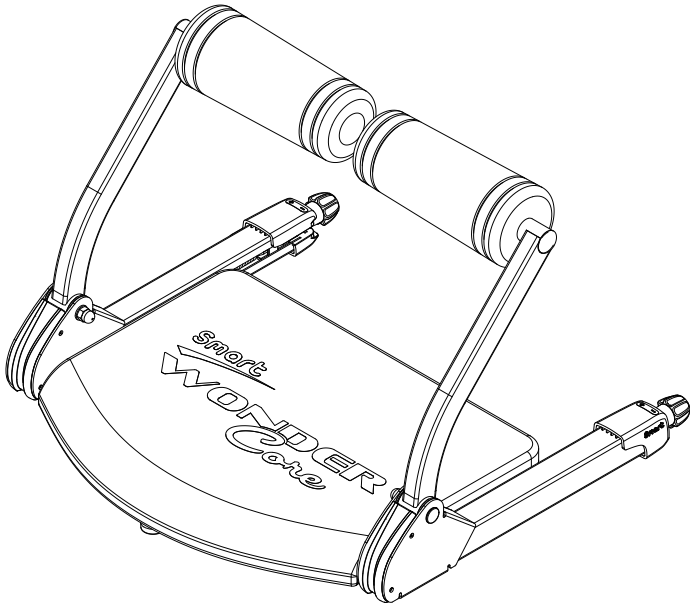# Smart
WONDER®
Core

Wonder Core Smart
USER 'S GUIDE

◆ Before you use the equipment, make sure you read the "Safety precautions" to use it properly.
◆ After reading, keep it in a safe place so you can refer to it at anytime.
◆ If you handover the product to someone, the user's guide must be accompanied.

Catalog

Safety Precautions

- You must read the "safety precautionary notes" before using the equipment.
- The cautionary notes recorded here refer to the importance of safety for which you must read.
- This equipment is in compliance with EN 957-1 class H (H = domestic)

| ⚠ Warning	
⊘ **Must be** **Followed**	This product is suitable for healthy individuals as its target. You must consult your doctor before using this product.
	Warning: for your own safety, inspect your equipment for damage and wear regularly before each use especially on seat, springs, screws and knobs. If you find any missing or damaged parts, nicks, cuts, scratches or gouges in the equipment, discontinue its use.
	Warning: Incorrect posture can cause injury. To avoid injury, follow the safety information in this manual. If you are new to wonder core, use 30 minutes a day maximum, excessive training might cause muscle pain.
	Warning: Before using the equipment, Keep the area within 1 meter of the equipment on all sides clear of all obstructions,children, bystanders, and pets.
	Please stop immediately if there is strange feeling or discomfort in the body during exercise.
	Do not use the equipment after drinking alcohol. Accident may occur or discomfort caused to the body so be sure these must be followed.
	Do not use the equipment right after meals (Avoid doing so within an hour after meals) Accident may occur or discomfort caused to the body so be sure these must be followed.
	Install the equipment in a place suitable for exercise. If the place is inappropriate, it may make you fall backwards or cause injury.
	Please use the equipment on flat and hard ground. If the place is inappropriate, it may make you fall backwards or cause injury.

| ⚠ Warning	
🚫 **Use by Children Forbidden**	Never allow children to use the equipment unattended. May cause injuries
	Do not allow young children or pets to stay near you when the equipment is in use.
🚫 **Do not disassemble**	Never repair or convert the equipment on your own. May cause abnormal movement or cause an accident. Contact the original dealer in case of failures or damages.
❗ **Confirmation**	Before using the equipment, make sure that the screws and knobs are tightly secured. May cause accidents like falling backwards or damage.

⚠ Attention	
❗ **Must be Followed**	Appropriate and fitting sportswear must be worn during its use. Otherwise, it may lead to injury or accident. If you have long hair, be sure to tie it up before each use. Otherwise it may be dragged into the sponge roller.
	Must warm up your body before exercise. Doing exercise before warming the body will be burden to the body.
	When exercise with the sit up exercise, hands do not put on the back You may otherwise fall or get injured.
	Always fold and store the equipment after each use. To avoide children using the equipment unattended.
🚫 **Forbidden**	Do not use this product other than for its original purpose. Otherwise it may cause toppling, damage, malfuction or injury.
	Do not use exercise method not recorded in the manual. Otherwise it may lead to injury or accident.
	Do not let 2 people use the product at the same time. This product is for use by a single person. Otherwise it may cause accident or injury.
	Do not use the product for business purpose to allow an indefinite number of many individuals to use it. This product is limited to general household use. Otherwise it may cause injury or accident.

Start Use
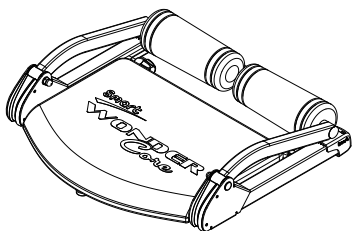
Take out your Wonder Core Smart
Your Wonder Core Smart is fully assembled.
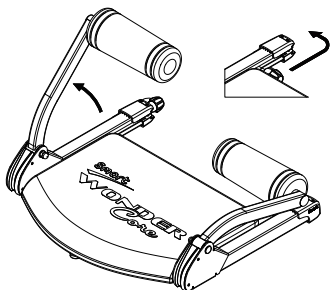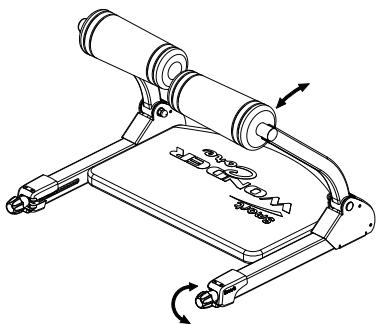
Unfold your Wonder Core Smart
Follow the figure on left.
First lift up the sponge crank.
And then slide the knob to the back to hold
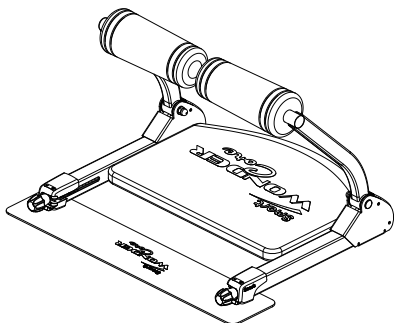the sponge crank.
Repeat the same to other side.
If you cannot slide the knob to the back,
please release the knob and slide again.
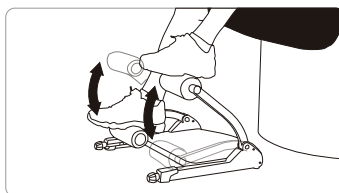
Adjust the angle and strength
You may adjust the angle and strength by
adjusting the knob.
Turn clockwise to increase angle and strength.
Or anti-clockwise to decrease.

When doing cycling
Use the anti-slip mat underneath the Wonder Core
Smart to avoid slipping.

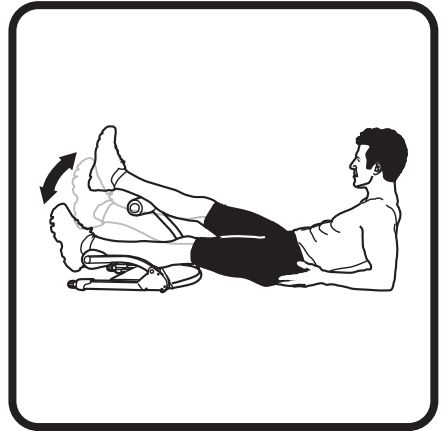# How To Use

Sit up

Push up

Forearm & Biceps

Triceps
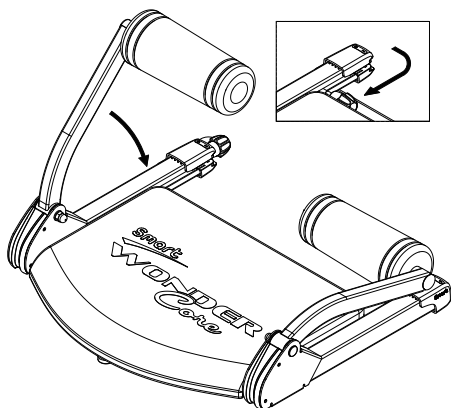
How To Use

Bridge

Scissor kicks

Ab tuck

Bicycling

Storage & Maintenance

◆ Please avoid high temperature, dampness or direct sunlight.
Keep it in a clean place with good ventilation.

◆ Fold it up when it is not in use and put it in a place out of
reach of the children.

Fold sponge crank
Fold the sponge crank as the left drawing.
First hold the sponge crank higher.
Then pull and turn the knob to the inner
side to release the sponge crank.
If knob is too tight, turn anti-clockwise to
release it.

Maintenance

When the product is dirty, please dilute some neutral cleansing detergents and wet a
cloth with it to clean. After that, wipe it dry with a dry cloth.
Alkaline cleaning agent or solvents like dilute solvents, volatile oil etc. may damage
this product. Please do not use these.

Maintenance / Inspection

If the product is used after it has been lying idle for a period of time, please make
sure that the product is fine and it can be used safely.
If the product gets wet , please use a dry cloth to wipe it dry to avoid making it slippery.
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

Due to the different recycling regulations in each country, please refer to these
regulations before disposing the product.

Smart

WONDER®
Core

Specs

Size	In Use / L52 xW55xH38cm Folded Up / L49xW55xH12cm
Weight	About 5.9kg
Material	Steel - ABS - TPR - PP- POM - Sponge
Maximum Weight	120kg
Country of origin	China