

ProMat

training mats

User Guide

INCLUDED:

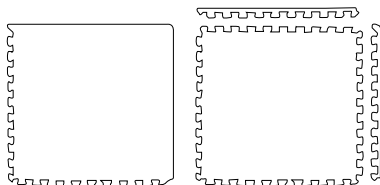
12 square foam pieces, 24 border pieces, User guide

STEP 1

Remove all the square foam pieces (12) from the packaging.

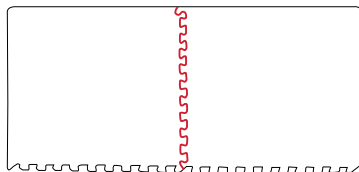
STEP 2

Each individual foam square comes with two border pieces, which can be removed from or attached to any side of any square as needed. Remove them for greater assembling freedom.



STEP 3

Lay the squares out on the floor in your preferred arrangement. Press down gently to interlock the squares together, thereby creating a smooth surface.



STEP 4

For a finished look, attach the border pieces along the ProMat's edges.

CLEANING

Cleaning should be performed regularly in order to keep your ProMat in the best shape.

- Do not use harsh chemicals.
- Vacuum or sweep the mats regularly to get rid of any dust or debris.
- For deeper cleaning, use a mild soap or detergent and hot water to remove dirt, grease and oil from its surface.
- Once you clean the ProMat with soap and water, allow it to fully dry.
- Do not use the mats immediately after cleaning to prevent slipping and falling.