

[Manuals.plus](#) /

› [Gaiaam](#) /

› Gaiaam Thick Yoga Mat (Model 05-67001) Instruction Manual

Gaiaam 05-67001

Gaiaam Thick Yoga Mat Instruction Manual

Model: 05-67001

INTRODUCTION

The Gaiaam Thick Yoga Mat is designed for various fitness activities, including yoga, Pilates, stretching, and floor exercises. Its extra-thick NBR foam construction provides enhanced cushioning for joint comfort during your workouts. Key features include:

- **Extra-Thick Cushioning:** 10mm (2/5") high-density NBR foam for joint support.
- **Comfort-Focused Surface:** Textured foam surface for controlled movement during dry workouts.
- **Easy Care:** Low-odor NBR foam that is simple to clean.
- **Versatile Use:** Suitable for yoga, Pilates, stretching, physical therapy, and home fitness.
- **Lightweight & Portable:** Includes an adjustable carrying strap for easy transport and storage.



Image: The Gaiam Thick Yoga Mat in balsam color, shown both rolled with its carrying strap and unrolled with a person performing crunches on it.

SETUP

Upon receiving your Gaiam Thick Yoga Mat, follow these steps for initial setup:

1. **Unroll the Mat:** Carefully unroll the mat on a flat, clean surface. The mat may have a slight curve from being rolled; this will flatten with use.
2. **Airing Out:** An initial foam odor may be present when the mat is first opened. This is normal for NBR foam products. To dissipate the odor, unroll the mat and allow it to air out in a well-ventilated area for 24 to 48 hours before first use.
3. **Attach Carrying Strap:** The mat comes with an easy-cinch carrying strap. To attach, simply wrap the strap around the rolled mat and secure it. This allows for convenient transport and storage.

Easy-Cinch Carry Strap



ESSENTIALS
FITNESS MAT BY GAIAM®



Image: A person demonstrating how to secure the easy-cinch carrying strap around a rolled yoga mat for portability.

OPERATING (USAGE)

The Gaiam Thick Yoga Mat is versatile and suitable for a variety of exercises. Its 10mm thickness provides significant cushioning, making it ideal for activities where joint comfort is a priority.

- **Yoga and Pilates:** Use the mat for various yoga poses and Pilates exercises. The cushioning helps reduce pressure on knees, hips, and hands, especially beneficial for beginners or those with joint sensitivity.
- **Stretching and Floor Workouts:** Perfect for stretching routines, core workouts, and other floor-based exercises. The mat provides a comfortable barrier between your body and hard surfaces like wood, tile, or concrete.
- **Physical Therapy:** The extra cushioning can be advantageous for physical therapy exercises, offering support and comfort during recovery or rehabilitation routines.

The textured surface is designed to provide controlled movement during dry workouts. For activities involving significant sweat or dynamic movements requiring maximum grip, consider using a towel on top of the mat.

**Ideal for all types
of fitness and
workout routines
including yoga,
Pilates and most
floor exercises**



Image: A person performing a back stretch on a Gaiam yoga mat, illustrating its suitability for various floor exercises.

MAINTENANCE

Proper care will extend the life of your Gaiam Thick Yoga Mat.

- **Cleaning:** The mat is easy to maintain. Simply wipe clean with a damp cloth after each use. For a deeper clean, use a mild soap and water solution, then wipe thoroughly with a clean, damp cloth and allow to air dry completely before rolling up or storing. **Do not machine wash or submerge in water.**
- **Storage:** Roll up the mat tightly when not in use. Use the included easy-cinch carrying strap to keep it securely rolled. Store the mat in a cool, dry place away from direct sunlight and extreme temperatures to prevent material degradation.

TROUBLESHOOTING

Here are solutions to common concerns regarding your yoga mat:

- **Initial Odor:** If a faint foam smell persists after the initial airing out period, continue to air the mat out in a well-ventilated space. The odor should dissipate completely over time with regular use and cleaning.
- **Slipping on Smooth Floors:** While the mat's textured surface provides grip for dry workouts, some users have reported reduced traction on very smooth, non-carpeted floors, especially if a thin layer of air is trapped underneath. If this occurs, ensure the floor surface is completely clean and dry. For enhanced stability on extremely smooth surfaces, consider placing a non-slip rug pad underneath the mat.
- **Mat Not Lying Flat:** If the mat retains a slight curl from being rolled, unroll it and lay it flat for an extended period, or roll it in the opposite direction for a short time to help it flatten out.

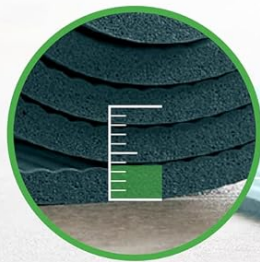
SPECIFICATIONS

Feature	Detail
Model Number	05-67001
Dimensions (L x W x Th)	72"L x 24"W x 2/5" (10MM)
Item Weight	2.2 pounds
Material	NBR (Nitrile Butadiene Rubber) Foam, Nylon Webbing with Velcro
Color	Balsam
Product Care Instructions	Hand Wash Only (Wipe Clean)
UPC	018713670014

Superior Comfort. Better Flow.

Features 2/5" (10MM) of superior cushioning - built to ease pressure on your joints, hips, hands and knees for comfort you can feel in every move.

2/5"
(10MM)



24"

Whether you're flowing through yoga, grounding in meditation, or powering up your home workout, this mat keeps you steady and comfortable from start to finish.

72"

Image: Visual representation of the mat's dimensions (72"L x 24"W) and its 2/5" (10MM) thickness.

WARRANTY AND SUPPORT

For warranty information or product support, please refer to the official Gaiam website or contact their customer service directly. Keep your purchase receipt as proof of purchase.

You can visit the Gaiam Store for more information: [Gaiam Store on Amazon](#).

© 2024 Gaiam. All rights reserved.

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

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

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