

# Use and Care Manual

**Installation:** This product does not require installation.

**Use:** Stand in front of the practice mat and practice the normal golf swing. You can analyze and correct your swing based on the swing path feedback on the exercise mat. After each use, gently wipe the surface of the exercise mat with a soft cloth to remove dust and stains.

**Clean:** Regularly wipe the surface of the exercise mat with a soft cloth and water to keep it clean and hygienic.

**Check:** If the velvet surface is worn or damaged, please replace the new surface in time to ensure the practice effect.

**Storage:** Please ensure that no sharp objects touch or Pierce the exercise mat to prevent damage. When not in use, roll up your exercise mat and store it properly, avoiding folding or twisting to preserve its shape and performance.