

HANDBOOK

for rehabilitation,
physiotherapy & fitness



WONDERWALL



WHAT IS THE WONDERWALL?

The WONDERWALL is a multifunctional training wall that offers unique opportunities in the areas of:

- + Functional training stretching
- + Fascia training
- + trigger point treatment
- + Mobilisation
- + Koordination
- + Cognitive Training
- + Stretching

It also offers options for storing equipment and brings order to your training room. Thanks to the aluminum rails embedded in the wood, the training and organization applications can easily be adjusted steplessly and individually to suit the user.

The modular construction of single wall elements allows the design of small, medium and large training areas and treatment rooms. The system can be expanded and reversed at any time. Even a single element offers all the possibilities of individual health training.

All WONDERWALL brand products are made in Germany. Read these operating instructions carefully before using the training equipment.

WHO CAN USE A WONDERWALL?

Today, the WONDERWALL is used wherever high-quality health training, therapy and sophisticated design meets.

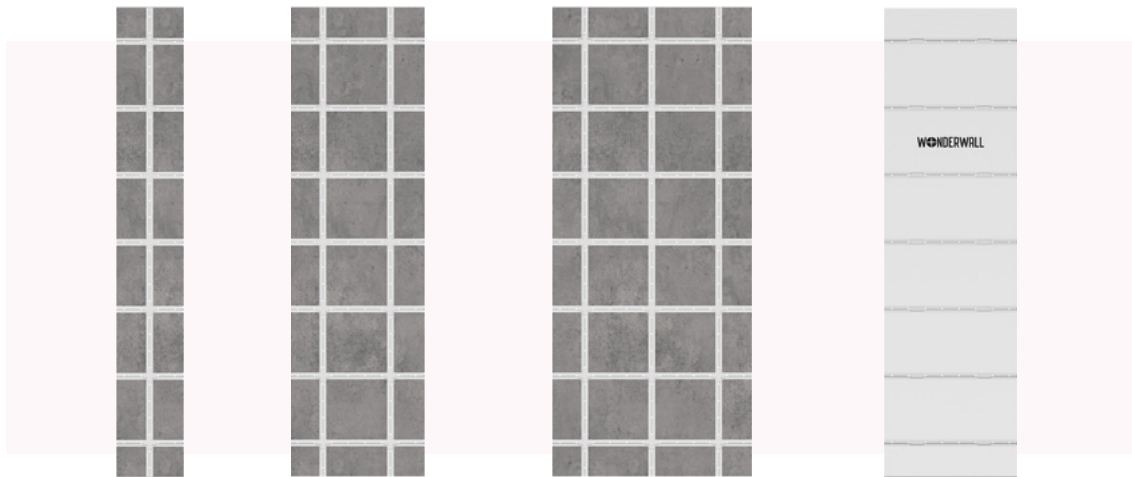
The most common users include

- + physiotherapeutic facilities
- + personal trainers
- + fitness and micro studios
- + hotels
- + private users

WALL ELEMENTS

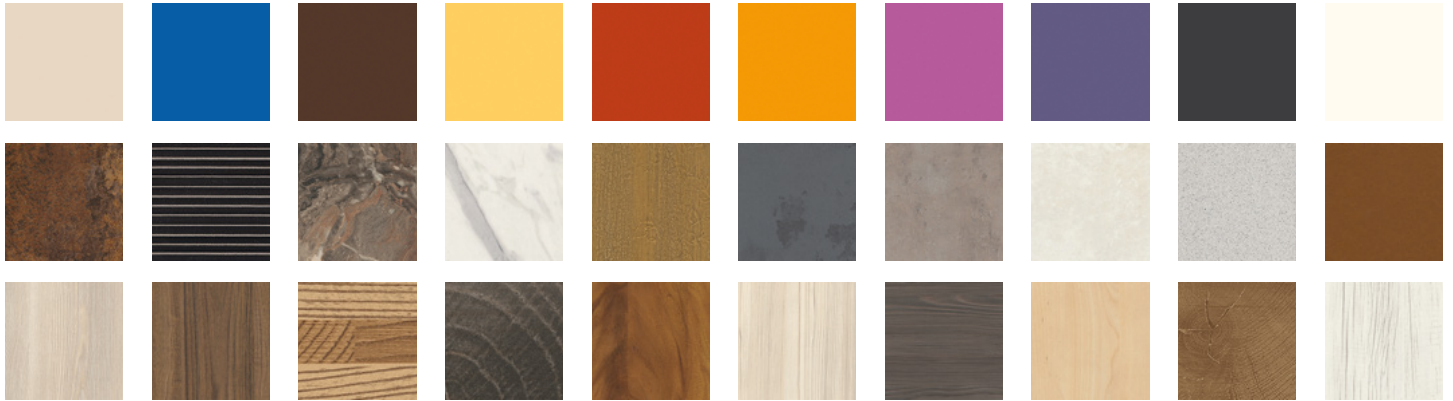


The wall modules form the basis of your WONDERWALL system. All applications are fixed in the rail system.



Single Wall Elements are available in 30, 60 und 90 cm width and 210 cm height and can be combined with each other as desired. Ensure that your building wall, to which the WONDERWALL will be installed, can withstand a minimum tensile force of 420 kg.

The elements can be joined together in any row. Each element is constructed in a sandwich process, from an MDF board, a chipboard, and a laminated board, which you can choose from around 250 different decors. When delivered, the WONDERWALL already contains the patented mounting rails for the applications.



All elements are available in various colour decors.

The scope of delivery of each initial order that includes wall modules includes a handle extension for securely locking and releasing the base adapter. Please check the completeness of the delivery immediately and notify your sales advisor if it is not complete.










APPLICATIONS

Applications may only be used for the purpose communicated by the manufacturer and its specialized staff.
Any use other than that explained during installation is a misappropriation.

- = Do not stand or sit on it
- = Do not hang on it

	Climbing Stones	Climbing Stones – Set for therapeutical climbing <i>max. load 60 kg per stone</i>	
● 	Stretching Roller 30 cm	Stretching Roller – ideal for stretching of extremities and the spine <i>max. load 70 kg</i>	20 x 15 x 39
● 	Stretching Roller 45 cm	Stretching Roller – ideal for stretching of extremities and the spine <i>max. load 60 kg</i>	20 x 15 x 54
● 	FRDG Fascia Roller 30 cm	Fascia Roller, dynamic – fascial treatment for back and extremities <i>max. load 50 kg</i>	20 x 15 x 43
● 	Triggerpoint Roller	Double Roller – fascial treatment for neck and spine <i>max. load 30 kg</i>	20 x 12 x 21
● 	Triggerpoint -Modul	Triggerpoint Modul – for triggerpoint treatment <i>max. load 15 kg</i>	20 x 12 x 30
● 	Multi Hook	Multi Hook – Multitool for fixation of training equipment <i>max. tensile load 120 kg</i>	20 x 12 x 13
● 	Hook 30 cm Set of 2	Hook 30cm – Storage for training equipment <i>max. load each 2.5 kg</i>	3 x 3 x 46,5

HINT: Don't carry or twist the applique by the small pen. The pen is another possibility to trigger and should be used as this. Handle the Triggerpoint with care and don't let it fall on the ground.

	Hook 20 cm Set of 2	Hook 20 cm – Storage for training equipment <i>max. load each 10 kg</i>	3 x 3 x 26
	Hook Tableau Set of 2	Hook Tableau <i>max. load 10 kg</i>	3 x 3 x 23
	Multi Boom 50 cm Set of 2	Multi Boom – pull up training and dips, abs workout, suspension punching bag, slingtrainer <i>max. load 120 kg</i>	48 x 55 x 15
	Pull up Bar 120 cm	Pull up Bar <i>max. load 120 kg</i>	127 x 15 x 3
	Storkebaum handles Set of 2	Grab handles – for gript raining and stretching <i>max. load each 40 kg</i>	3 x 3 x 14,5
	Adaption Barbell	Adaption Barbell <i>max. load 120 kg</i>	30 x 6 x 13
	Adaption Bosu	Adaption Bosu – Storage Bosu	3,7 x 23 x 63
	Adaption Bioswing	Adaption Bioswing – Storage Bioswing	19 x 30 x 5,5
	Wonderwall Tableau	Tableau – Storage <i>load 10kg</i>	23 x 50 x 1,5

HANDLING

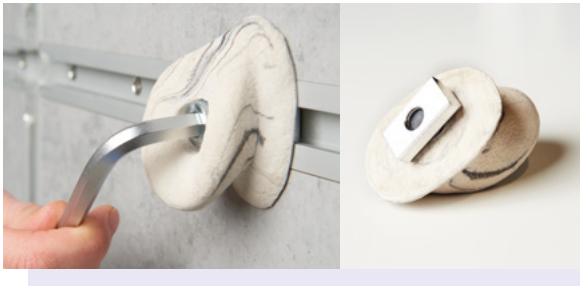
Depending on the type of application there are three different types of closures.

1. WONDERWALL applications from the areas of functional training, stretching, fascia training and trigger point treatment are equipped with a screw cap.



Insert the application horizontally or vertically into the aluminum splint at any crossing point and move it to the desired position, at least 2cm away from the end of the crossing point. The application can only be securely locked outside the cross points. Make sure that you fasten the application at least 2 cm away from the cross point. Using the handle extension, close the twist lock by pushing the lever in the direction turn "Close". Make sure that the applications are firmly seated in the splint. The application is opened by moving the handle in the "Open" direction as far as it will go. Please note the safety instructions on page 12.

2. WONDERWALL climbing stones are equipped with a screw-clasp.



Insert the application into the rail at any crossing point and move it to the desired position. Move them at least 2 cm away from the end of the crossing point. The applications can only be securely attached outside of the crossing points. Use a size 8 hex key to securely fasten the application in the splint. The application is loosened and removed in the reverse order. Observe the safety instructions on page 12.

3. WONDERWALL storage modules are equipped with ball snap systems



Only insert the application horizontally at any crossing point in the rail and move it to the desired position by pressing the application lightly against the splint. Move them at least 2 cm away from the end of the crossing point. The applications can only be securely attached outside of the crossing points. By gently pressing the application against the rail, you can change the position again or remove the application at the crossing point. Safety instructions on page 12.

SAFETY NOTICE

1. Always use original parts from the WONDERWALL brand as applications. Only original spare parts or components approved by the manufacturer may be used.
2. Before each exercise, check that the application is correctly seated and correctly locked. The clamps must always be able to be opened upwards using the lever.
3. Applications with ball snap locks may not be used for training and may only be used in horizontal rails.
4. Observe the information on the maximum load on the application.
5. Before each use, carry out a functional check and check all components for damage. If you notice any damage before or during use, stop training.
6. The application can only be securely locked outside the cross points. Make sure that the cross point is fully visible when locking the applications.
Use the handle extension to close the twist lock by turning it in the „Close“ direction. Always ensure that the application is firmly seated in the aluminium profile before starting the exercise. Also use the handle extension for opening.
7. Exercises with maximum force: When performing exercises with maximum force on the multi-hook, it must be secured in the horizontal aluminium profiles when pulling upwards or downwards and in the vertical aluminium profiles when pulling sideways.
8. Have repair and maintenance work carried out only by qualified personnel.
9. With nausea, pain or dizziness, stop training immediately and consult a doctor.
10. For your own safety, only train with appropriate clothing and shoes.
11. Children and young people should never go unsupervised on a WONDERWALL, as they are likely to behave for which the device was not designed. The WONDERWALL is not a toy!
12. Against improper use is expressly warned!
13. Check the attachment of the WONDERWALL to the building wall at least quarterly. Make sure that the screws, steel rails and wooden walls are tight.
14. WONDERWALL corresponds to DIN EN ISO 20957-1 and is designed for a maximum body weight of 120 kg.
15. All walls and applications may only be in interiors are used.
16. Wet hands can lead to slipping off the applications during training. Make sure that the user of the wall have a secure footing when performing the exercises.
17. Have the trainers and those who are responsible only be trained by specialists. Brief your own staff only, if you have been optimally trained and feel confident in the implementation.
18. Make sure that all users, especially people with mental and physical disabilities, are supervised and instructed by qualified staff.
19. Also make sure that people who do not speak your own language, know how to use the WONDERWALL plus applications professionally.

Incorrect or excessive training can lead to damage of health! Exercises on the WONDERWALL should only be carried out under the guidance and under the supervision of the appropriate specialist staff. If necessary, consult your doctor or therapist before starting your training. The WONDERWALL is equipped with components that could injure people standing in the immediate vicinity during training.

Position the Wonderwall in such a way that there is enough free space for the components to the next device for the user and third parties. Wall mounting may only be carried out by trained specialists, as otherwise liability and warranty claims against the manufacturer may be void.

Only use suitable tools and fastening material recommended for the respective wall.

TECHNICAL NOTES AND MAINTENANCE

The materials used in WONDERWALL products are designed for a long service life. Regular maintenance and care are essential to ensure safety and functionality. Regularly clean and remove sweat, dust and dirt. Use water and a soft cloth for this. For disinfection purposes, use any suitable product for the surfaces and materials.

Applications that are not in use can be parked in the desired position outside of your training area on the WONDERWALL. Pay attention to correct locking!

Applications can heat up when exposed to sunlight. Check the temperature of the applications before starting training. In addition, solar radiation can lead to incorrect operation of the applications (opening/closing).

If the air humidity in the rooms is too high, unhygienic germ formation can occur. Ensure a good indoor climate.

Don't leave the walls out in the rain. The walls should be used indoors at a temperature of 10 degrees to 40 degrees. Cold and heat outdoors can lead to changes in the product.





WONDERWALL

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