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› SUPERJARE 0.79 Inch Gym Flooring for Home Gym, Exercise Equipment Mats with Rubber Top, Interlocking Rubber Floor Tiles for Home Gym and Fitness Room, Protective Flooring Mat Black 6 Tiles (24 Sq Ft)

SUPERJARE 9603D

SUPERJARE Gym Flooring Instruction Manual

Model: 9603D

INTRODUCTION

This manual provides comprehensive instructions for the setup, operation, maintenance, and troubleshooting of your SUPERJARE 0.79 Inch Gym Flooring. Designed for home gym and fitness room applications, these interlocking rubber floor tiles offer a protective and cushioned surface for various exercise activities and equipment.

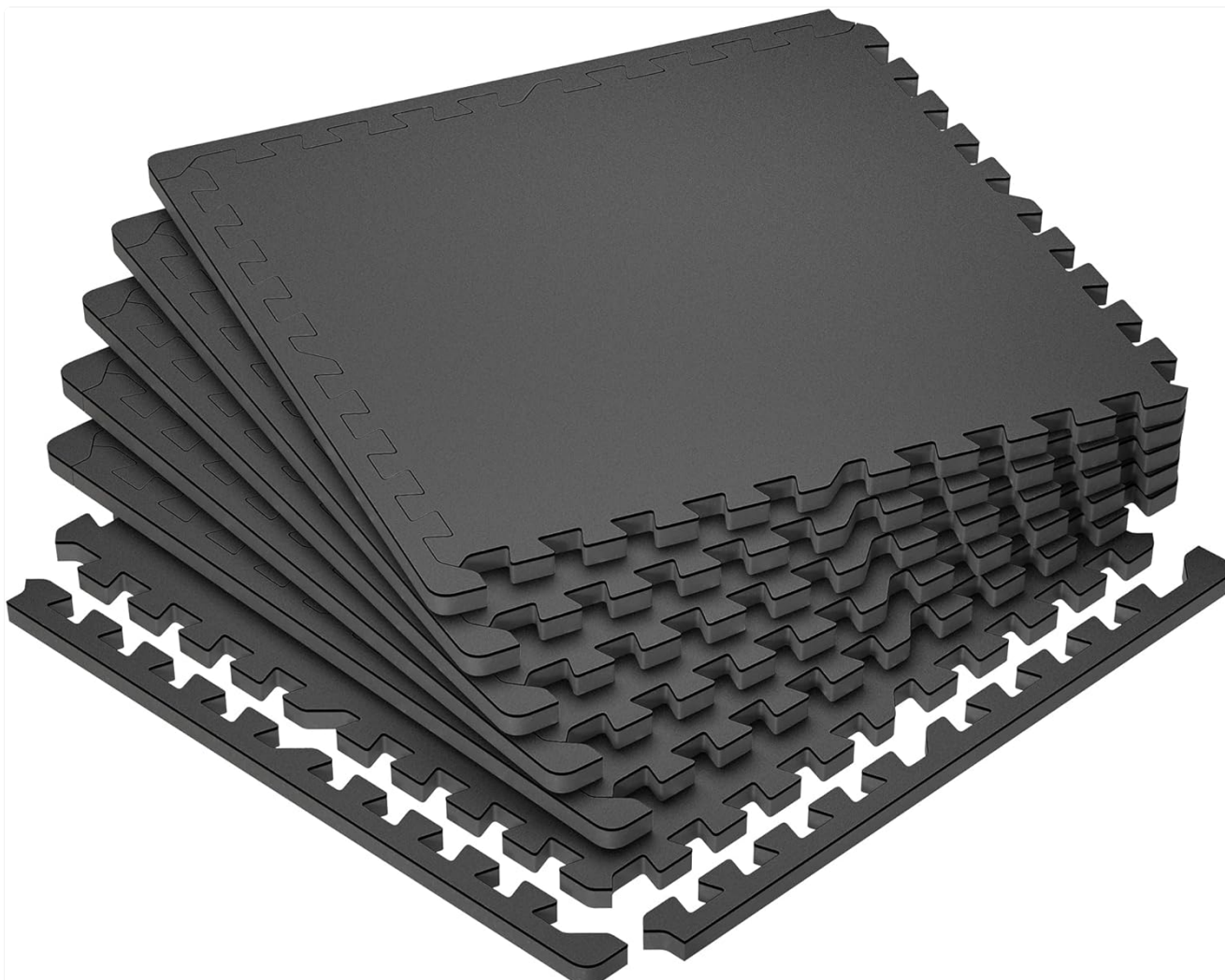


Figure 1: Overview of SUPERJARE Gym Flooring Tiles. This image displays a stack of the black interlocking gym floor tiles, along with several border pieces, ready for assembly.

SAFETY INFORMATION

CAUTION: Adhere to the following safety guidelines to ensure safe use and longevity of your gym flooring:

- Do not exceed the maximum weight capacity of 2.6 pounds per mat. This refers to the distributed weight on a single tile.
- Always use the mat in a well-lit area to prevent trips or falls.
- Avoid contact with sharp objects that could puncture or damage the mat surface.
- Keep the mat clean and dry to prevent slipping hazards.
- Do not use the mat if it shows signs of damage, tearing, or significant wear. Replace damaged tiles as necessary.

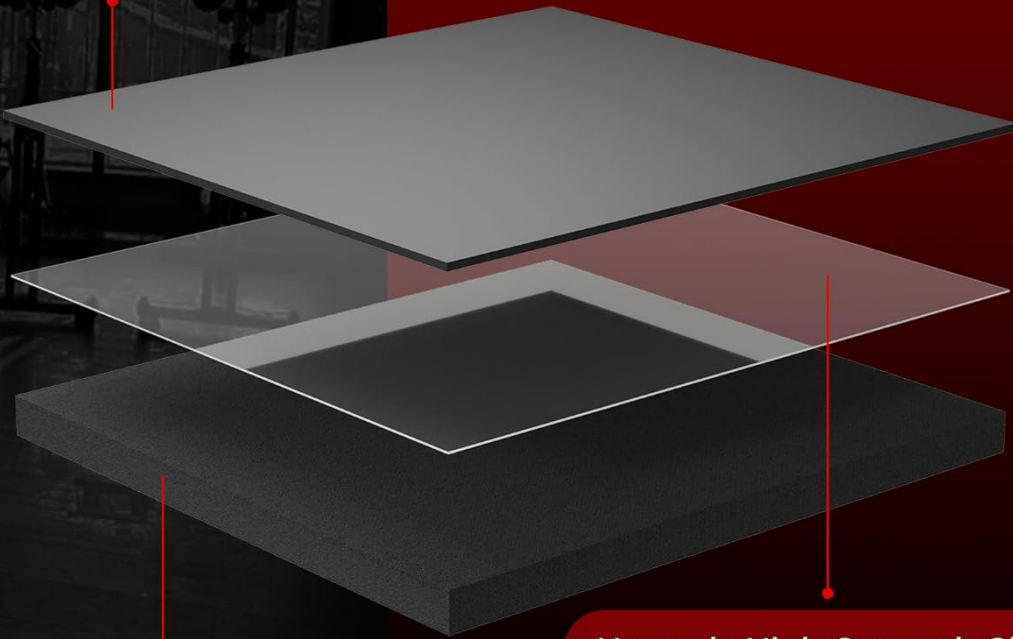
PRODUCT FEATURES

- **0.79" Thicken Floor Mats:** Constructed with a 0.79-inch thickness, these mats feature a high-density EVA foam base combined with a sturdy EPDM rubber top. This design provides enhanced durability and resistance to tearing from heavy exercise equipment or vigorous movements.
- **Ultra Grip Rubber Surface:** The workout mats are engineered to provide superior floor traction and grip, minimizing slipping during exercises such as landmine presses, while offering sufficient cushioning for activities like deadlifts. The material is designed to be low-odor.
- **Quiet and Cushioned:** The soft foam layer contributes to excellent shock absorption, effectively reducing noise and vibrations generated during workouts. This feature helps maintain a quieter environment for users and those nearby.
- **Floor Protector:** These mats are designed to minimize friction and impact on underlying floors, protecting them from scratches and damage caused by fitness equipment such as weights, treadmills, kettlebells, or other aerobic machines.

THICKENED EXERCISE MAT

High Quality Material

Tear-Resistant Rubber



Upgrade High-Strength Glue

Cushioning EVA Foam

Figure 2: Mat Layer Composition. This diagram illustrates the multi-layered construction of the mat, highlighting the tear-resistant rubber top, high-strength adhesive, and cushioning EVA foam base.

NOISE AND VIBRATION REDUCTION

Premium Soundproofing

The image shows a man in a gym setting, shirtless and wearing white shorts and black sneakers, performing a battle rope exercise. He is holding a thick, dark blue rope that is coiled on the floor. The gym background includes a rack of dumbbells and a bench. A vertical scale on the left side of the image indicates noise levels. The scale has three main points: 'Before' at 90 dB (Noisy Sound), '70 db', and 'After' at 50 dB (Work out at Ease). The 'After' point is highlighted with a red arrow pointing to the right.

Before → 90 db
Noisy Sound

70 db

After → 50 db
Work out at Ease

Figure 3: Noise and Vibration Reduction. An image depicting a man exercising on the mats, with an overlay indicating the significant reduction in noise levels from 90 dB to 50 dB, demonstrating the soundproofing capability.

SUPERIOR SHOCK ABSORPTION

Outlast Every Workout



Enhanced Traction



Joint Protection



Floor Protection



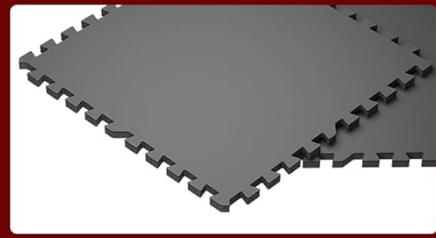
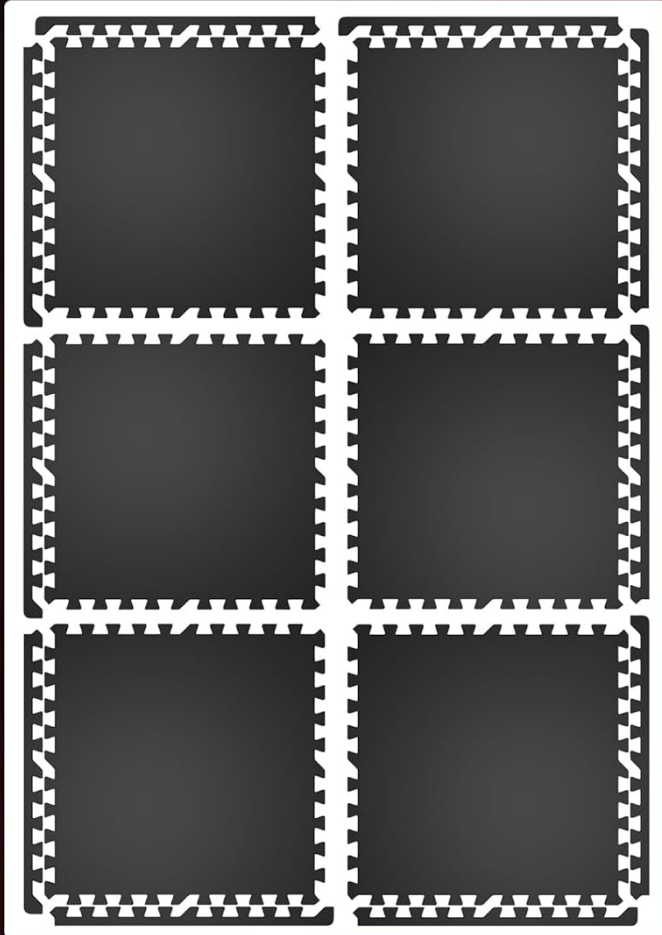
Figure 4: Superior Shock Absorption. This image shows a woman performing jump rope exercises on the flooring, emphasizing the mat's ability to provide enhanced traction, joint protection, and floor protection through its shock-absorbing properties.

SETUP AND ASSEMBLY

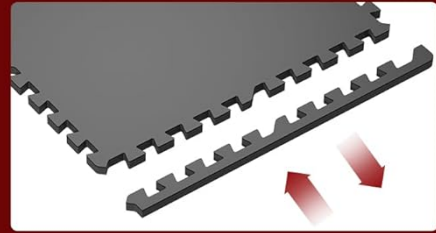
The SUPERJARE gym mats are designed for easy assembly and detachment, allowing for flexible configuration to suit your space requirements.

1. **Prepare the Area:** Ensure the floor where the mats will be laid is clean, dry, and free of debris.
2. **Interlock Tiles:** Begin by interlocking the tiles together. The edges are designed to fit snugly, creating a seamless surface. You can customize the shape of your flooring area by arranging the tiles as needed.
3. **Attach Borders:** Each tile comes with two detachable border pieces. These borders can be attached to the exposed edges of your assembled mat area to create a neat, finished square or rectangular shape. Ensure the correct border pieces are used for straight edges and corners (if applicable, though these mats typically use straight borders).
4. **Expand or Reconfigure:** The interlocking design allows for easy expansion of your flooring area by adding more tiles, or reconfiguring the layout as your needs change.

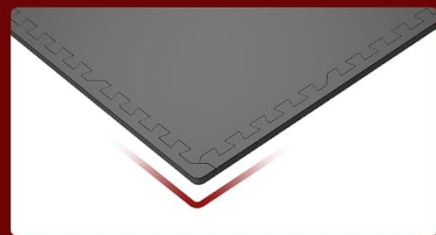
QUICK ASSEMBLY



Free Customizable
Shape Assembly



Effortless Installation
and Disassembly



Fitted Borders for an
Integrated Look

Figure 5: Quick Assembly Process. This graphic demonstrates the ease of assembling the interlocking tiles, highlighting the customizable shapes, simple installation/disassembly, and the use of fitted borders for a complete appearance.

OPERATING AND USAGE

The SUPERJARE gym flooring is versatile and suitable for a wide range of fitness activities and environments. Each pack contains 6 tiles, covering approximately 24 square feet.

- **Home Gyms:** Ideal for creating a dedicated workout space in your home.
- **Fitness Rooms:** Suitable for use in personal fitness studios or exercise areas.
- **Garages:** Provides a protective layer for garage floors, especially when used for workouts or parking vehicles.
- **Playrooms:** Can be used to create a cushioned and safe play area for children.
- **Exercise Compatibility:** Supports various activities including HIIT training, yoga, weightlifting (barbell, dumbbells, kettlebells), cardio (treadmills, cycling), boxing, skipping, and general aerobics.

VERSATILE FITNESS PLATFORM

Adaptable Fitness Aid



Yoga



Barbell



Cycling



Boxing



Treadmill



Aerobics



skipping



Dumbbell



Figure 6: Versatile Fitness Platform. This image illustrates the adaptability of the gym flooring for a variety of fitness activities and equipment, showcasing its use for yoga, weightlifting, cycling, boxing, treadmills, aerobics, skipping, and dumbbells.



Figure 7: Garage Floor Protection. An image showing the gym flooring installed in a garage, protecting the floor beneath a parked car and bicycles, demonstrating its utility beyond just exercise areas.

MAINTENANCE

Proper care and maintenance will extend the life and appearance of your SUPERJARE gym flooring.

- **Cleaning:** Wipe the mats with a damp cloth to clean. For general cleaning, a mild soap solution can be used.
- **Avoid Harsh Chemicals:** Do not use harsh detergents, abrasive cleaners, or bleaching agents, as these can damage the mat material and surface finish.
- **Drying:** Allow the mats to air dry completely after cleaning. Ensure no moisture is trapped underneath the mats, especially if they are laid on a non-porous surface.
- **Odor:** Upon initial unboxing, a slight rubber odor may be present. This is normal and typically dissipates over a few days in a well-ventilated area.

WEAR-RESISTANCE MAT SURFACE



Waterproof



Easy to Clean



Strong Cushioning



Non-slip Surface

6
PCS



Figure 8: Wear-Resistance and Care. This image highlights the mat's surface properties, including its waterproof nature, ease of cleaning, strong cushioning, and non-slip characteristics, demonstrating its durability and simple maintenance.

TROUBLESHOOTING

This section addresses common issues you might encounter with your gym flooring.

Problem	Possible Cause	Solution
Mats do not interlock smoothly.	Incorrect alignment or debris in grooves.	Ensure tiles are aligned correctly. Check for and remove any debris from the interlocking edges. Verify you are using the correct border pieces for the edges.
Mats slide on the floor.	Floor surface is too slick or mats are wet.	Ensure the underlying floor is clean and dry before installation. The mats have a non-slip surface, but extreme conditions may affect grip.
Persistent odor from mats.	New product odor.	Allow mats to air out in a well-ventilated area for several days before extensive use. The odor should dissipate over time.

Problem	Possible Cause	Solution
Mat surface appears dirty or dusty.	Accumulation of dust or residue from use.	Wipe down the mats regularly with a damp cloth. For stubborn marks, use a mild soap solution and rinse thoroughly.

SPECIFICATIONS

- **Model:** 9603D
- **Color:** Black
- **Material:** Ethylene Vinyl Acetate (EVA), Rubber (EPDM)
- **Item Thickness:** 0.79 Inches
- **Product Dimensions (per tile):** 24"L x 24"W x 0.79"Th (approx. 61cm x 61cm x 2cm)
- **Total Coverage (6 Tiles):** 24 Sq Ft (approx. 2.23 Sq M)
- **Package Weight:** 8.07 Kilograms (approx. 17.79 lbs)
- **Special Feature:** Cushioned
- **Care Instructions:** Wipe with a damp cloth to clean. Avoid harsh detergents or bleaching agents. Allow to air dry.

PRODUCT DIMENSIONS



0.79in
Thickness

Number of Items: **6 PCS**

Covering Area: **24 sq.ft/ 2.23 m²**

Total Weight: **12.54lbs/ 5.7kg**

Figure 9: Product Dimensions and Coverage. This graphic provides key dimensions for the individual tiles and the total coverage area for a pack of 6 tiles, along with the thickness.

WARRANTY AND SUPPORT

For information regarding product warranty, returns, or technical support, please refer to the official SUPERJARE brand store or contact customer service through your point of purchase.

Visit the official SUPERJARE Store: [SUPERJARE Store on Amazon](#)

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This manual is for informational purposes only. Product specifications are subject to change without notice.