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› YOLEO Fitness Equipment Mat User Manual - 160 x 75 cm, Foldable, Anti-Slip, Shock Absorbing

## YOLEO Yoleo

# YOLEO Fitness Equipment Mat User Manual

Model: Yoleo | Size: 160 x 75 cm



## 1. SAFETY INFORMATION

Please read and understand all safety instructions before using the YOLEO Fitness Equipment Mat. Failure to follow these instructions may result in injury or damage to the product or property.

- Always follow the manufacturer's instructions for any equipment placed on the mat.
- Keep the mat away from heat sources and sharp objects.
- Do not use the mat if it is damaged.
- This product is not suitable for children under 3 years of age.
- Always supervise children when they are near or using this product.
- Ensure the mat is placed on a flat, stable surface before use.

## 2. PRODUCT OVERVIEW

The YOLEO Fitness Equipment Mat is designed to protect your floors and enhance your workout experience. It features a high-density PVC construction for durability and a dual-sided anti-slip design.

### Key Features:

- **High-Density PVC Material:** Constructed from durable PVC, offering superior durability and tear resistance.
- **Dual-Sided Anti-Slip:** The top surface maintains equipment stability, while the bottom protects floors (hardwood, tile, carpet).
- **Shock Absorption & Noise Reduction:** Minimizes vibrations and noise, providing a quieter workout environment and protecting your equipment.
- **Durable Construction:** Reinforced stitched edges prevent fraying and wear. The four-fold design reduces creases.
- **Lightweight & Foldable:** Easily folds for compact storage and portability.
- **Waterproof & Easy to Clean:** Prevents moisture penetration and can be wiped clean effortlessly.
- **Versatile Use:** Suitable for treadmills, elliptical trainers, exercise bikes, weight benches, and floor exercises.

like yoga.

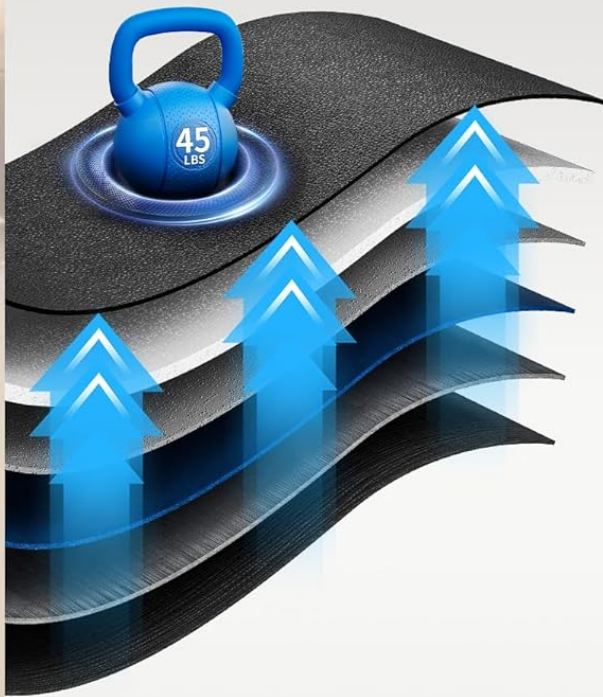


Image 2.1: YOLEO Fitness Equipment Mat in use with a treadmill and for floor exercises.

# 6MM High-Density PVC Material

More Durable Than Average Floor Mat

## YOLEO



- ✓ Shock Absorption
- ✓ Noise Reduction
- ✓ Slip Resistant
- ✓ Tear Resistant

## OTHER



- ✗ Floor Damage
- ✗ Noise Complaints
- ✗ Equipment Slides
- ✗ Edge Fraying

Image 2.2: Illustration of the mat's 6MM high-density PVC material and its benefits, including shock absorption and noise reduction.

# ALL-IN-ONE EQUIPMENT MAT

Weight Bench



Treadmill



Exercise Bike



Image 2.3: The YOLEO mat accommodating various fitness equipment such as a weight bench, treadmill, and exercise bike.

## 3. SETUP INSTRUCTIONS

Setting up your YOLEO Fitness Equipment Mat is quick and easy.

1. **Unpack:** Carefully remove the mat from its packaging.
2. **Unfold:** Unfold the mat completely and lay it flat on your desired surface. Ensure there are no wrinkles or folds that could cause instability.
3. **Position:** Place the mat in the area where you intend to use your fitness equipment. Ensure the area is clean and free of debris.

4. **Place Equipment:** Carefully position your treadmill, exercise bike, weight bench, or other fitness equipment onto the mat. Ensure the equipment is centered and stable.

## Dual-Sided Anti-Slip Equipment Mat

The perfect workout partner for you and your lover

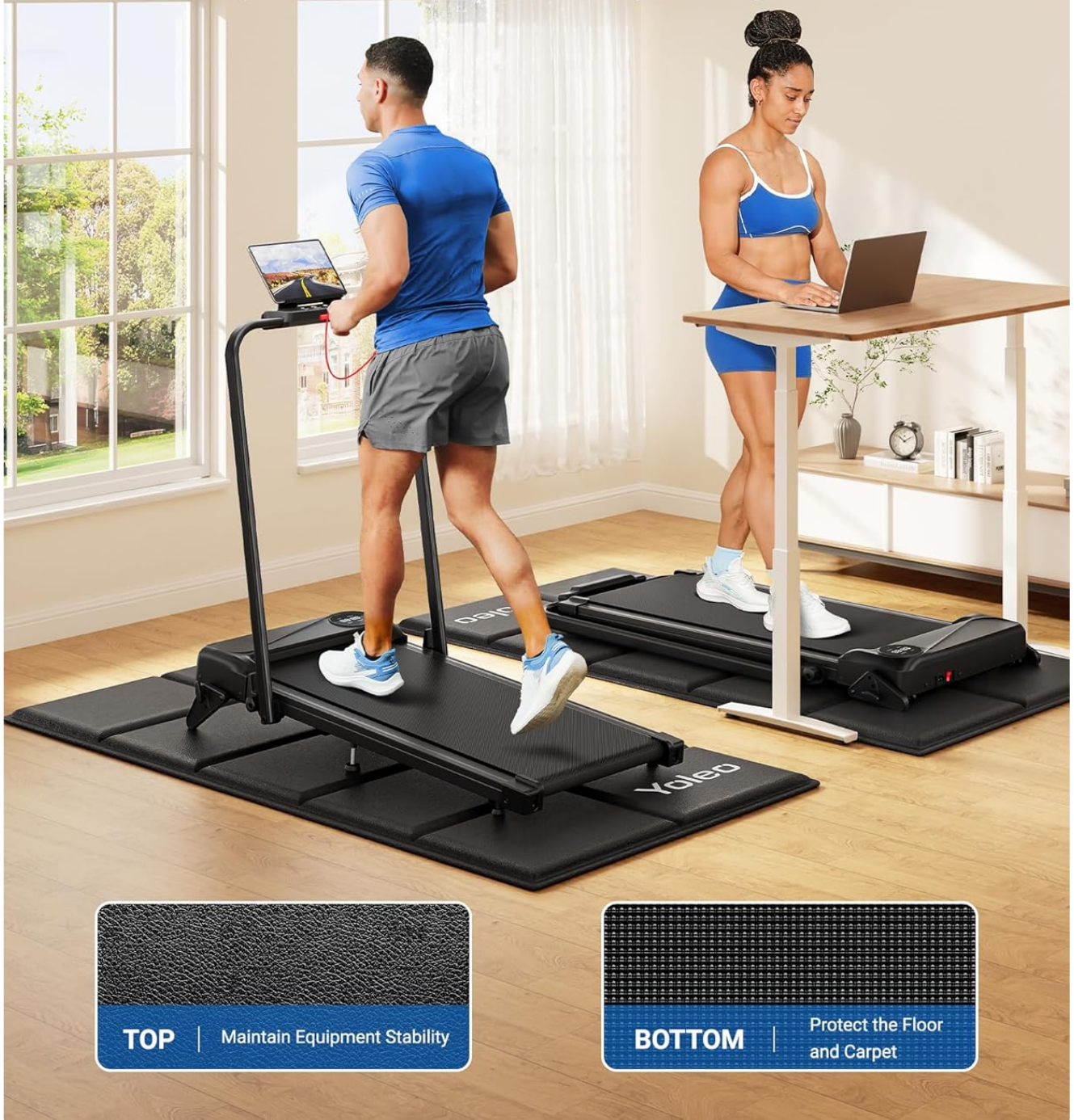


Image 3.1: Proper placement of fitness equipment on the YOLEO mat, highlighting its dual-sided anti-slip properties for stability and floor protection.

## PROTECT YOUR FLOORS FROM DAMAGE



Image 3.2: The mat protecting various floor types (hardwood, carpet, tile) from equipment damage.

### 4. OPERATING INSTRUCTIONS

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The YOLEO Fitness Equipment Mat is designed to be used as a protective and stabilizing layer for your fitness activities.

- **For Equipment:** Place your treadmill, exercise bike, elliptical, or weight bench directly on the mat. The mat's anti-slip surface will help keep your equipment in place during use, while its shock-absorbing properties reduce vibrations and noise.
- **For Floor Exercises:** The mat can also be used independently for yoga, stretching, core workouts, or other floor exercises. Its comfortable thickness provides cushioning.
- **Stability:** Always ensure your equipment is stable on the mat before beginning your workout. If you notice any wobbling, adjust the equipment or mat position.

## 5. MAINTENANCE

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Proper maintenance will extend the life of your YOLEO Fitness Equipment Mat and keep it hygienic.

- **Cleaning:** The mat is waterproof and easy to clean. Simply wipe down the surface with a damp cloth and mild soap after use. Avoid harsh chemicals or abrasive cleaners.
- **Drying:** Allow the mat to air dry completely before folding or storing it.
- **Storage:** When not in use, fold the mat into its compact size and store it in a cool, dry place away from direct sunlight and extreme temperatures.

# WATERPROOF & EASY TO CLEAN



Image 5.1: Demonstrating the easy cleaning process of the waterproof YOLEO mat.

## 3-Second Fold, Take it Anywhere



Image 5.2: The mat's foldable design allows for compact storage in various locations.

## 6. TROUBLESHOOTING

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If you encounter any issues with your YOLEO Fitness Equipment Mat, consider the following:

- **Mat Slipping:** Ensure both sides of the mat are clean and dry. Verify that the mat is placed on a flat, stable surface. The dual-sided anti-slip design should prevent movement.
- **Equipment Instability:** Check that your equipment is properly centered on the mat. Ensure all feet of the equipment are fully on the mat.
- **Creases/Folds:** If the mat has creases from storage, lay it flat for a period to allow it to relax. The four-fold

design is intended to minimize permanent creases.

- **Unpleasant Odor:** New PVC products may have a slight odor. This should dissipate quickly with ventilation. Wipe the mat down and allow it to air out in a well-ventilated area.

## 7. SPECIFICATIONS

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Feature	Detail
Brand	YOLEO
Model Number	Yoleo
Material Type	Polyvinyl Chloride (PVC)
Color	Black
Unfolded Dimensions (L x W x H)	160.02 x 76.2 x 0.64 cm (approx. 63 x 30 x 0.24 inches)
Folded Dimensions (L x W x H)	Approx. 38.1 x 76.2 x 7.62 cm (approx. 15 x 30 x 3 inches)
Special Feature	Shockproof, Anti-slip, Waterproof, Foldable
UPC	840452664203

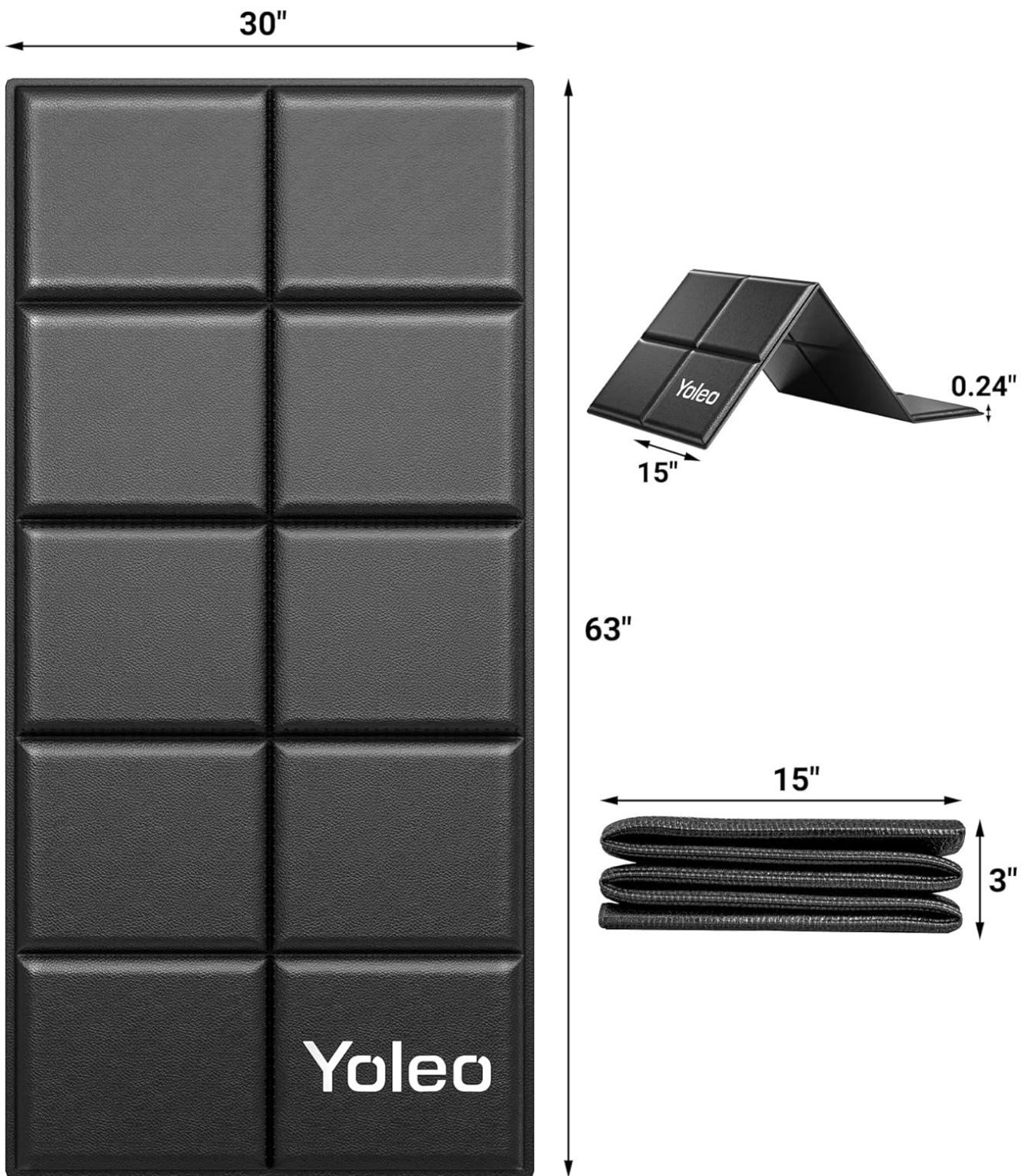


Image 7.1: Detailed dimensions of the YOLEO Fitness Equipment Mat, both unfolded and folded.

## 8. WARRANTY AND SUPPORT

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Specific warranty details for the YOLEO Fitness Equipment Mat are not provided in this manual. For warranty information, product support, or any inquiries, please contact YOLEO customer service directly or visit the official YOLEO brand store.

You can often find contact information on the product packaging or through the retailer where the product was purchased.

Visit the YOLEO Brand Store: [YOLEO Official Store](#)



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