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› Holymuss 1/2in Thick 48 Sq Ft Rubber Top High Density EVA Foam Exercise Gym Mats Instruction Manual

Holymuss 1/2" Thick, 48 Square Feet

Holymuss 1/2in Thick 48 Sq Ft Rubber Top High Density EVA Foam Exercise Gym Mats

Model: 1/2" Thick, 48 Square Feet

INTRODUCTION

The Holymuss Interlocking Exercise Gym Mats are designed to provide a durable, comfortable, and protective flooring solution for various activities. These mats feature a two-layer design, combining a textured rubber top layer with a high-density EVA foam bottom layer. This construction offers a non-slip surface, excellent shock absorption, and noise reduction, making them suitable for home gyms, playrooms, and other areas requiring cushioned flooring.

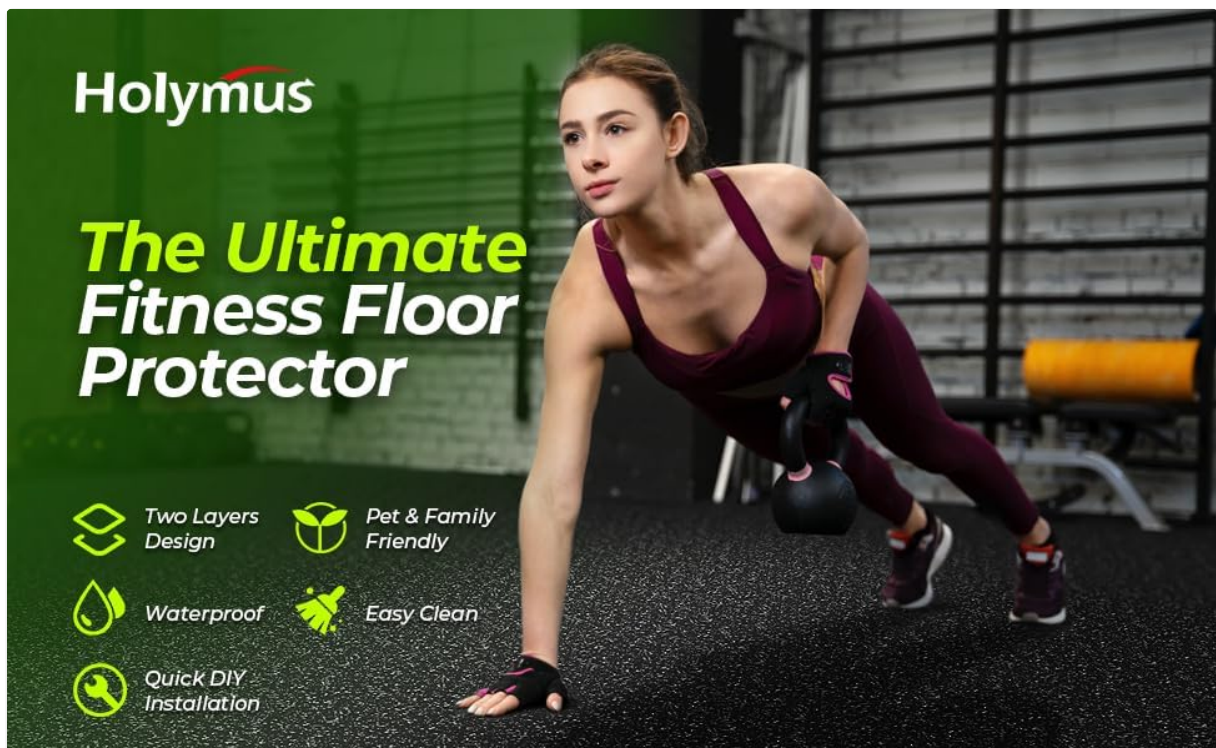


Image: Holymuss Interlocking Gym Mats in use, showcasing key features.

SAFETY INFORMATION

- Ensure all mat pieces are fully interlocked before use to prevent shifting and potential tripping hazards.
- Keep sharp objects away from the mats to avoid punctures or damage to the surface.
- While the mats are waterproof, avoid prolonged exposure to standing water.
- An initial rubber odor may be present upon unboxing. This is normal and typically dissipates within a few days in a well-ventilated area.
- These mats are designed for indoor use. Outdoor use may lead to premature wear and degradation.
- Supervise children when playing on the mats. The mats are SGS Certified, Non-Toxic, and Non-Odor for safety.



Image: Child playing on the mats, emphasizing safety features.

PACKAGE CONTENTS

Each package of Holymuss Interlocking Exercise Gym Mats includes:

- 12 Interlocking Mat Tiles
- 24 Border Pieces (2 borders per tile)

This configuration covers a total area of 48 square feet.

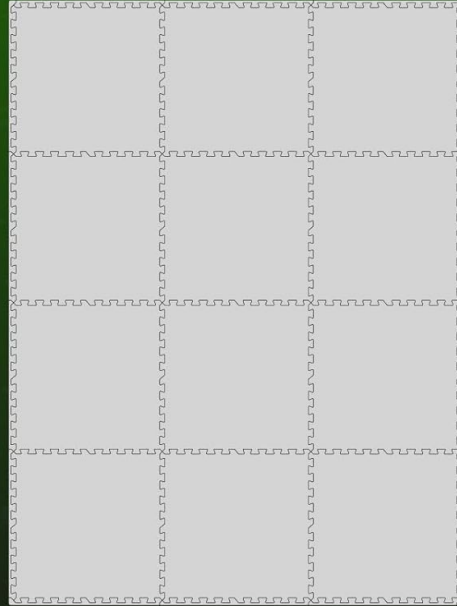
12

PCS

Holymus

2 Borders per tile

TILE CT	SQ.FT
4	16
6	24
9	36
12	48
15	60
18	72
20	80
24	96



Please measure your space carefully before ordering.

Image: Package contents and coverage area diagram.

SETUP AND INSTALLATION

The Holymuss gym mats are designed for quick and easy DIY installation. Follow these steps to set up your flooring:

- 1. Prepare the Area:** Ensure the floor surface where the mats will be laid is clean, dry, and free of debris.
- 2. Start Laying Tiles:** Begin laying the interlocking tiles from one corner of your desired area.
- 3. Interlock Tiles:** Align the puzzle edges of the tiles and press them firmly together to create a secure, seamless connection. The mats are designed to lock and grip tightly.
- 4. Add Border Pieces:** Once the main mat area is covered, attach the straight border pieces to the exposed puzzle edges around the perimeter to create a finished look.
- 5. Customization (Optional):** If necessary, tiles can be trimmed with a utility knife or strong scissors to fit irregular shapes or wall-to-wall installations. Measure carefully before cutting.

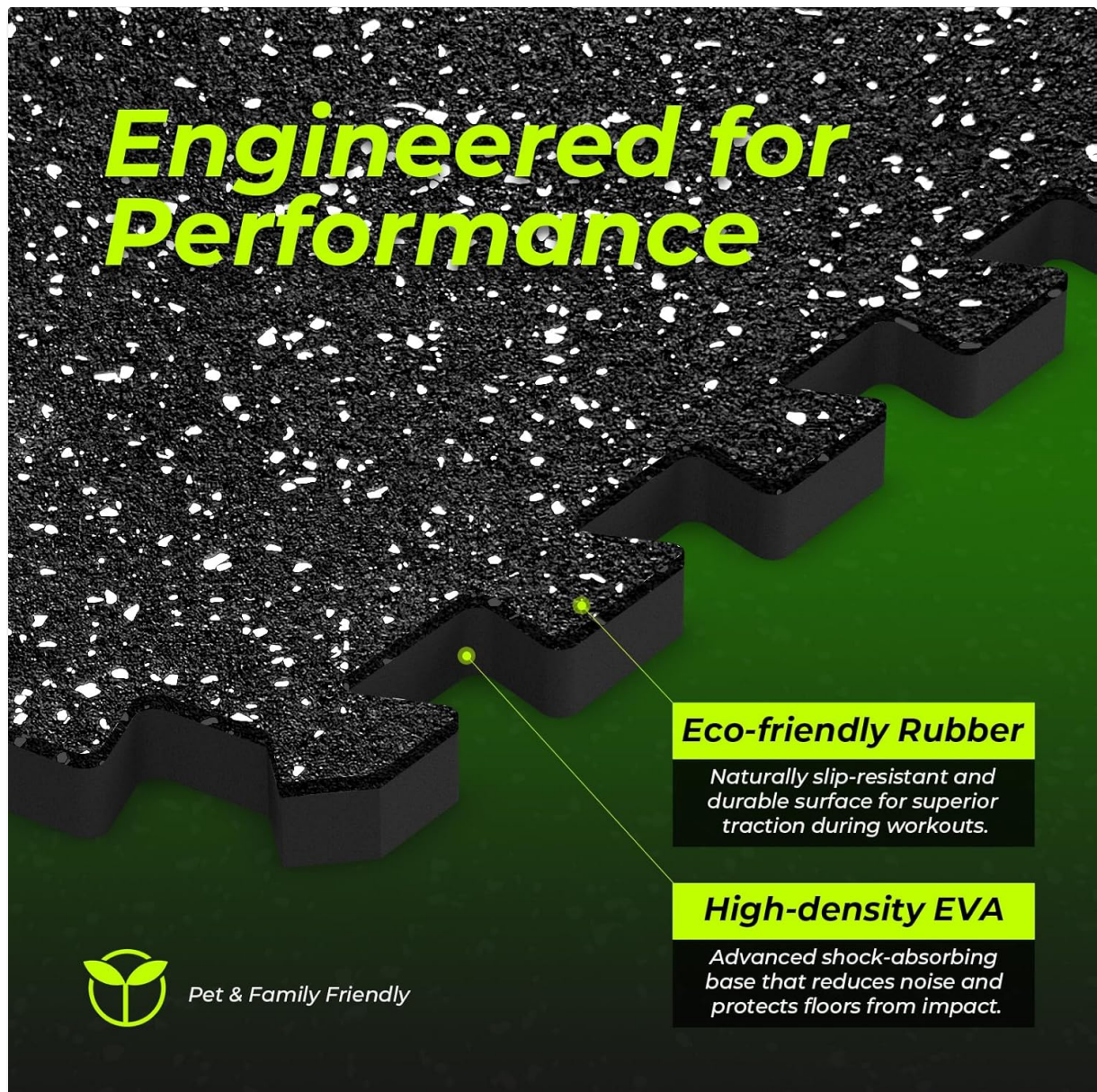


Image: Detail of the interlocking mat design, illustrating the two-layer construction.

OPERATING AND USAGE

Holmuss gym mats are versatile and suitable for a wide range of applications:

- **Home Gym Flooring:** Ideal for protecting floors from heavy workout equipment such as treadmills, benches, and cardio machines. The mats safeguard against scratches, scuffs, and dents.
- **Exercise and Training:** Provides a comfortable and stable surface for yoga, Pilates, CrossFit, kettlebell workouts, jump ropes, and other exercises. The non-slip surface ensures stability during intense activities.
- **Shock Absorption:** The high-density EVA foam base offers superior shock absorption, reducing impact on joints and providing a more comfortable workout experience. It absorbs approximately 40% more impact compared to hard floors.
- **Noise Reduction:** Effectively reduces noise and vibration from exercise, allowing for quieter workouts that minimize disturbance to others.
- **Multi-purpose Areas:** Can be used in children's playrooms, basements, garages, or as standing mats in kitchens or offices for added cushion and safety.

Train with Confidence

Protect Your Floors & Equipment



Heavy-duty Durability



Strong Cushioning



Non-Slip Surface



Image: Mats protecting floor under a treadmill.

Jump Safely, Land Softly

40%

more impact absorption
vs. hard floors



Joint-Friendly
Cushioning



Image: Mats providing cushioning for jumping exercises.



Image: Mats reducing noise during intense workouts.

MAINTENANCE

Maintaining your Holymuss gym mats is simple due to their waterproof and easy-to-clean properties.

- **Regular Cleaning:** Wipe the mats with a damp cloth to remove dust, sweat, and light dirt.
- **Deep Cleaning:** For more stubborn stains, use a mild soap solution with a damp cloth. Avoid harsh chemicals or abrasive cleaners, as these can damage the mat surface.
- **Drying:** Allow the mats to air dry completely before re-using or storing to prevent moisture buildup.
- **Storage:** If storing, ensure mats are clean and dry. They can be disassembled and stacked for compact storage.

TROUBLESHOOTING

- **Mats not interlocking properly:** Ensure the edges are aligned correctly and apply firm, even pressure. Check for any debris caught between the interlocking teeth.
- **Initial odor:** A slight rubber smell is common when new. Place the mats in a well-ventilated area for 24-48 hours before extensive use to allow the odor to dissipate.

- **Mats shifting during use:** Ensure all tiles are securely interlocked. For very intense activities, consider placing the mats against a wall or using non-slip rug pads underneath if on a very smooth surface, though the mats are designed to be non-slip.
- **Damage to mats:** Avoid dropping extremely heavy or sharp objects directly onto the mats, as this can cause indentations or tears.

SPECIFICATIONS

Brand	Holymuss
Model Number	1/2" Thick, 48 Square Feet
Material	Ethylene Vinyl Acetate (EVA), Rubber
Color	Black & White
Tile Dimensions (each)	24 inches x 24 inches (60.96 cm x 60.96 cm)
Thickness	1/2 inch (0.56 inches / 1.42 cm)
Total Coverage	48 square feet (12 tiles)
Item Weight	14.8 kg (for 12 tiles)
Special Features	Slip Resistant, Shock Absorbing, Noise Reducing, Waterproof, Easy to Clean, PVC Free, Latex Free

Product Size

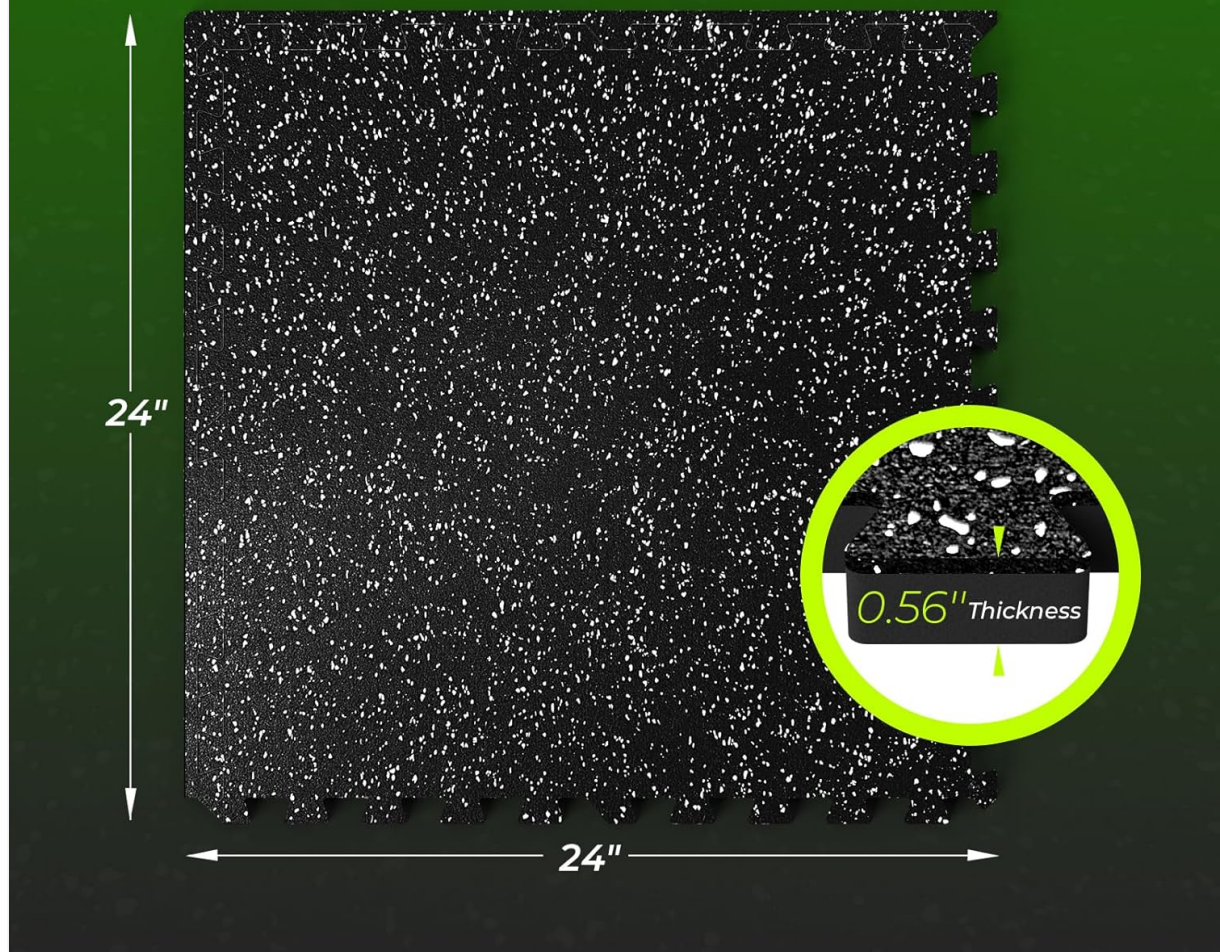


Image: Product dimensions and thickness.

WARRANTY AND SUPPORT

Specific warranty information for the Holymuss 1/2in Thick 48 Sq Ft Rubber Top High Density EVA Foam Exercise Gym Mats is not provided in the available product data.

For warranty details, product support, or any inquiries not covered in this manual, please contact Holymuss customer service directly through their official channels or the retailer where the product was purchased.