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### Amonax AM-163900020

# Amonax Double-Sided Gliding Discs with Straps Instruction Manual

Model: AM-163900020

## 1. PRODUCT OVERVIEW

The Amonax Double-Sided Gliding Discs are versatile fitness tools designed to enhance core and abdominal training. These discs facilitate smooth, controlled movements, engaging various muscle groups for a full-body workout. They are suitable for a range of exercises, including Pilates and gymnastics, and can be used in conjunction with other fitness equipment like resistance bands.

## 2. KEY FEATURES

- **Increased Core Training Intensity:** Features detachable straps that provide additional support, allowing users to focus more effectively on abdominal muscles during workouts. This helps prevent the discs from slipping, especially for beginners.
- **Full Body Workout Capability:** Designed for comprehensive training, targeting not only the abdominal muscles but also legs, glutes, arms, and chest. The discs are compatible with various resistance bands for diversified exercise routines.
- **Dual-Sided for All Surfaces:** One side features a smooth, hard plastic surface, ideal for use on soft surfaces like carpets or rugs. The other side is foam-padded, designed for hard floors such as wood, laminate, or tile, ensuring smooth gliding on any surface.
- **Portability:** Each set includes a high-quality velvet carry bag, enabling clean and compact storage. The lightweight and compact design makes them easy to transport for workouts at home, the gym, or while traveling.
- **Durable Construction:** Made from robust materials to ensure longevity and consistent performance.

## 3. SETUP AND ASSEMBLY

The Amonax Gliding Discs require no complex assembly. They are ready for immediate use upon unboxing. The removable straps are designed for easy attachment and detachment, allowing you to customize your workout intensity.

### Attaching the Straps:

To attach the straps, simply slide them through the designated slots on the disc. Ensure the straps are securely positioned to provide a snug fit around your feet or hands, depending on the exercise.



Image: Amonax gliding disc with a removable strap, illustrating the attachment mechanism.

#### 4. USAGE AND OPERATION

##### Surface Selection:

- **For Soft Surfaces (Carpets, Rugs):** Place the disc with the smooth, hard plastic side facing down. This allows for optimal gliding on fibrous surfaces.
- **For Hard Surfaces (Wood, Tile, Laminate):** Place the disc with the fabric/foam padded side facing down. This side is designed to glide smoothly without scratching hard floors.

# DUAL SIDES SUITABLE FOR ALL SURFACES



## FABRIC SIDE

TIMBER/  
WOOD FLOOR



CERAMIC/  
TILED FLOOR



## SMOOTH SIDE

CARPETS/  
RUGS



GYM MATS/  
FLOOR



Image: Illustration of the dual-sided design, indicating which side to use for different floor types.

## Training Levels:

- **Beginner Level:** Utilize the removable straps for added stability and support. This helps in maintaining control and focusing on proper form, especially when first learning exercises.
- **Advanced Level:** Once comfortable and your core strength has developed, remove the straps for a more challenging workout. This requires greater balance, muscle engagement, and control.



Image: Demonstrates the use of straps for beginner exercises and strap-free for advanced workouts.

## 5. EXERCISE EXAMPLES

The Amonax Gliding Discs can be incorporated into a wide variety of exercises to target different muscle groups. Here are some examples:

# FULL BODY WORKOUT



FREE PDF GUIDE  
UPON REQUEST



● UPPER BODY



● CORE



● LOWER BODY

Image: Visual guide showcasing various exercises for upper body, core, and lower body using the gliding discs.

## Demonstration Video:

Your browser does not support the video tag.

Video: A demonstration of various exercises that can be performed with the Amonax Gliding Discs, including arm slides, leg slides, and core movements.

## 6. CARE AND MAINTENANCE

- **Cleaning:** After each use, wipe the discs with a damp cloth to remove sweat and debris. Ensure they are completely dry before storage.
- **Storage:** Store the gliding discs in the provided velvet carry bag. This protects them from dust, dirt, and potential damage, maintaining their smooth gliding capability.
- **Avoid Extreme Temperatures:** Do not expose the discs to extreme heat or cold, as this may affect the material

## PERFECT PORTABILITY



**Carry Bag x 1**



**Core Sliders x 2**



**Red Straps x 4**



**Black Straps x 4**

Image: Amonax gliding discs and straps stored in their carry bag, highlighting portability and proper storage.

## 7. TROUBLESHOOTING

### • Discs Not Gliding Smoothly:

- Ensure the correct side of the disc is facing down for your floor type (smooth side for soft surfaces, fabric side for hard surfaces).
- Check the floor surface for any debris, dust, or unevenness that might impede gliding.
- Clean the discs thoroughly to remove any residue that might affect performance.

### • Straps Feel Loose or Uncomfortable:

- Re-adjust the straps to ensure a snug and comfortable fit around your feet or hands.
- Ensure the straps are correctly threaded through the disc slots.

## 8. SPECIFICATIONS

Attribute	Detail
Brand	Amonax
Model Number	AM-163900020
Color	Red
Material	Plastic
Style	Compact
Product Dimensions (L x W x H)	18 x 0.8 x 18 cm
Item Weight	214 Grams
Maximum Weight Recommendation	120 Kilograms
Batteries Included	No

## 9. WARRANTY AND SUPPORT

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Amonax provides a 2-year warranty for this product, ensuring quality and customer satisfaction. If you have any questions, concerns, or require assistance with your Amonax Gliding Discs, please contact Amonax customer support through the retailer's platform or the official Amonax website. Our team is dedicated to providing prompt and helpful support.