

Genius WONDER[®] Core



ULTIMATE TRAINING KIT USER GUIDE

- ◆ 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



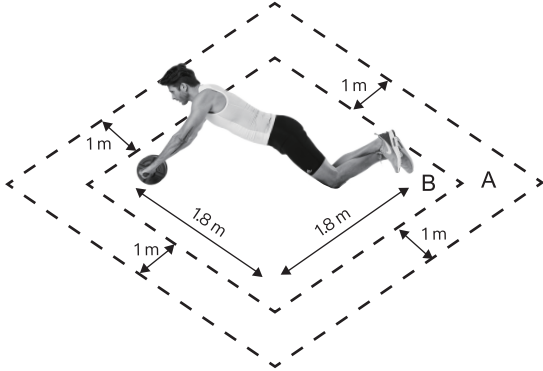
Please download and install Wonder Core App on your smartphone before using this product.





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Safety Instructions

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

<div> Warning</div>	
<div>Must be followed</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, and lock pins. 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>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>
	

 Warning	
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.
 Do not disassemble	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.
 Confirmation	Before using this product, make sure that clips are secured properly. Improper use may lead to accidents or may cause damage.
 Forbidden	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. Rotating Push-up Bar mode

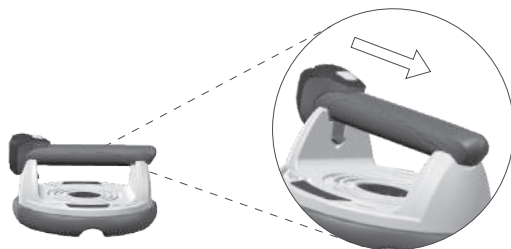
Required accessories



| 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 |

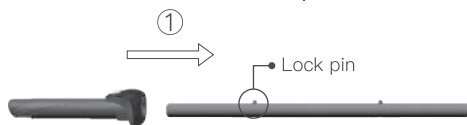


02. Ab Roller mode

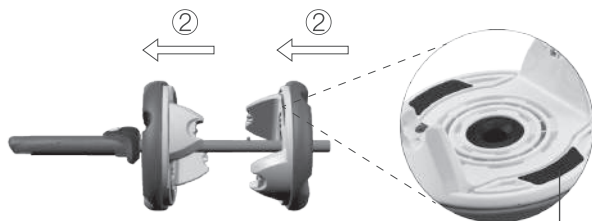
Required accessories



| Assembly instruction |

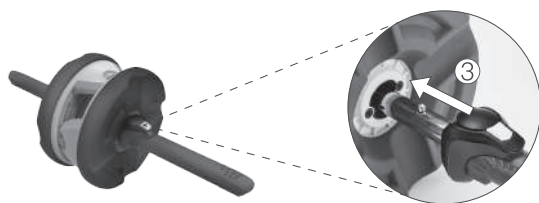


Step 1: Please install one handle on one end of the roller bar in place. Please make sure that the green clip on the handle secures the lock pin on the roller bar properly.



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

• Black anti-slip pads



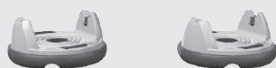
Step 3: Please install the handle on the other end of roller bar in place. Please make sure that the green clip on the handle secures the lock pin on the roller bar properly.
Remarks: To detach the handles, please press the green clip and remove them.

| Exercise demo |

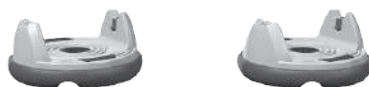


03. Twist Board mode

Required accessories



| Assembly instruction |



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

| Exercise demo |



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.



Available on the
App Store

ANDROID APP ON
Google play

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 proper place 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 Ultimate Training Kit WCG-UTK
Weight	About 1.7 kg
Material	Steel & Plastic (ABS – PP – EVA – TPR)
Maximum user weight	120 kg
Country of Origin	Taiwanese patent licensed, made in China
Customer Service(Whatsapp)	1(954)243 2260
E-mail	supportus@wondercore.com
Website	www.wondercore.com



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