

▶ ROCK N FIT



**WONDER
Core**

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.

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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-A, Class HC (H= home use).

Warning



**Must
be
followed**

Do not use the product in humid or dusty environment to avoid electric shock or break down of the electric parts.

This product can be used by children aged from 13 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the product in a safe way and understand the hazards involved. Children shall not play with the product. Cleaning and user maintenance shall not be made by children without supervision.

Do not use the product outdoor or under the direct sunlight.

Do not touch the power plug with wet hand to prevent electric shock.

Hold the plug rather than the cord while unplugging the power cord.

Do not smoke or do other improper activities while using the product.

Stop using the product under below conditions and unplug from power supply immediately.

- Water or other liquid is accidentally splashed onto product or controller.
- Any part or power cord is found damaged or internal component is exposed.
- Power failure.
- Thundering or lighting weather.

This product is suitable and has been designed for use by persons in good health. Please consult your doctor before using this product.

People under below conditions are not recommended to use the product.

- People are under treatment, not in good condition, with malignant tumor, with Osteoporosis, or with heart disease.
- People are pregnant or in menstrual period.
- People are with artificial limb, heart pacemaker, or other medical electronic instrument implanted.
- People are sensitive to vibration and strenuous exercise.

Please do not use the product together with other medical equipments.
Please do not use the product for therapeutic purpose.


For your own safety, inspect the product for damage & wear regularly and before each use, especially on the seat, screws, knob, exercise bands, and power cord. If you find any missing or damaged parts, nicks, cuts, scratches or gouges in the product, please discontinue use.

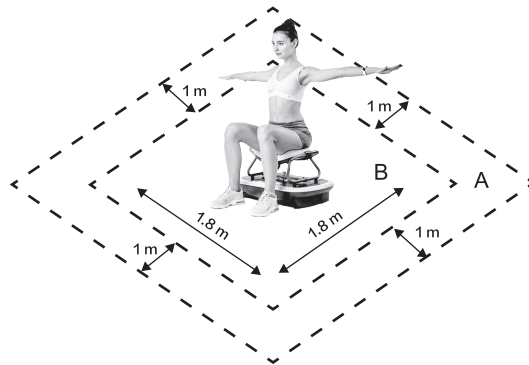
Warning: Incorrect posture can cause injury. To avoid injury, follow the safety instructions in this user guide. If you are new to this product, we suggest you only use it for a maximum of 30 minutes a day. Excessive training might cause muscle pain. Do not use more than 10 minutes per usage.

Please stop immediately if you experience discomfort during exercise.




Do not use the product immediately after a meal or after drinking alcohol as accidents or injury may occur.

Set up the product in a suitable location for exercise. If the location is inappropriate, it may lead to falls or cause injury.

 <p>Must be followed</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 the product properly as shown in the diagrams.</p>
	<p>Always turn off the power switch and unplug the power cord after each use.</p>
	<p>Warning: Max. exercise bands pull length are limited as 185 cm. Overstressing may lead to injury or accident. Please attach the exercise bands to the product only. Do not attach them to other unsuitable structures. Please do not expose or store the exercise bands under direct sunlight. Failure to do so will damage the bands or lead to accident.</p>
	<p>When using the product, allow an area of 1 m (Free area: A) around all sides of the equipment (Training Area: B), so it is clear of all obstructions and positioned far enough away from children, bystanders and pets.</p>



Warning

<p>Child safety</p>	<p>Never allow children to use this product unattended as this may lead to injuries.</p> <p>Keep young children and pets clear while the product is in use.</p>
<p> Do not disassemble</p>	<p>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.</p>
<p> Confirmation</p>	<p>Before using the product, make sure the screws and knobs are secured properly. Improper use may lead to accidents like toppling backwards or may cause damage.</p> <p>Check if the voltage complies with the one specified for the product. Do not connect multiple electric products and operate with same power outlet at same time.</p>
<p> Forbidden</p>	<p>Only use this product for its intended purpose. Improper use may result in a fall, damage, equipment malfunction or injury.</p> <p>Do not attempt any exercises that have not been listed in this user guide. Otherwise, an injury or accident may occur.</p> <p>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.</p> <p>This product is limited to general home use. Improper use may cause an accidental injury.</p> <p>It is forbidden to put fingers or other foreign bodies into the gap between the middle cover and base cover of the product.</p>

In The Box

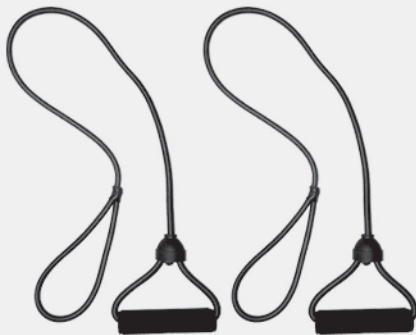
Rock N Fit



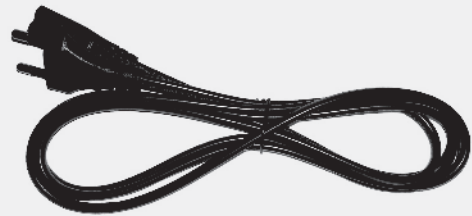
Exercise Seat



Vibration Shaper



Exercise Bands



Power Cord (w/plug)



Remote Control
(w/ AAA batteries x 2)



Hex Wrench



ROCK N FIT

Assembly

Exercise Seat Assembly

Required parts and tool



Hex screw x 4



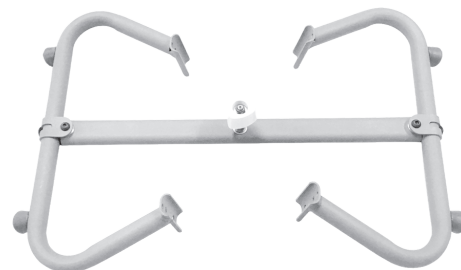
Washer x 4



Seat top frame



Hex wrench



Seat base frame

Note: Hex screws and Washers are pre-secured on the bottom of the Seat top frame.

STEP 01 Assemble exercise seat

1. Lift up the side support of the seat base frame and mount seat top frame on the seat base frame.



3. Tighten the hex screw with hex wrench.



2. Secure the seat base frame with hex screws and washers.

STEP 02 Tighten the middle support



Tighten the hex screw on the middle support of the seat base frame with hex wrench.

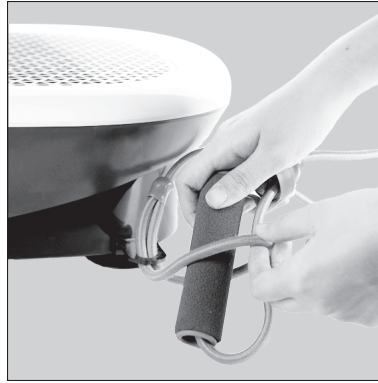
Assembly

Accessory Assembly & Flatness Adjustment

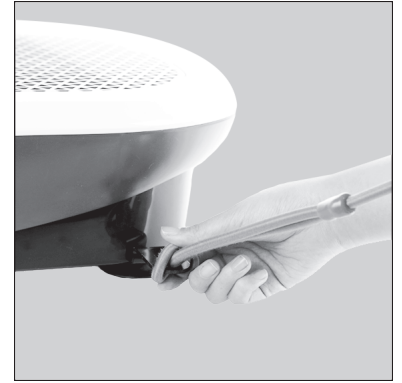
Attach exercise bands



Hold the end loop of the exercise band and thread it through the hoop at the side of the vibration shaper.



Hold the end loop of the exercise band and thread the handle through the loop to make a knot.



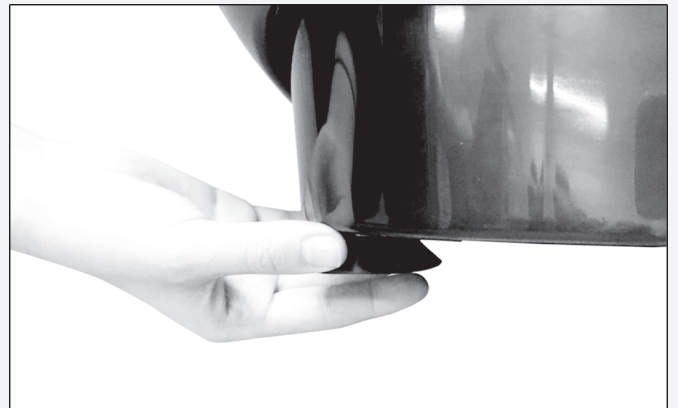
Pull the bands outward to make the knot firmly.

Flatness Adjustment

If there is abnormal noise or shake, please check if the product is placed on the flat ground.



Place the product on the flat ground and check if 4 rubber feet sit evenly on the ground.

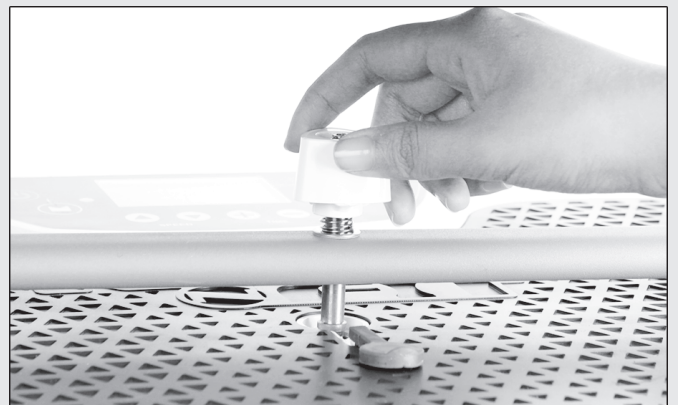


Make flatness adjustment via rotating rubber foot.

Attach the exercise seat



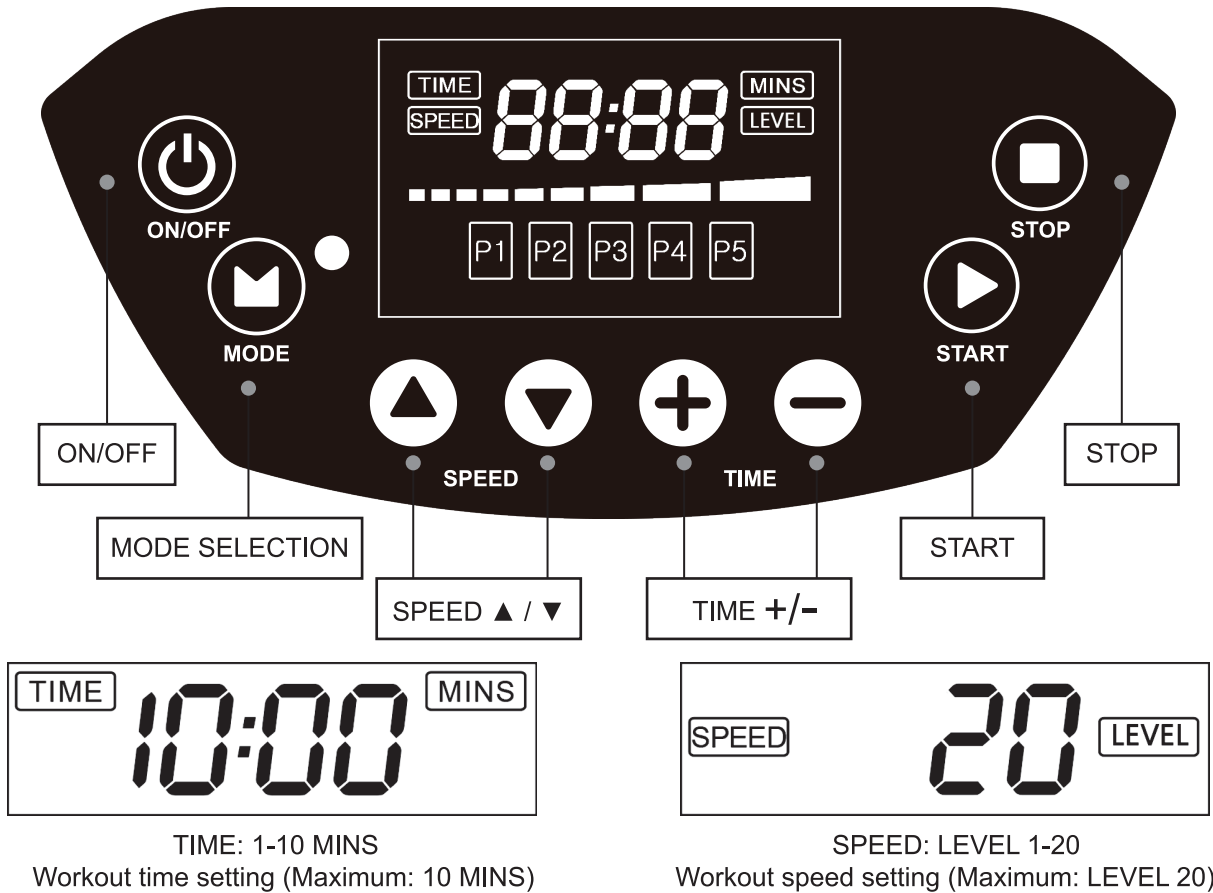
Mount the exercise seat on the vibration shaper.



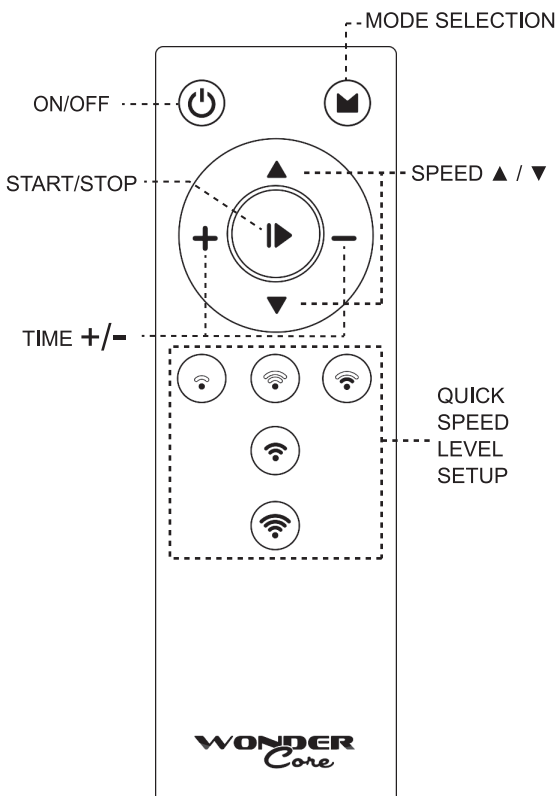
Tighten the knob to fix the exercise seat on the vibration shaper steady and firmly.

Getting Started

Panel control function



Remote control function



ON/OFF:
To turn on or turn off the product.



START/STOP:
To start or stop the operation.



MODE SELECTION:
Select auto mode for program P1~P5 or manual mode.



SPEED ADJUSTMENT:
Adjust speed level 1-20 (for manual mode operation only).
User could adjust the speed level after starting workout.



WORKOUT TIME ADJUSTMENT:
Adjust workout time for 1-10 minute (for manual mode operation only) before starting workout (It is not allowed to adjust workout time during workout).

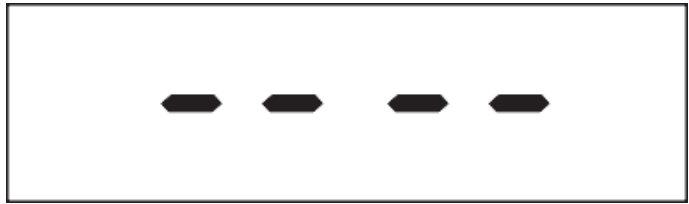


QUICK SPEED LEVEL SETUP
(*For manual mode operation only)

Getting Started



Turn on the Main Power Switch on the side of the product.



Standby status to save power



Press ON/OFF button.



Ready status for workout operation

Note : After unplugging the power cord or turning off the main power switch, the panel will be light-off automatically.

Manual Mode Setup



Turn on the Main Power Switch.



Press ON/OFF button to turn on the panel control.



Adjust required workout time. (1~10 minutes)



Press START button to start workout.



Adjust required speed level. (Level 1~20)

- The workout time would be setup for 10 minutes automatically.
- You could adjust workout time (1~10 minutes) before starting workout.
- You could adjust the speed level during workout.

Note: The workout time could not be adjusted during workout. You could stop workout by pressing stop button any time.

Getting Started

Auto Mode Setup



Turn on the Main Power Switch.



Press ON/OFF button to turn on the panel control.



Press MODE SELECTION button to choose among P1~P5.



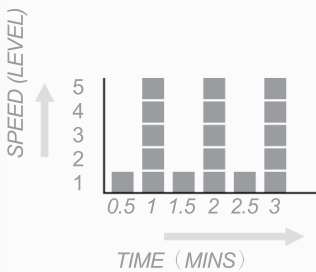
Press START button to start workout.



There are 5 programs (P1~P5) for Auto mode operation. Each program is with unique workout time and speed level setting. Under auto mode, the user could not change workout time and speed. The panel will display remaining workout time and current speed alternatively every 5 seconds. The machine will beep and stop, when the time is up.

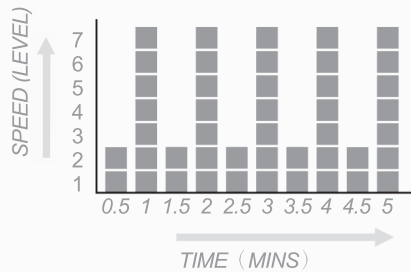
Auto Mode Program

P1



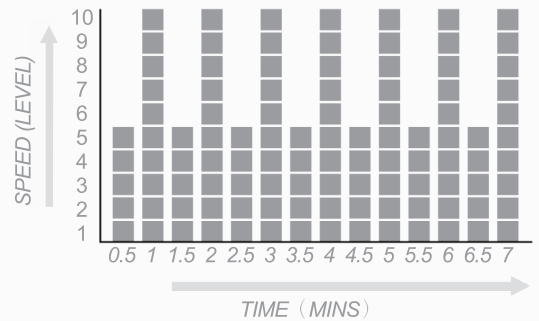
3 minute workout

P2



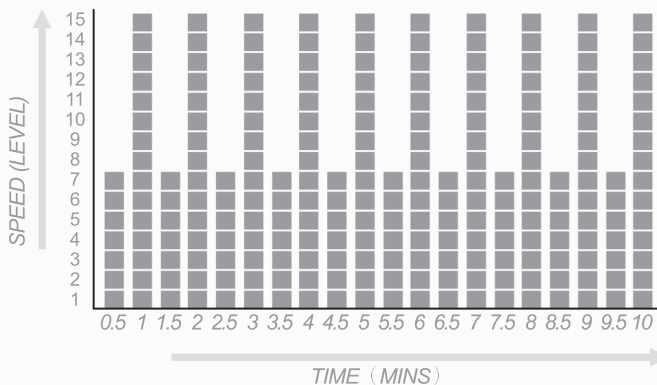
5 minute workout

P3



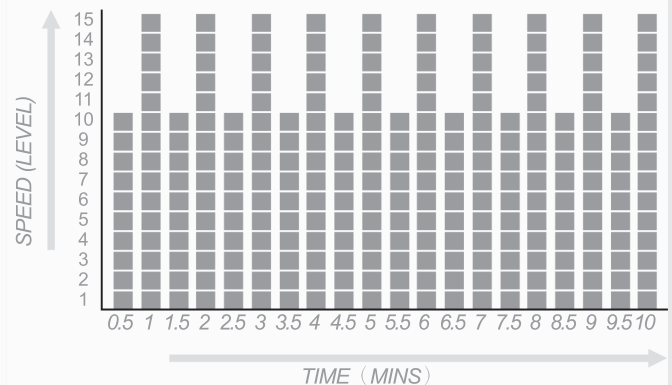
7 minute workout

P4



10 minute workout

P5



10 minute workout

How To Use

Beginner Setting: Speed Level 1-5
Intermediate Setting: Speed Level 6-15
Advanced Setting: Speed Level 16-20



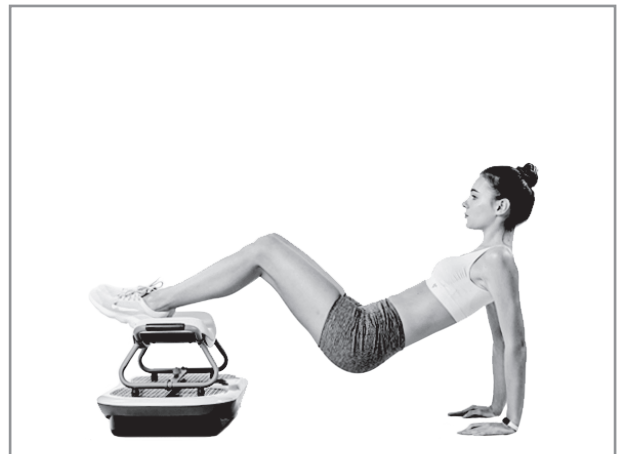
Mountain



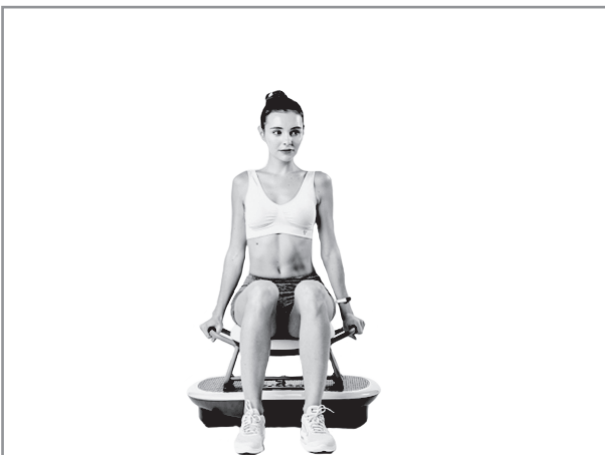
Squat



High Plank



Elevated Bridge



Side to Side Rock



**Standing Lateral Shoulder
Raise with Bands**

Storage & Maintenance

Storage

- Always turn off the main power switch and unplug the power cord, when it is not in 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.

Transportation

Please remove the exercise seat from the vibration shaper before transportation.

Cleaning

- Always turn off the main power switch and unplug the power cord before 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. Please always clean the panel, power connection area, and remote control with dry cloth only.

Maintenance/Inspection

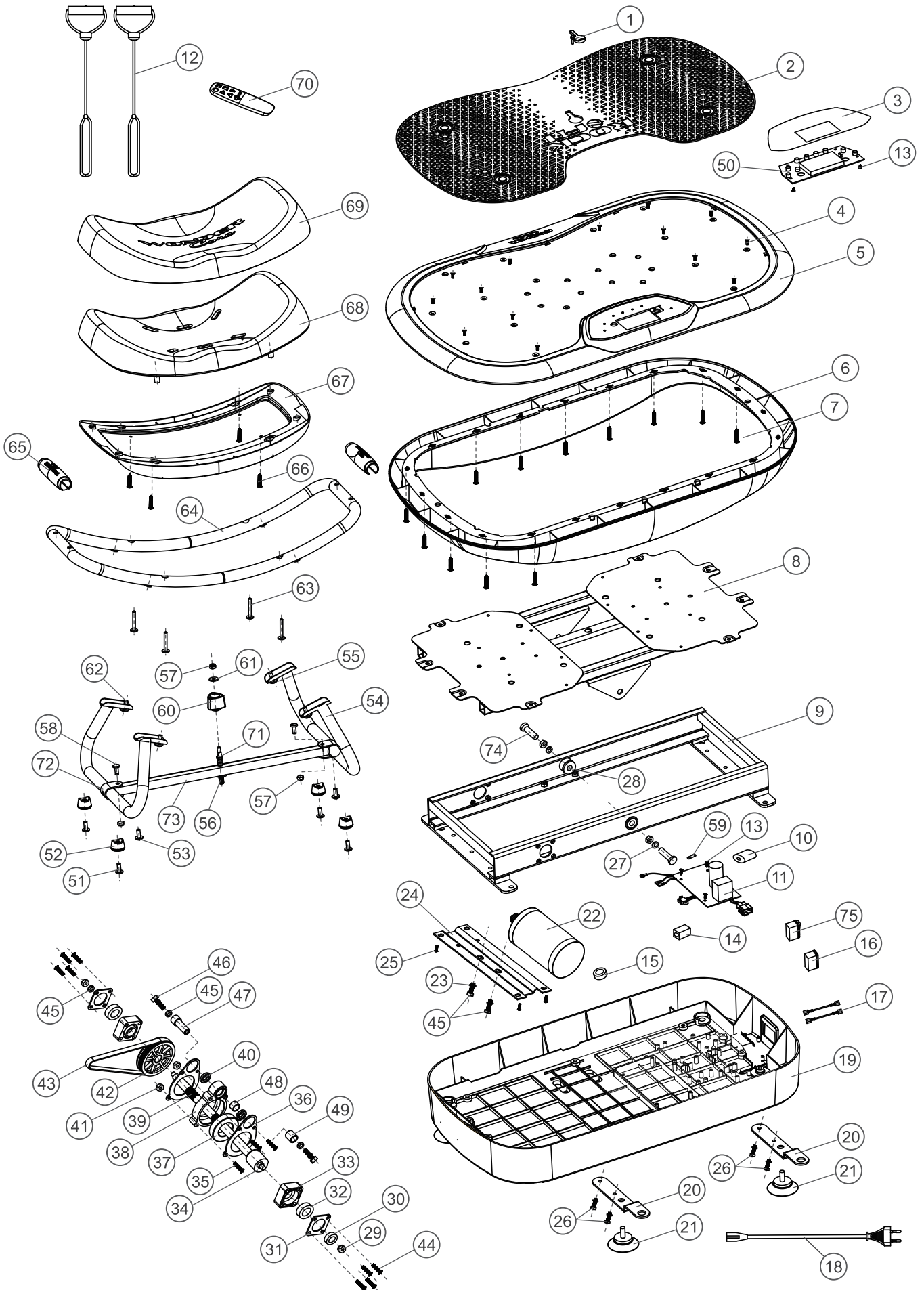
Routinely check to make sure that the product is in good, working order. If the product gets wet carelessly, please unplug and wait till it is completely dry, then check the operation function by then.

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.

Exploded View



Parts List

Part#	Description	QTY
1	Anti-dust plug	1
2	Rubber mat	1
3	Panel label	1
4	Screw M5*10	20
5	Upper cover	1
6	Middle cover	1
7	Screw ST4*12	20
8	Vibration plate	1
9	Main frame	1
10	Magnet ring $\phi 11.5 \times 21.5$	1
11	PCB	1
12	Exercise bands	2
13	Screw ST3*10	8
14	Magnet ring 14*15*23	1
15	Magnet ring 34 34.5*21*12	1
16	Power socket	1
17	Electrical wire	2
18	Power cord	1
19	Base cover	1
20	Exercise band fixture	2
21	Rubber foot	4
22	Motor	1
23	Hex bolt M8*14	2
24	Motor bracket	1
25	Screw M5*14	4
26	Screw M5*25	6
27	Flat washer $\phi 8$	2
28	Bushing	2
29	Nylon nut M8	4
30	Bearing sleeve	2
31	Fixture plate for main shaft	2
32	Bearing 6201	2
33	Bracket for main shaft	2
34	Eccentric block	1
35	Screw M5*25	4
36	Fixture plate for sleeve	2
37	Bearing 6006	1
38	Sleeve	1

Part#	Description	QTY
39	Main shaft	1
40	Bearing 6801	2
41	Nylon nut M5	4
42	Pulley	1
43	Belt	1
44	Screw M5*30	8
45	Spring washer $\phi 8$	6
46	Hex bolt M8*20	2
47	Sleeve lock pin	1
48	Inner bushing	1
49	Outer bushing	1
50	Main control board	1
51	Screw M4*16	4
52	Rubber foot for exercise seat	4
53	Hex screw M6*12	2
54	Side bracket	2
55	Hex screw M6*20	4
56	Knob bolt	1
57	Nylon nut M6	3
58	Hex screw M6*30	2
59	Fuse	1
60	Knob	1
61	Flat washer $\phi 6$	1
62	Arc washer $\phi 5$	4
63	Screw ST5*16	4
64	Upper bracket	1
65	Handle grip	2
66	Screw ST4*12	8
67	Seat base	1
68	Foam	1
69	Seat cover	1
70	Remote control	1
71	Knob spring	1
72	U-shaped fixture	1
73	Middle bracket	1
74	Pivot pin	2
75	Power switch	1

ROCK N FIT

Specifications:

Model #	ROCK N FIT RNF-71
Dimension (LxWxH)	Vibration Shaper: 75x45x14 cm Exercise Seat: 57x32x23 cm
Weight	About 17.5 kg
Material	Steel - PVC - ABS - TPE
Maximum User's Weight	100 kg
Rated Power and Voltage	200 W, AC 220-240 V, 50 / 60 Hz
Country of Origin	China

Max. exercise bands pull length: 185 cm	
Bands length and pull force:	
48.9 N	Pull the bands to 185 cm, Tolerance: +/- 5 N

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