

User Manual for Puzzle BLACK Rubber Mat

1. Product Description

The Puzzle BLACK Rubber Mat is a professional sports surface made from high-quality SBR rubber. It features excellent abrasion resistance and cushioning, protecting floors from damage caused by dropped weights. The non-slip surface ensures safety during training.

2. Intended Use

The mat is suitable for:

- Gyms and fitness clubs
- Free weight areas
- Training rooms
- Home gyms

3. Assembly Instructions

- **Preparing the Surface:**
 - Ensure the surface where the mat will be placed is clean, dry, and free from sharp objects.
- **Assembling the Mat:**
 - Connect individual mat pieces by fitting them together like puzzle pieces to achieve the desired training area size.
 - Ensure all pieces are well-fitted and stable.

4. Usage Instructions

- **Starting Exercises:**
 - Before beginning your workout, check that the mat is stable and does not slide on the floor.
 - Perform exercises as recommended by your trainer or physiotherapist.
- **Recommendations:**
 - Avoid using footwear with sharp elements that may damage the mat's surface.
 - Do not use the mat near open flames or high-temperature sources.

5. Maintenance and Care

- **Cleaning:**
 - After each use, wipe the mat's surface with a damp cloth and mild detergent.
 - Avoid using harsh chemicals that may damage the material.
- **Storage:**
 - Store the mat in a dry, well-ventilated place, away from direct sunlight.
 - Avoid keeping the mat folded or rolled up for extended periods.

6. Precautions

- **Safety:**
 - Before starting exercises, ensure the mat is stable and does not slide on the floor.
 - Children should use the mat only under adult supervision.
- **Condition Check:**
 - Regularly inspect the mat for damages such as abrasions or tears. If any damage is found, discontinue use until repaired or replaced.