

[Manuals.plus](#) /

› [UMAY](#) /

› UMay Fitness M3 Exercise Equipment Mat Instruction Manual

UMAY M3

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Model: M3

1. PRODUCT OVERVIEW

The UMay Fitness M3 Exercise Equipment Mat is designed to protect your floors and carpets from damage caused by various indoor exercise equipment. Its durable construction also helps to reduce noise and vibration during workouts.



Image 1: Umay Fitness M3 Exercise Equipment Mat in use under a treadmill, demonstrating floor protection.

2. KEY FEATURES

- **Floor Protection:** Safeguards floors and carpets from wear and tear caused by exercise equipment such as treadmills, exercise bikes, ellipticals, rowers, and step machines.
- **5 mm Thickness:** Constructed from high-density PVC foam, offering wear-resistant, tear-resistant, and high-resilience properties to protect against heavy equipment damage.
- **Noise and Vibration Reduction:** Features a textured base surface designed to absorb vibration and minimize noise during workouts.
- **Waterproof and Easy to Clean:** The mat is water-resistant and can be easily cleaned, making it suitable for home workouts.
- **Non-Slip Design:** Equipped with a non-slip surface on both sides to prevent the mat and equipment from shifting during use.
- **Compatibility:** Available in various sizes to accommodate most exercise bikes, ellipticals, treadmills, and other cardio fitness equipment.

50%THICKER FOR BETTER PROTECT CARPETS AND FLOORS



Image 2: The mat's 5mm thickness provides substantial protection for floors and carpets.

3. SETUP AND PLACEMENT

1. **Unroll the Mat:** Carefully unroll the UMay Fitness Mat in the desired location. Allow some time for the mat to flatten completely if it was stored rolled.
2. **Positioning:** Place the mat on a clean, dry, and level surface where your exercise equipment will be used. Ensure there are

no objects underneath that could damage the mat or cause instability.

3. **Place Equipment:** Carefully position your exercise equipment (treadmill, bike, rower, etc.) onto the mat. Ensure the equipment's feet or base are fully within the mat's boundaries.

M

35.5"x79"

Exercise bike



Treadmill



Walking pad



Image 3: The mat demonstrating its size and compatibility with various fitness machines like exercise bikes, treadmills, and walking pads.

4. OPERATING INSTRUCTIONS

Once the mat and equipment are in place, you can begin your workout. The mat is designed to provide a stable, non-slip surface and absorb impacts.

- **Stability:** The non-slip design on both sides helps keep the mat and your equipment securely in place during exercise.
- **Noise Reduction:** The mat's dense material works to dampen operational noise from your fitness equipment, creating a quieter workout environment.
- **Vibration Absorption:** It effectively absorbs vibrations, which can extend the lifespan of your fitness gear and reduce stress on your floor.

DAMPENS NOISE & VIBRATION



Image 4: The mat reducing noise and vibration from an exercise bike, allowing for a quieter environment.

Your browser does not support the video tag.

Video 1: Demonstration of the UMay Fitness M3 Treadmill Mat, highlighting its size and placement under a treadmill.

5. MAINTENANCE AND CARE

- **Cleaning:** The mat is waterproof and sweatproof. For general cleaning, wipe the mat with a damp cloth and mild soap.

Avoid harsh chemicals or abrasive cleaners.

- **Drying:** Allow the mat to air dry completely before placing equipment back on it or rolling it up for storage.
- **Storage:** If storing, roll the mat tightly and keep it in a cool, dry place away from direct sunlight.
- **Product Care Instructions:** The manufacturer recommends dry cleaning for specific situations, but regular wiping is sufficient for daily maintenance.

EASY TO CLEAN



Waterproof & Sweatproof

Image 5: Close-up view of the mat's waterproof surface, demonstrating its easy-to-clean property.

6. TROUBLESHOOTING

Issue	Possible Cause	Solution
Mat slides on floor	Floor surface is too smooth or dusty.	Ensure the floor beneath the mat is clean and dry. The mat has a non-slip design on both sides; ensure proper contact.
Equipment shifts on mat	Equipment not centered or mat surface is wet.	Verify equipment is centered on the mat. Ensure the mat's top surface is dry. The mat's textured surface provides friction.
Mat does not lie flat	Recently unrolled or stored improperly.	Allow the mat to lie flat for 24-48 hours to recover its shape. You can place heavy, flat objects on the edges to assist.

NON-SLIP DESIGN ON BOTH SIDES



Image 6: Detailed view of the mat's non-slip design on both sides, providing stability for equipment and preventing mat movement.

7. SPECIFICATIONS

Attribute	Detail
Model Number	M3

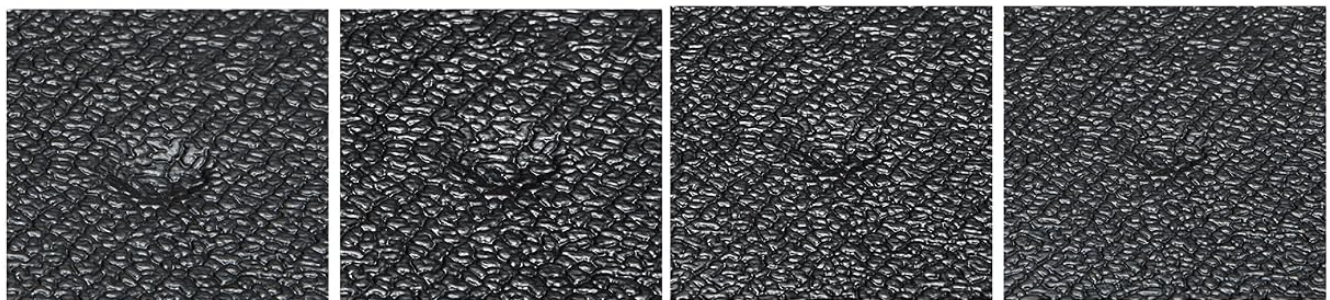
Attribute	Detail
Material	Polyvinyl Chloride (PVC)
Color	Black
Item Thickness	5 mm (0.5 Inches)
Dimensions (L x W)	79" x 35.5" (Medium size)
Item Weight	2 Kilograms
Special Features	Anti-Slip, Durable, Waterproof

5S QUICK RECOVERY

Abrasion-resistant
Surface

Resilient Ye
Sturdy Middle Layer

Abrasion-resistant
Surface



START TEST

1 SECOND

3 SECOND

5 SECOND

Image 7: Diagram showing the mat's quick recovery property, indicating its resilience and durability under pressure.

8. CUSTOMER SUPPORT

For any questions, concerns, or support regarding your UMay Fitness M3 Exercise Equipment Mat, please contact UMay customer service. We are committed to providing a satisfactory experience.

- **Response Time:** Expect a response within 24 hours.
- **Satisfaction:** We aim for 100% customer satisfaction.
- **Experience:** We strive to ensure a worry-free experience with our products.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

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