



# INSTALLATION GUIDE

## SUPERSTRONG GYM MATS

### Before you start:

Our **Superstrong** Gym mats are made from recycled rubber and this guide is produced to help you understand how to fit these correctly. Please remember that rubber is flexible. When you install the mats, you will see that they slightly differ in size. This is normal and when the mats are installed correctly, this variance will disappear.

The photos below show the correct way to lay the mats.



We always advise that the mats are laid in a half brick style. If you install the mats side by side, it will be almost impossible to get straight lines and it will be difficult to compress them.

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#### Tools Required:

You will need a good sharp **Stanley/Craft knife** and a **long cutting ruler** (at least 1m long). If using disposable blades, then we recommend replacing the blade after cutting 5 tiles (no more than 10) to keep the blade as sharp as possible.

Wear **gloves** and bear in mind that the black rubber will mark walls or furniture if they come into contact with them.

#### First Row:

The first row of mats you lay should not be installed against a wall. Most of the time walls are not straight and therefore it will be impossible to keep a straight line during the installation process. The best way to begin is to draw a straight line on the floor (a plumb line) and install the mats along this line - the second row of mats will then be placed against the wall.

The first mat should be cut in half to make it exactly 50cm.

Next to the half mat, lay a full mat, simply by placing it next to the half mat and compress them together by kicking it into place. Where a mat doesn't look straight, lift the edge and overlap on top of the other mat below it and leave it there, continue with the rest of the mats.

The last mat to be laid against the border or wall should be cut 2cm longer than required. **Do not squeeze into place yet** - start with the next row.

#### The Second Row:

On the second row start with a full mat. Make sure to compress it to the wall and place the next mat against this. During this process you will see that some mats are bigger or smaller than the others (the variance can sometimes be as much as 10mm). This is not an issue, so long as you compress the mats later. Where you see one mat is bigger than the



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other, lift it up and overlap over the other mat. Leave it there and continue with the other mats in the row. This will ensure you keep a straight line.

Continue with this method until you have completed all the rows required. The mats should now be laid, but not yet compressed. You will see that a lot of the mats are overlaying each other as shown below:



### Cutting the mats

Now the rows are laid you can begin cutting, starting with the first row. Take the exact measurements and cut the mats 10mm longer than required. Place the mat into place and then squeeze between the second-row mats and the wall/border. When squeezing them into place you will see that all variances in the mats will disappear.

Continue with this method until you get to the next border or wall. When the last row is fitted and cut, you can then squeeze all the overlapping mats in together. The last mat that you cut will be 10mm longer than measured.



When installing the mats, bear in mind that you can compress them with a variance of up to **10mm** easily. Depending on the thickness of the mat, this variance can be even more.

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)