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Amonax 163900118

AMONAX Hip Thrust Barbell Pad

Model: 163900118 - Instruction Manual

1. INTRODUCTION

The AMONAX Hip Thrust Barbell Pad is designed to enhance comfort and safety during various barbell exercises, particularly hip thrusts, squats, and lunges. Its extra-thick, high-density foam padding evenly distributes weight and reduces pressure, allowing for more effective and comfortable workouts. The secure Velcro strap system ensures the pad remains firmly in place on the barbell.



Image 1.1: AMONAX Hip Thrust Barbell Pad, grey color.

2. KEY FEATURES

- **Enhanced Comfort:** Extra-thick, high-density foam padding provides superior cushioning and pressure relief.
- **Secure Fit:** Features a full Velcro strap system and anti-slip design to ensure the pad stays securely attached to the barbell.
- **Durable Construction:** Made with robust materials for long-lasting use.
- **Versatile Use:** Ideal for hip thrusts, squats, lunges, and other heavy barbell exercises.
- **Universal Compatibility:** Designed to fit barbells with diameters between 25-50 mm.

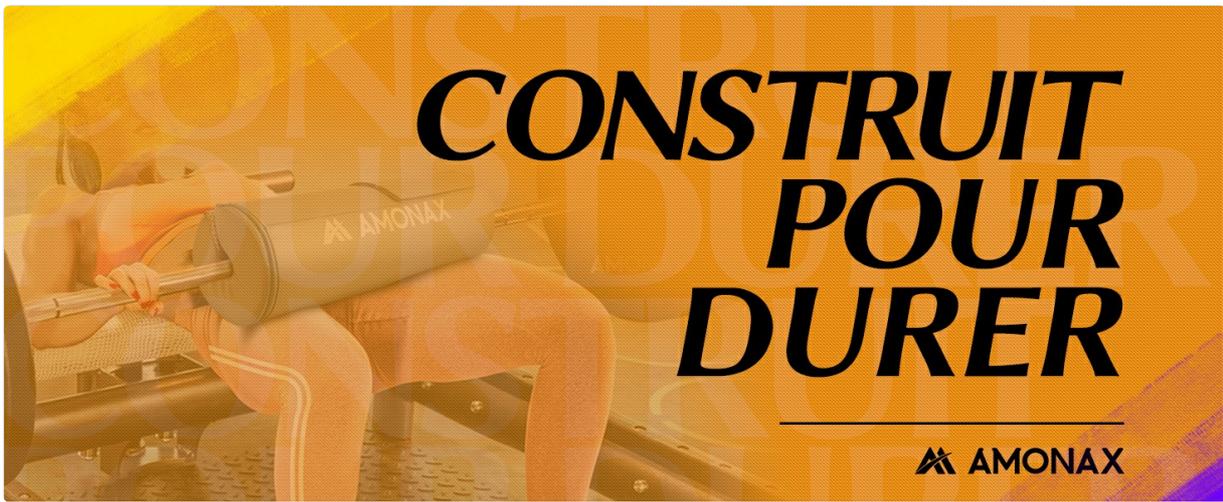


Image 2.1: Diagram illustrating key features of the AMONAX Barbell Pad.

3. SETUP INSTRUCTIONS

1. **Unpack the Barbell Pad:** Remove the pad from its packaging.
2. **Open the Pad:** Unfasten the Velcro straps to open the pad along its length.
3. **Position on Barbell:** Place the open pad around the center of your barbell. Ensure the barbell is clean and free of debris.
4. **Secure the Straps:** Wrap the Velcro straps tightly around the barbell, pressing them firmly together to secure the pad in place. The anti-slip inner surface should grip the barbell.
5. **Verify Stability:** Gently tug on the pad to ensure it is securely fastened and does not slide or rotate freely on the barbell.

97% de nos clients ont évalué AMONAX comme le meilleur en termes de **QUALITÉ** et d' **EFFICACITÉ** !



" C'est un coussinet d'haltères super épais pour les hip thrusts. Absolument incroyable pour soulever des objets lourds. J'ai toujours eu du mal à trouver quelque chose pour moi mais c'est littéralement parfait. Bien fait, après quelques mois d'entraînements réguliers, il a toujours l'air neuf. 6 cm d'épaisseur pour que je ne me sente pas mal à l'aise lorsque je fais confiance à la hanche. Je recommanderais certainement ce produit. "

-zzz. Amazon commentaires

Image 3.1: Barbell pad attached to a barbell.



Image 3.2: Barbell pad showing compatibility with various bar diameters.

4. OPERATING INSTRUCTIONS

The AMONAX Hip Thrust Barbell Pad is designed to provide comfort and stability during various weightlifting exercises. Always ensure the pad is correctly installed before beginning your workout.

4.1. For Hip Thrusts

- Position the barbell with the pad across your hips.
- Ensure the pad is centered and comfortably placed to distribute pressure evenly.
- Perform hip thrusts as usual, focusing on proper form. The pad will protect your hips from direct barbell pressure.



Image 4.1: Using the pad for hip thrusts.

4.2. For Squats

- Place the barbell with the pad across your upper back/shoulders.
- Adjust the pad to ensure it sits comfortably on your trapezius muscles, providing cushioning for your neck and spine.
- Perform squats with controlled movements.

4.3. For Lunges

- Similar to squats, position the barbell with the pad on your upper back/shoulders.
- Ensure a stable and comfortable fit before initiating lunges.

5. MAINTENANCE

Proper care will extend the life of your AMONAX Hip Thrust Barbell Pad.

- **Cleaning:** Wipe the pad with a damp cloth after each use to remove sweat and dirt. For deeper cleaning, use a mild soap solution and then wipe with a clean, damp cloth. Allow to air dry completely before storage.
- **Storage:** Store the pad in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Regularly inspect the pad for any signs of wear, tear, or damage to the foam or Velcro straps. Discontinue use if significant damage is observed.

6. TROUBLESHOOTING

6.1. Pad Slides on Barbell

- **Solution:** Ensure the Velcro straps are fastened as tightly as possible. The anti-slip inner surface needs firm contact with the barbell. Clean the barbell and the pad's inner surface to remove any residue that might reduce grip.

6.2. Discomfort During Use

- **Solution:** Adjust the pad's position to find the most comfortable spot. Ensure the weight is evenly distributed. If discomfort persists, reduce the weight being lifted or consult a fitness professional for form correction.

7. SPECIFICATIONS

Feature	Detail
Brand	Amonax
Model Number	163900118
Model Color	Grey
Size	40 cm
Main Material	Leather, Foam
Maximum Weight Capacity	200 Kilograms
Product Dimensions (L x W x H)	40 x 15.8 x 0.1 cm
Product Weight	580 grams



Image 7.1: Product dimensions diagram.

8. WARRANTY

AMONAX provides a **2-year warranty** for this Hip Thrust Barbell Pad to ensure your long-term satisfaction. This warranty covers manufacturing defects and material failures under normal use. Please retain your proof of purchase for warranty claims.

9. SUPPORT

For any questions, concerns, or warranty claims regarding your AMONAX Hip Thrust Barbell Pad, please contact Amonax customer service. We are committed to assisting you and ensuring your product experience is satisfactory.

Contact information can typically be found on the Amonax official website or through your purchase platform.

