



## CLEANING & MAINTENANCE GUIDE SUPERSTRONG GYM MATS

### Initial Cleaning

After installation, the mats may benefit from a rubber floor degreaser to remove any excess film from the surface before use.

### Daily Maintenance

To ensure the maximum lifespan for your mats, we recommend a daily routine of cleaning, with a light sweep or vacuum, then mopping the surface with a PH neutral cleaner diluted in a warm water solution.

We would recommend using a microfiber, nylon or sponge mop and be careful not to soak the mats too much to avoid water seeping through the seams.

### Deep Cleaning

The mats should be deep cleaned at least twice a year using a stronger solution of suitable cleaner and a stiff brush with medium bristles. A scrubber drier, rotary cleaner can be used with variable pads to remove surface dirt and body fats.

### Protection

To increase the lifespan of your mats and avoid unnecessary damage, we would make the following recommendations:

- Avoid dragging heavy equipment with wheels over the mats to avoid scratching or permanent damage. Use trolleys with inflatable wheels or manually move heavy equipment.
- Use protective matting at entrances and protective pads on furniture, equipment etc. Avoid steam cleaners, polished wheels, sand and metallic brushes.
- Avoid stiletto heels.
- Protect against direct sunlight exposure as this can cause thermal expansion and shrinkage.
- New mats may initially have a slight odour which will dissipate within 1-2 weeks.

**I hope you find this guide useful, but if you need any more assistance then please contact us at [info@superstrong.fitness](mailto:info@superstrong.fitness)**