

ProsourceFit ps-2289-pzzl-cream

ProsourceFit Puzzle Exercise Mat Instruction Manual

Model: ps-2289-pzzl-cream

INTRODUCTION

The ProsourceFit Puzzle Exercise Mat is designed to provide a durable, comfortable, and protective surface for various activities, including home workouts, exercise equipment placement, and children's play areas. Made from high-density EVA foam, these interlocking tiles offer excellent support, absorb impact and noise, and are water-resistant for easy maintenance. This manual provides detailed instructions for the proper setup, usage, and care of your exercise mat to ensure optimal performance and longevity.

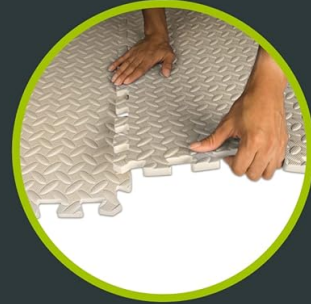
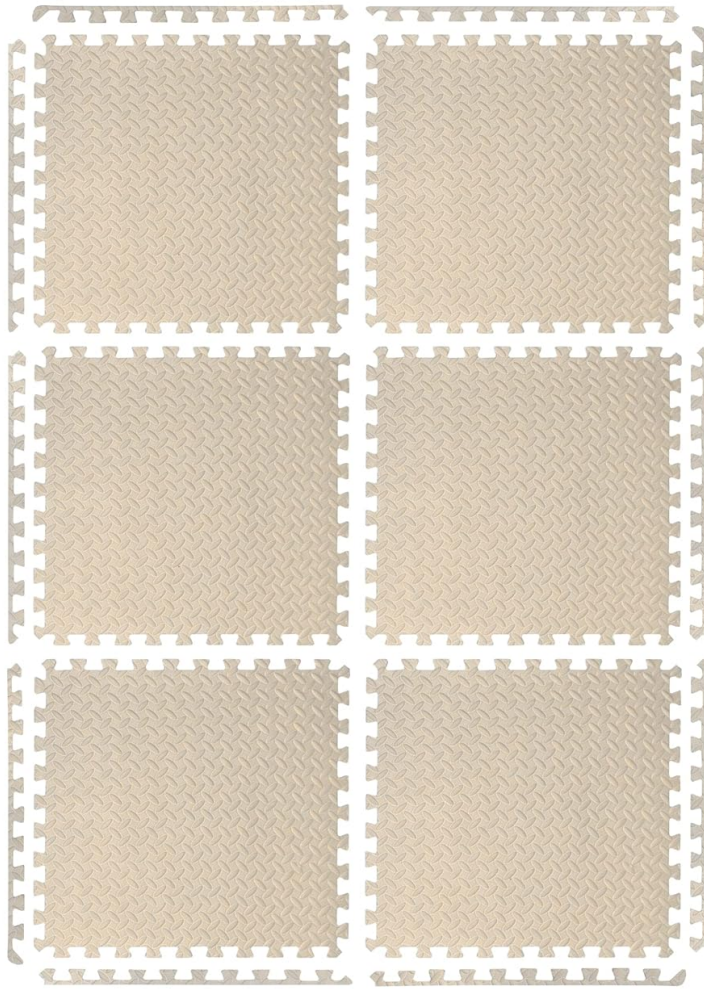
SETUP

The ProsourceFit Puzzle Exercise Mat features an easy-to-assemble interlocking design, allowing for quick setup and customization to fit your space.

Assembly Instructions:

- Unpack Components:** Carefully remove all foam tiles and end borders from the packaging. Each package contains 6 tiles and 12 end borders for a finished look.
- Prepare Surface:** Ensure the floor where the mat will be placed is clean and dry.
- Interlock Tiles:** Begin by connecting the interlocking edges of the foam tiles. Align the puzzle pieces and gently press them together until they fit snugly.
- Add End Borders:** Once the main mat area is assembled, attach the straight end borders to create a smooth, polished edge around the perimeter. These borders snap into place just like the tiles.
- Customize (Optional):** The tiles can be easily cut with a utility knife to fit irregular shapes or around obstacles like support poles, as needed.

QUICK ASSEMBLY



INTERLOCKING TILES FOR
MULTI-PURPOSE USE



SMOOTH BORDERS TO
CREATE A FINISHED LOOK



CUSTOMIZABLE AND
EASY TO CUT

Image: Demonstrates the quick and easy interlocking assembly of the foam tiles, including how to attach the smooth end borders for a finished appearance.

OPERATING (USAGE)

The ProsourceFit Puzzle Exercise Mat is highly versatile and suitable for a variety of applications, providing a comfortable and protective surface.

Recommended Uses:

- **Home Gym:** Ideal for placing under exercise equipment such as treadmills, ellipticals, or weight benches to protect floors from scratches and absorb impact. It also provides a soft surface for floor exercises like yoga, Pilates, and crunches.
- **Garage:** Use as a protective layer for garage floors, especially in areas where tools or heavy items might be dropped, or as a comfortable standing area for projects.
- **Playroom:** Creates a safe and cushioned play area for children, reducing the risk of injury from falls on hard surfaces.
- **Home Office:** Provides an anti-fatigue surface for standing desks, reducing strain on feet and legs during long periods of standing.

WATER-RESISTANT

EASY TO CLEAN

Apply a combination of warm water and household or dish soap with a soft cloth or towel, and rub gently to wash. For tougher stains, use a mild laundry detergent solution. Air dry or wipe with a dry cloth.

Image: Illustrates the versatility of the mats, showing their use in a home office for anti-fatigue benefits and in a playroom for supportive cushioning.

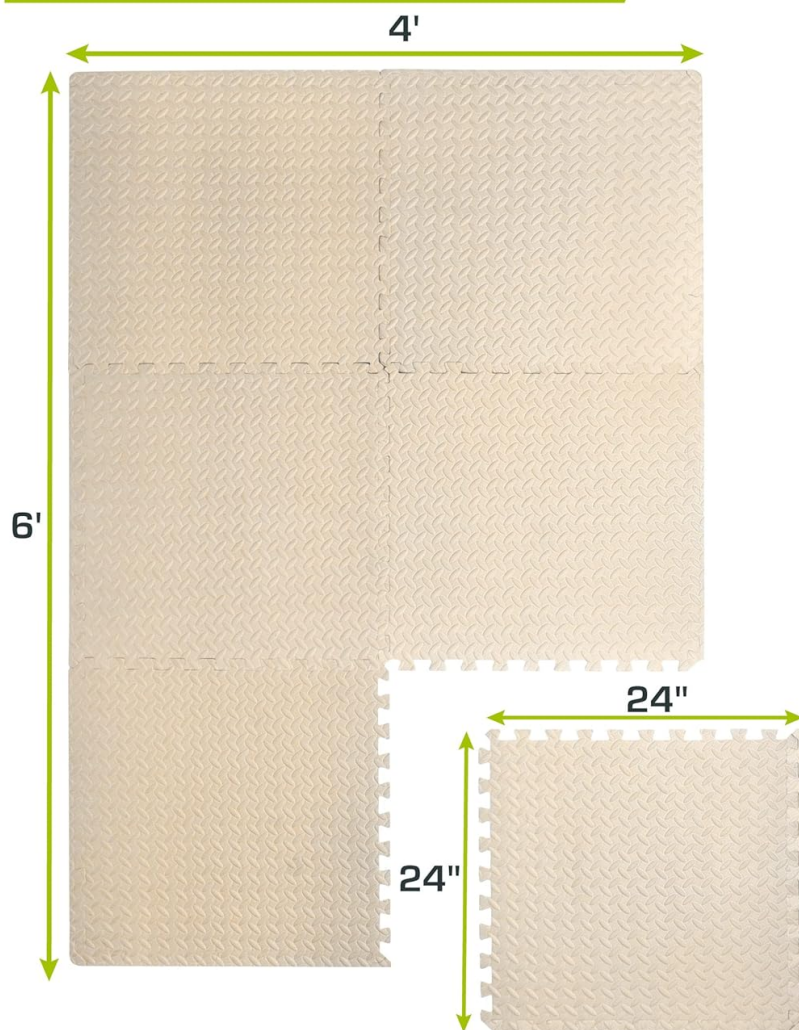
MAINTENANCE

Proper care and maintenance will extend the life of your ProsourceFit Puzzle Exercise Mat.

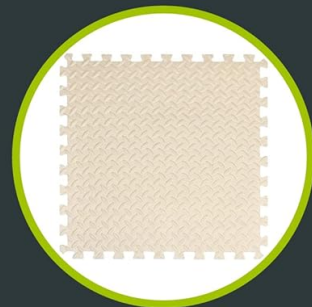
Cleaning Instructions:

- **Regular Cleaning:** For routine cleaning, simply vacuum or sweep the mat to remove dust and debris.
- **Spot Cleaning:** For spills or tougher stains, apply a combination of warm water and mild dish soap with a soft cloth or towel. Gently rub the affected area to clean.
- **Drying:** Allow the mat to air dry completely after cleaning. Avoid using harsh chemicals or abrasive cleaners, as these can damage the foam material.
- **Moisture Barrier:** The water-resistant design prevents moisture from soaking through to your floor, making cleanup easy.

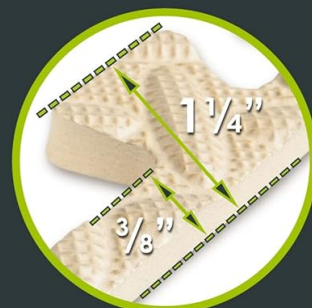
EXERCISE PUZZLE MAT- $\frac{1}{2}$ INCH



COVERS 24 SQ. FT
INCLUDES 6 TILES



EACH TILE MEASURES
24" x 24" x $\frac{1}{2}$ " THICK



INCLUDES 12 END BORDERS
FOR A POLISHED LOOK

Image: Shows a hand cleaning the water-resistant surface of the mat, highlighting its ease of maintenance.

TROUBLESHOOTING

Here are solutions to common issues you might encounter with your ProsourceFit Puzzle Exercise Mat.

Common Issues & Solutions:

- **Tiles Separating:** Ensure all interlocking edges are fully engaged. If tiles frequently separate, check if the underlying surface is uneven. Re-adjusting the layout or placing the mat on a flatter surface may help.
- **Initial Odor (Off-gassing):** New foam products may have a slight odor upon unpacking. This is normal and will dissipate over time. To accelerate the process, unroll the mats and air them out in a well-ventilated area for 24-48 hours before full installation.
- **Slipping on Hard Floors:** While the mats have a non-skid texture, extreme conditions or very smooth underlying surfaces might cause slight movement. Ensure the mats are laid flat and consider placing them against a wall or heavy equipment to minimize shifting.
- **Minor Indentations:** Heavy or sharp objects left on the mat for extended periods may cause temporary indentations. These typically recover over time. For permanent equipment, rotate the mats periodically or use additional protective pads under heavy points.

SPECIFICATIONS

Key technical details for the ProsourceFit Puzzle Exercise Mat.

Feature	Detail
Material	High-density EVA Foam (Phthalate Free)
Thickness	½ inch (from highest point of texture)
Tile Dimensions	24 inches L x 24 inches W
Coverage (6 Tiles)	24 square feet
Included Components	6 Interlocking Tiles, 12 End Borders
Color	Beige (as per current model)
Special Feature	Cushioned, Water-Resistant, Noise-Reducing, Anti-Fatigue
Product Weight	2 Kilograms (approx. 4.4 lbs)
Model Number	ps-2289-pzzl-cream
UPC	810244025079

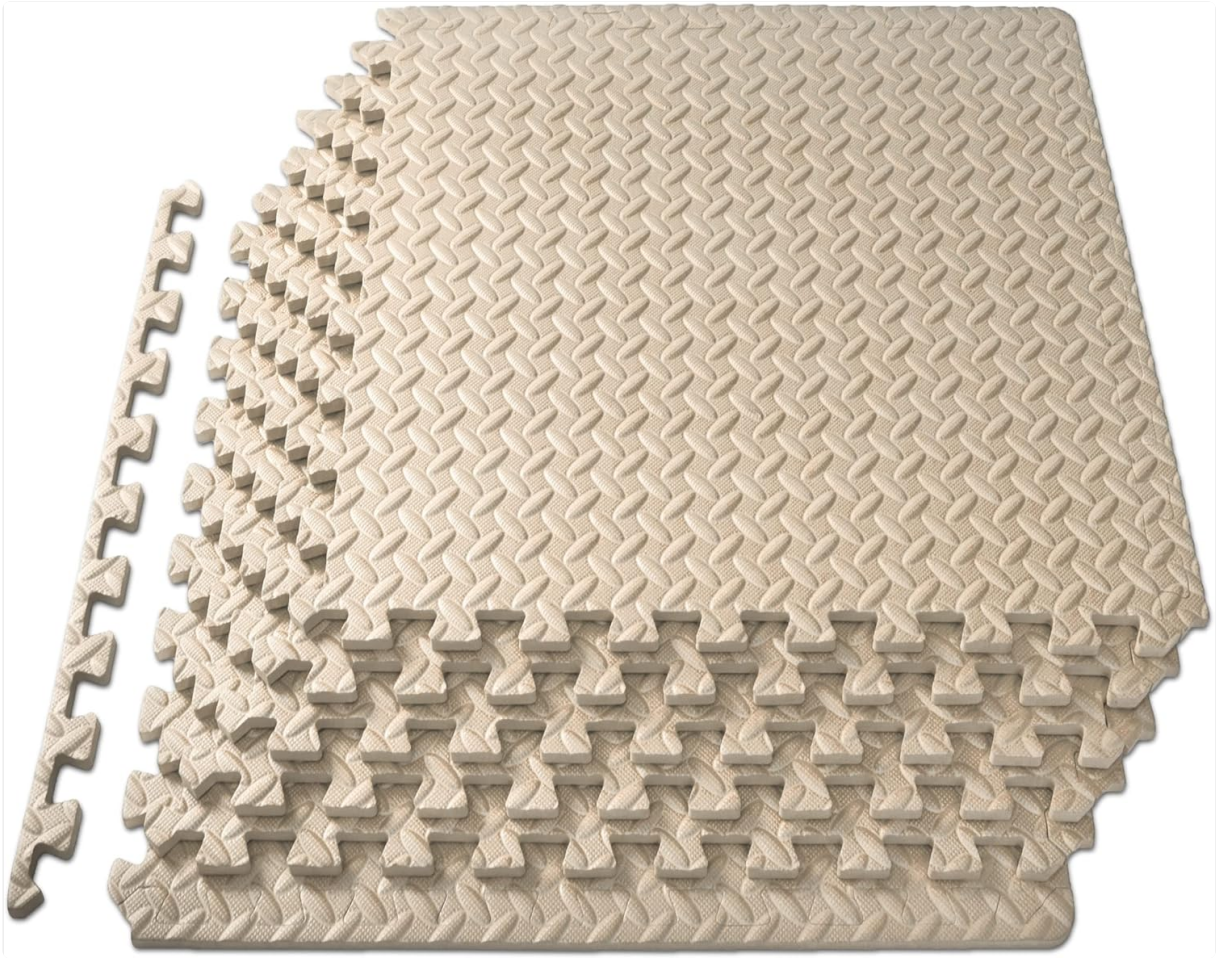


Image: A visual representation of the ProsourceFit Puzzle Exercise Mat tiles and their accompanying end borders.

Safety Information

Adhere to the following safety guidelines for safe use of the product:

- Do not exceed maximum weight capacity.
- Ensure proper assembly to avoid slipping.
- Avoid exposure to chemicals that could degrade the material.

WARRANTY

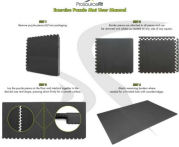


ProsourceFit offers a limited lifetime warranty on all products for manufacturer defects. This warranty ensures confidence in your purchase and covers any defects in materials or workmanship under normal use.

SUPPORT

For further assistance, questions, or to report any issues with your ProsourceFit Puzzle Exercise Mat, please visit the official ProsourceFit website or contact their customer support. You can also refer to the digital user manual available on the product's Amazon page for additional details.

Online Resources: [ProsourceFit Amazon Store](#)

Related Documents - ps-2289-pzzl-cream

	<p>ProsourceFit Exercise Puzzle Mat User Manual: Assembly and Usage Guide</p> <p>Detailed instructions for assembling and using the ProsourceFit Exercise Puzzle Mat, featuring interlocking EVA foam tiles for home gyms and workout areas. Learn how to connect pieces and add borders for a custom floor surface.</p>
	<p>ProsourceFit Doorway Pull-Up Bar: Instruction Manual & Exercise Guide</p> <p>Comprehensive guide for the ProsourceFit Doorway Pull-Up Bar, covering safety instructions, assembly, care, and various exercises for strength and conditioning. Learn how to install and use the pull-up bar safely and effectively.</p>
	<p>ProsourceFit Exercise Balance Pad Instruction Manual & Exercise Guide</p> <p>Official instruction manual and exercise guide for the ProsourceFit Exercise Balance Pad. Learn how to safely use, care for, and perform various balance and core-strengthening exercises with the balance pad.</p>



[ProsourceFit Acupressure Mat & Pillow: Instruction Manual & Therapy Guide](#)

Instruction manual and therapy guide for the ProsourceFit Acupressure Mat & Pillow. Learn about usage, safety, care, and therapeutic benefits for pain relief, stress reduction, and improved circulation.



[ProsourceFit Weight Tracker - Weekly Workout Log Template](#)

A printable weekly weight tracker template from ProsourceFit to log exercises, sets, reps, weight, and focus areas like full body, upper body, or lower body workouts.