base, press the grey clip and rotate it anti-clockwise to remove it.

| Exercise demo |

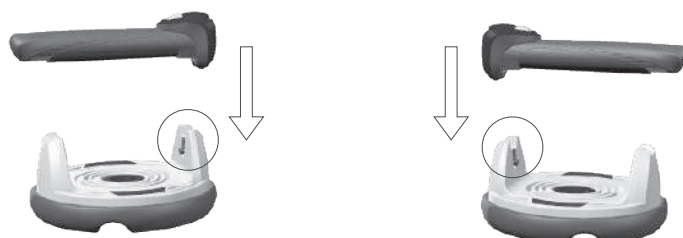


04. Rotating Push-up Bar mode

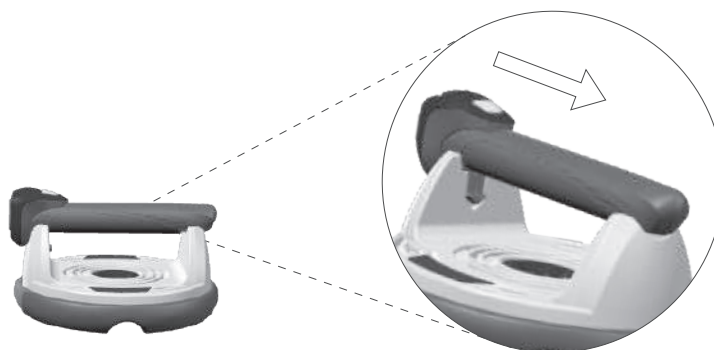
Required accessories



| Assembly instruction |



Follow the installation directions as shown on the diagram. The flat edge of the handle should face toward the wheel frame with red clip.



Pull the handle backward and make sure that the red clips secure the front of the handles properly. To detach the handle, press the red clip and push handle forward to remove it.

| Exercise demo |



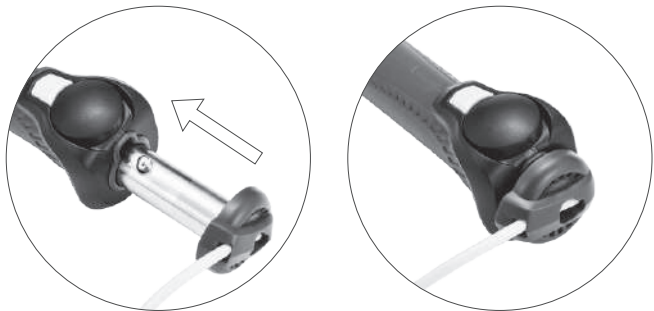
05. Skipping Rope mode

Required accessories



| Assembly instruction |

| Exercise demo |



Attach the two joints of the skipping rope to the handles. Make sure that the green clips on the handles secure the lock pins on the joints properly. To detach the joints, press the green clips on the handles and remove them.



06. Exercise Band mode

Required accessories

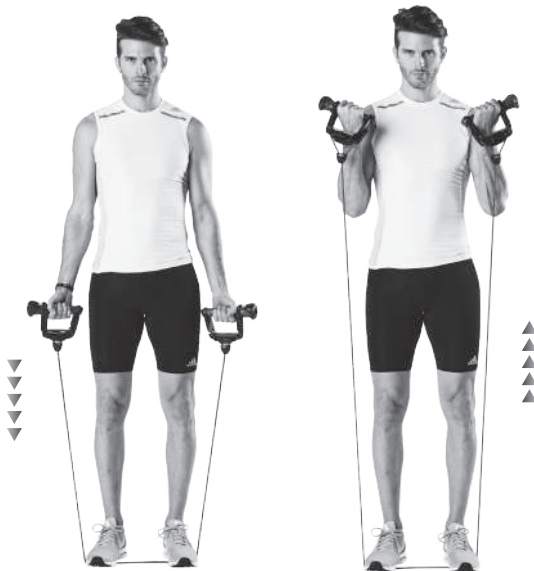


| Assembly instruction |

| Exercise demo |

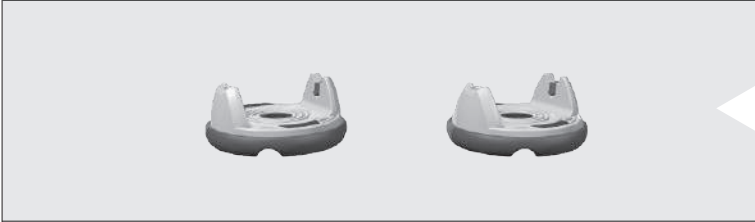


Put the handles on the exercise band kits. The red clip on the frame should be at the end of the handle. Make sure that the red clips secure the end of the handles properly. To detach the exercise band kit, press the red clip and remove it.



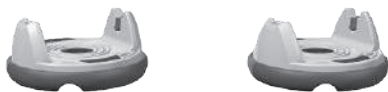
07. Twist Board mode

Required accessories



| Assembly instruction |

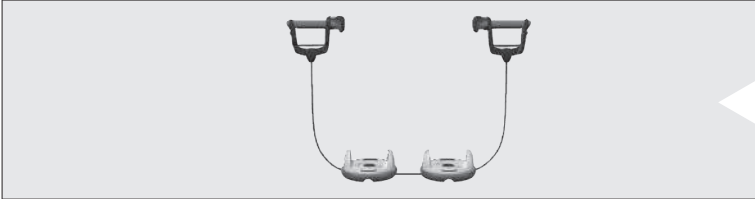
| Exercise demo |



Assembly is not required. Place the roller wheels on the ground with proper distance for your feet.

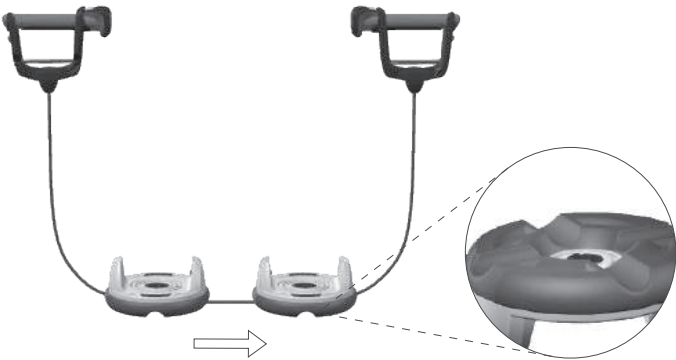
08. Full Body Exercise mode

Required accessories



| Assembly instruction |

| Exercise demo |



The exercise band should be placed underneath the grooves of roller wheels as shown on diagram. Make sure that the band is straight and smooth before exercise.

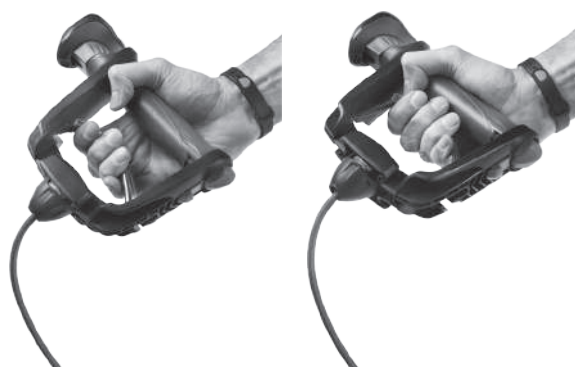
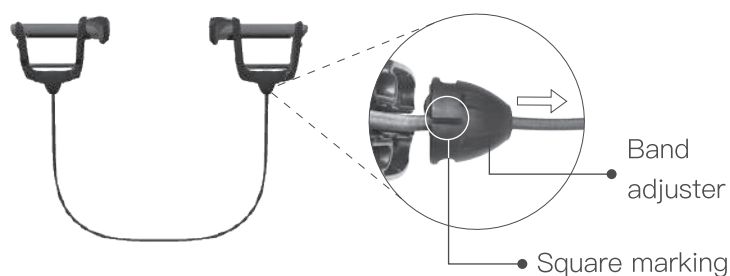
09. Hand Gripper mode

Required accessories



| Assembly instruction |

| Exercise demo |



Assemble accessories into exercise band mode first. Hold band adjuster with one hand. Adjust the band tightness at square marking side. Band at square marking side is allowed for length adjustment.

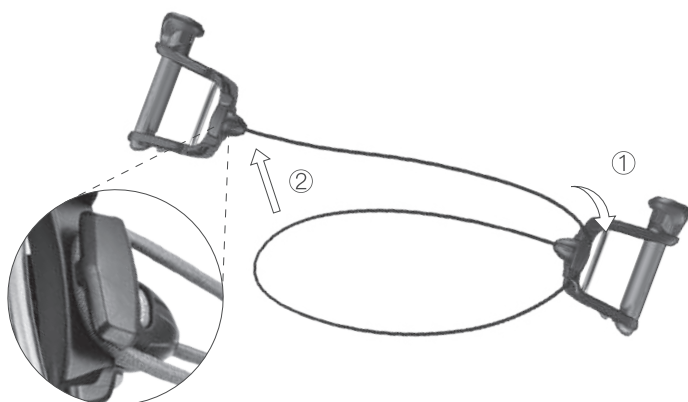
10. Chest Expander mode

Required accessories



| Assembly instruction |

| Exercise demo |



Step 1: Mount 1/3 length of the band on the hook of one exercise band frame as shown on the diagram.

Step 2: Mount the remaining band on the hook of the other exercise band frame. Make sure that the band is straight and smooth before exercise.



Exclusive App

STEP 1 Download and install the Wonder Core APP

Search for "**Wonder Core**" on the App Store or Google Play, or scan the QR code to install the exclusive app.



STEP 2 Become a Wonder Core member!

Follow the instructions and become a member on the Wonder Core App to explore rich content and fitness services.



Exclusive App



Usage guide



Training Analysis



Online Courses

Storage & Maintenance

Storage

- Always disassemble the accessories and put into storage tray after each use. Store out of reach of children.
- Store away from high temperatures, moisture and direct sunlight. Keep the product in a clean place with good ventilation.

Cleaning

Clean with diluted neutral cleansing detergents, wipe dry with a dry cloth. Avoid using alkaline cleaning agents or solvents as they may damage this product.

Maintenance/Inspection

Routinely check to make sure that the product is in good, working order. If the Wonder Core gets wet use a dry cloth to wipe it dry to ensure safety and proper usage. In the event of failure or abnormal occurrences, please contact the dealer. If there is anything about the product that you do not understand, please contact the customer service center.

Waste Disposal

Refer to local waste and recycling laws in your region.



Specifications

Model #	Wonder Core Genius WCG-91
Dimension (L x W x H)	59 x 39 x 13.7 cm
Weight	About 4 kg
Material	Steel & Plastic (ABS – PP – EVA – TPR)
Maximum user weight	120 kg
Country of Origin	Taiwanese patent licensed, made in China
Address	32F., No. 213, Chaofu Rd., Xitun Dist., Taichung City 407
Customer Service (Whatsapp)	1(954)243 2260
E-mail	supportus@wondercore.com
Website	www.wondercore.com

Max. bands pull length: 300 cm at Exercise band mode.

Bands length and pull force:

37.5 N	Pull the bands to 300 cm, Tolerance: +/- 5 N
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Max. band pull length: 100 cm at Chest Expander mode.

Bands length and pull force:

62.5 N	Pull the band to 70 cm, Tolerance: +/- 5 N
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82.5 N	Pull the band to 80 cm, Tolerance: +/- 5 N
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95 N	Pull the band to 90 cm, Tolerance: +/- 5 N
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110 N	Pull the band to 100 cm, Tolerance: +/- 5 N
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