

## Toorx AHF-047

# Toorx Double Wheel for Abdominal AHF-047 User Manual

Model: AHF-047

## INTRODUCTION

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This manual provides instructions for the safe and effective use of the Toorx Double Wheel for Abdominal, model AHF-047. Please read this manual thoroughly before using the product and retain it for future reference.

The Toorx AHF-047 dual abdominal wheel is designed to assist in improving, toning, and strengthening the abdominal muscles, back, shoulders, and arms. Its compact size makes it suitable for use in various locations.

## IMPORTANT SAFETY INFORMATION

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**WARNING: Before starting any exercise program, consult with a physician. This is especially important for individuals over the age of 35 or those with pre-existing health conditions.**

- Always inspect the product for any damage or wear before each use. Do not use if damaged.
- Ensure a clear and stable area for exercise.
- Use the product on a non-slip surface.
- Maintain proper form to prevent injury, especially to the back.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.
- Keep children and pets away from the product during use.

## SETUP

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The Toorx Double Wheel for Abdominal AHF-047 typically comes pre-assembled or requires minimal assembly. Follow these steps to prepare the device for use:

1. **Unpacking:** Carefully remove all components from the packaging.

2. **Handle Attachment (if applicable):** If the handles are separate, insert them firmly into the designated slots on the wheel axle until they click into place or are securely fastened. Ensure both handles are symmetrical and stable.
3. **Inspection:** Verify that the wheels spin freely and the handles are securely attached and non-slip.



*Image: The Toorx Double Wheel for Abdominal AHF-047, showing its dual wheel design and non-slip handles. This image illustrates the assembled product ready for use.*

## OPERATING INSTRUCTIONS

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The abdominal wheel is an effective tool for core strengthening. Proper technique is crucial to maximize benefits and prevent injury.

### Basic Ab Rollout Exercise:

1. **Starting Position:** Kneel on a mat or soft surface. Place the abdominal wheel on the floor directly in front of you, holding the handles with both hands. Your shoulders should be directly over your hands.
2. **Engage Core:** Before rolling, brace your abdominal muscles as if preparing for a punch. Keep your back straight, avoiding arching or rounding.
3. **Roll Out:** Slowly roll the wheel forward, extending your body. Maintain a tight core and straight back. Only go as far as you can without letting your hips sag or your back arch.
4. **Return:** Using your core muscles, slowly pull the wheel back towards your starting position. Focus on contracting your abs to bring your body back up.
5. **Repetitions:** Start with a manageable number of repetitions (e.g., 5-10) and gradually increase as your strength improves.

### Tips for Effective Use:

- **Control Movement:** Avoid using momentum. The movement should be slow and controlled.

- **Breathing:** Exhale as you roll out and inhale as you return to the starting position.
- **Progression:** As you get stronger, you can try to roll out further or perform the exercise from a standing position (advanced users only).
- **Surface:** Use on a smooth, non-abrasive surface for optimal wheel movement.

## MAINTENANCE

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Regular maintenance ensures the longevity and safe operation of your Toorx Double Wheel for Abdominal.

- **Cleaning:** Wipe down the handles and wheels with a damp cloth after each use to remove sweat and dirt. Do not use abrasive cleaners.
- **Storage:** Store the abdominal wheel in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically check the wheels and handles for any signs of wear, cracks, or looseness. Ensure the handles remain securely attached.

## TROUBLESHOOTING

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This section addresses common issues you might encounter with your abdominal wheel.

Problem	Possible Cause	Solution
Wheels do not roll smoothly.	Dirt or debris on the wheels/axle; uneven surface.	Clean wheels and axle. Ensure use on a smooth, flat surface.
Handles feel loose.	Handles not fully inserted or secured.	Re-insert handles firmly until secure. If they remain loose, discontinue use and contact support.
Discomfort during exercise.	Incorrect form; overexertion; pre-existing condition.	Review operating instructions for proper form. Reduce range of motion or repetitions. Consult a physician if pain persists.

## SPECIFICATIONS

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- **Model:** AHF-047
- **Brand:** Toorx
- **Product Dimensions:** 52.5 x 29 x 24.5 cm
- **Item Weight:** 1 Grams
- **Color:** Black
- **Features:** Dual wheel design, non-slip handles.

## WARRANTY INFORMATION

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The Toorx Double Wheel for Abdominal AHF-047 comes with a **2-year warranty**. This warranty covers manufacturing defects under normal use. Please retain your proof of purchase for warranty claims. The warranty does not cover damage resulting from misuse, neglect, accidents, alteration, or unauthorized repair.

## CUSTOMER SUPPORT

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For technical assistance, warranty claims, or product inquiries, please contact Toorx customer support through their official website or the retailer from whom the product was purchased.

*Please refer to the product packaging or official Toorx website for the most current contact information.*