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› SUPERJARE 0.56" Thick Rubber Top Interlocking Exercise Equipment Mats (Model 9602) - Instruction Manual

SUPERJARE 9602

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High-Density EVA Foam Mats with Rubber Top for Home Gyms

INTRODUCTION

Thank you for choosing SUPERJARE 0.56" Thick Rubber Top Interlocking Exercise Equipment Mats. These mats are designed to provide a durable, cushioned, and protective surface for your home gym or workout area. This manual provides essential information for the proper setup, operation, maintenance, and troubleshooting of your new mats.

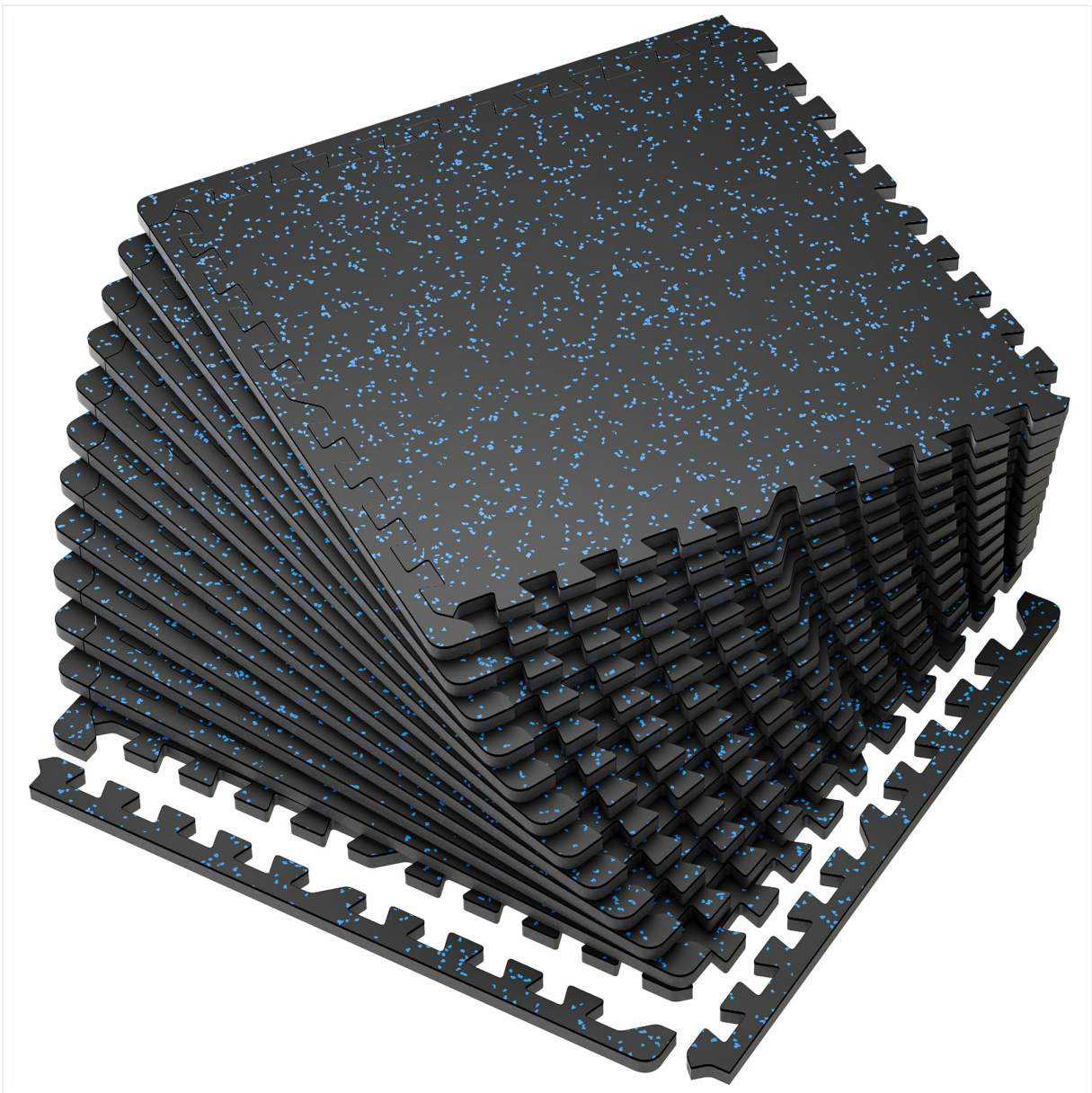


Image: SUPERJARE 0.56" Thick Rubber Top Interlocking Exercise Equipment Mats installed in a home gym.

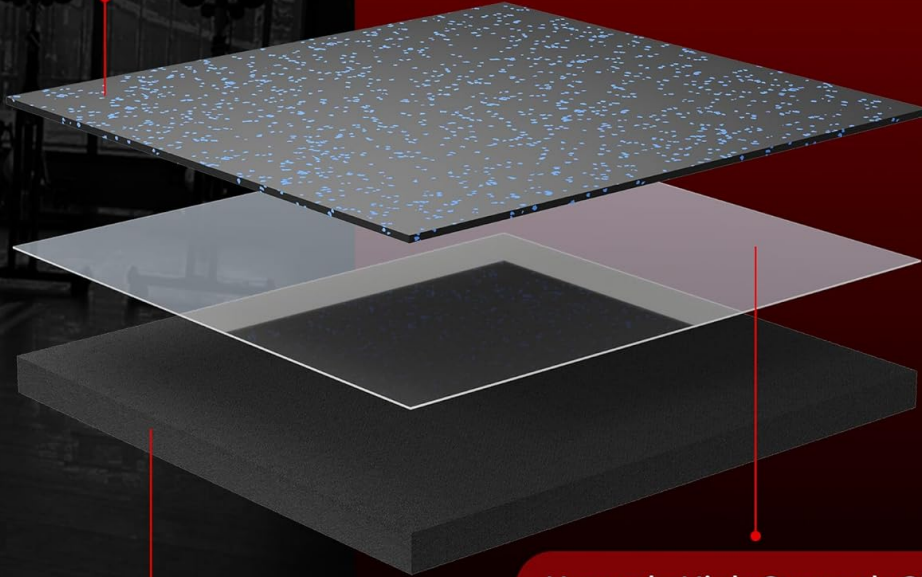
PRODUCT FEATURES

- **Upgraded Dual-Layer Design:** Features a high-density EVA foam base combined with a sturdy EPDM rubber top. This construction is designed to withstand heavy exercise equipment and resist wear and tear.
- **Ultra Grip Rubber Surface:** The workout mats provide superior floor traction and grip, preventing slipping during exercises. The material is designed to be low-odor.
- **Quiet and Cushioned:** The soft foam layer offers excellent shock absorption, reducing noise and vibrations during workouts.
- **Floor Protector:** Minimizes friction and impact from fitness equipment, protecting your floors from scratches and damage during various activities like weightlifting, yoga, or treadmill use.
- **Easy to Assemble and Detach:** Interlocking edges allow for easy assembly, customization, and disassembly. Each tile includes two detachable borders for a finished look.
- **Versatile Use:** Suitable for various locations including garages, home gyms, family fitness rooms, or playrooms.

THICKENED EXERCISE MAT

High Quality Material

Tear-Resistant Rubber



Upgrade High-Strength Glue

Cushioning EVA Foam

Image: Exploded view diagram illustrating the dual-layer design with a rubber top and EVA foam base.

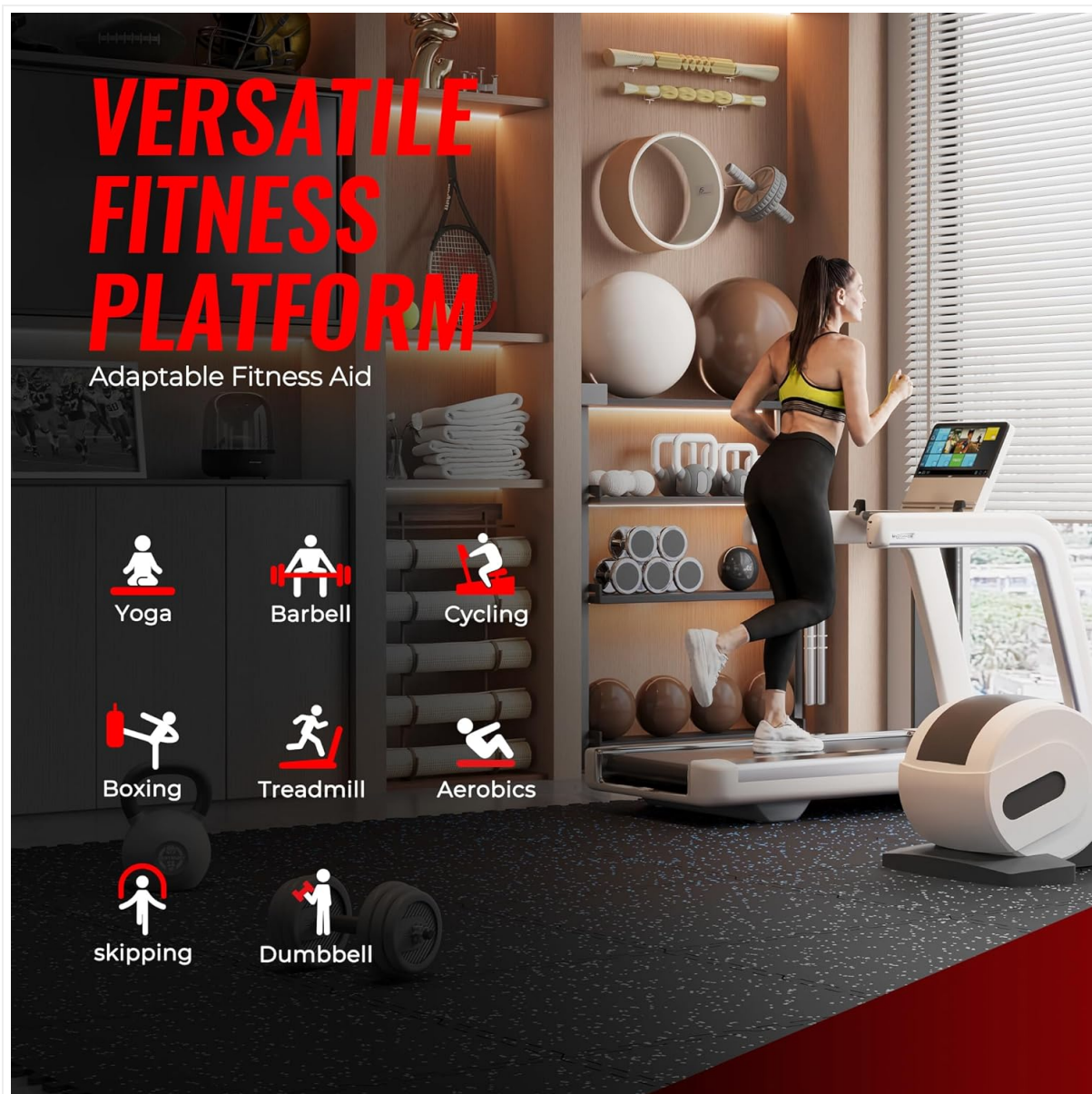


Image: Illustration of the mats being used for a variety of fitness activities, highlighting their versatility.

SETUP INSTRUCTIONS

Unpacking and Inspection

1. Carefully unpack all mat tiles and detachable borders from the packaging.
2. Inspect each piece for any signs of damage. If any components are damaged, do not proceed with assembly and contact customer support.
3. Lay out the mats in a well-ventilated area for a few hours to allow any initial rubber odor to dissipate.

Assembly

The SUPERJARE mats feature an interlocking design for easy assembly. Each tile measures 24 inches by 24 inches and is 0.56 inches thick. A 12-tile pack covers approximately 48 square feet.

- Determine the desired layout for your workout area.
- Begin by connecting the interlocking edges of the tiles. Ensure they fit snugly together to create a stable surface.
- Use the detachable borders to create a neat, finished edge around the perimeter of your assembled

mat area. These borders can be removed if you plan to expand your mat area later.

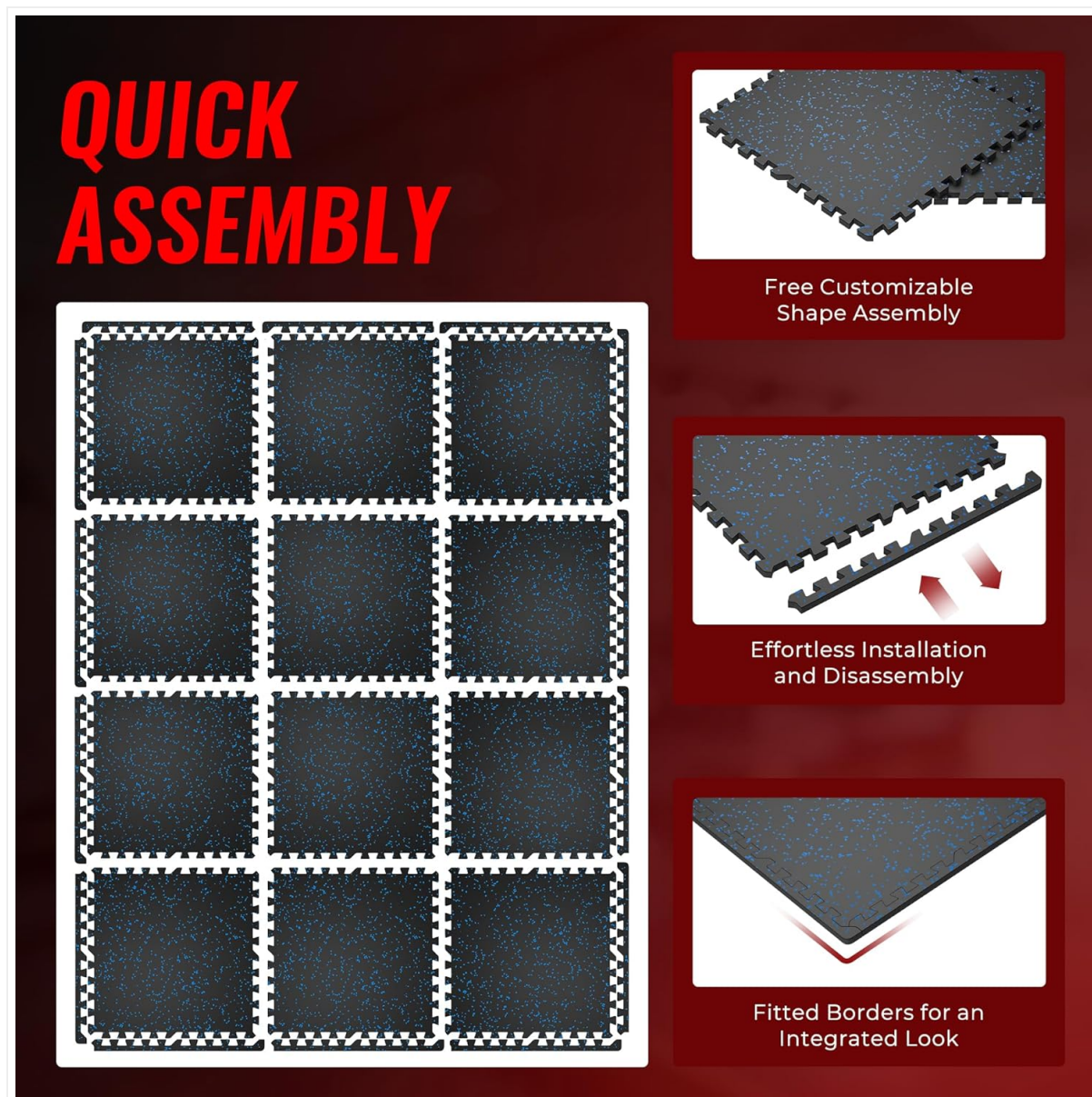


Image: Visual guide demonstrating the interlocking mechanism and the application of detachable borders for a clean finish.

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Video: A demonstration of the SUPERJARE Thick Exercise Mats, highlighting their features and ease of installation in a home gym setting.

OPERATING (USAGE) GUIDELINES

These mats are designed for a wide range of fitness activities and equipment. Follow these guidelines for optimal use:

- **Placement:** Position the mats on a flat, dry surface. Avoid placing them on wet or slippery floors to prevent movement.
- **Equipment:** Place heavy exercise equipment such as treadmills, weight benches, or stationary bikes directly on the mats to protect your underlying floor. The dual-layer design is built to bear heavy loads.
- **Activities:** Use the mats for various workouts including weightlifting, wrestling, yoga, HIIT, and aerobic exercises. The cushioned surface provides comfort and reduces impact on joints.
- **Traction:** The rubber top provides excellent grip, minimizing the risk of slipping during dynamic

movements.

- **Noise Reduction:** Benefit from the mats' shock-absorbing properties, which significantly reduce noise and vibrations, creating a quieter workout environment.



Image: Demonstrates the noise and vibration reduction capabilities of the mats during a workout.



Image: A user performing floor exercises on the mats, illustrating comfort and support.

MAINTENANCE AND CARE

Proper maintenance will extend the life and performance of your SUPERJARE exercise mats:

- **Cleaning:** The rubber top surface is waterproof and easy to clean. Wipe up spills and sweat immediately with a damp cloth. For deeper cleaning, use a mild soap and water solution. Avoid harsh chemicals or abrasive cleaners.
- **Vacuuming:** When vacuuming, ensure the roller brush is turned off, especially with strong suction vacuums, to prevent lifting or damaging the mat edges.
- **Storage:** If disassembling for storage, ensure the mats are clean and dry. Store them flat in a cool, dry place away from direct sunlight.
- **Protection:** Keep mats away from heat sources and sharp objects to prevent damage.



Image: Highlights the easy maintenance features of the mats, including being waterproof and simple to clean.

TROUBLESHOOTING AND IMPORTANT INFORMATION

To ensure safety and longevity of your mats, please adhere to the following:

- Always use with proper footwear during exercise.
- Do not exceed the maximum weight limit of 500 lbs per tile.
- Do not use on wet or slippery surfaces to prevent slipping.
- Avoid prolonged exposure to direct sunlight, as this may cause fading.
- If mats show signs of wear or damage, replace them to maintain a safe workout surface.

SPECIFICATIONS

Feature	Detail
Brand	SUPERJARE
Model Number	9602
Material	Ethylene Vinyl Acetate (EVA), Rubber
Color	Black/Blue
Product Dimensions (per tile)	24"L x 24"W x 0.56"Th
Number of Items (in this pack)	12
Covering Area (12 tiles)	48 Sq Ft
Item Weight (per tile)	2.5 pounds
Special Feature	Cushioned, Durable, Interlocking, Non-slip

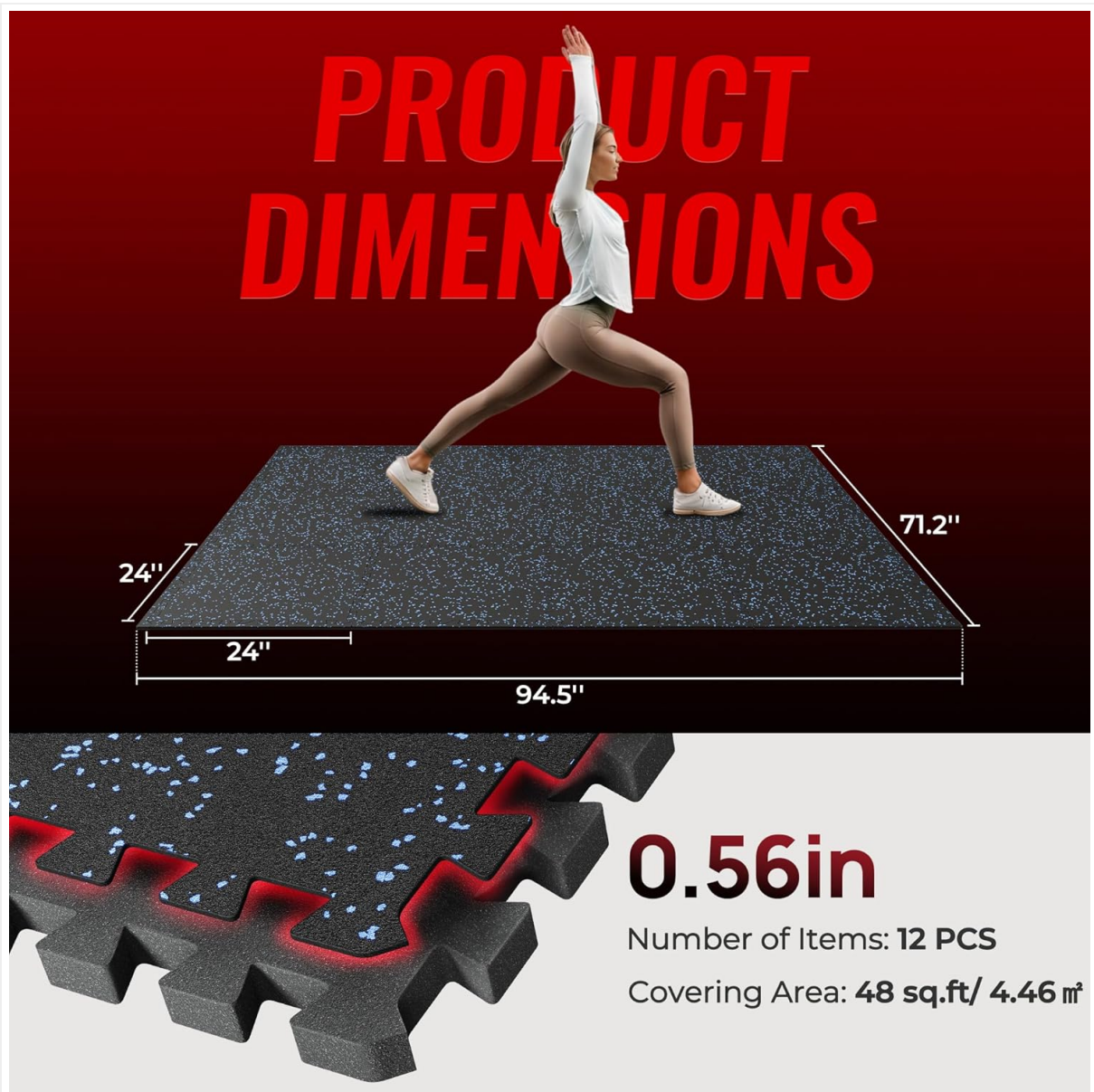


Image: Detailed view of the product dimensions and coverage area for the 12-tile pack.

WARRANTY AND SUPPORT

Specific warranty details are not provided in this manual. For any questions regarding warranty, product support, or further assistance, please visit the official SUPERJARE store or contact their customer service directly.

Visit the SUPERJARE Store