



INSTALLATION INSTRUCTIONS

FOR YOUR RESILITE LITEWEIGHT WALL PADDING

TABLE OF CONTENTS

Warning label	2
Preparing your walls	3
Using the optional Edge Cap Molding	4
Preparing your padding	5
Fitting padding around corners	6
Finishing with edge caps	7
Notes.....	8

IMPORTANT: Please read carefully before beginning installation.



STOP!

READ BEFORE UNROLLING MAT

IMPORTANT: DO NOT unroll the padding until it has been kept at room temperature of 60°F or higher for a period of no less than 12 hours.

WARNING

Any activity involving motion, height, wall collisions or physical contact creates the possibility of serious injury, even death.

Resilite mats do not totally eliminate this hazard. The following guidelines should always be followed when using Resilite cushioned wall mats.

- This mat cannot, and does not, totally eliminate this hazard.
 - You still assume a risk of serious injury when using this mat.
 - This risk can be reduced by following the guidance below.
1. Use this mat ONLY under the supervision of trained and qualified instructors.
 - Any use without trained supervision is HAZARDOUS and risks serious injury.
 - Coaches/instructors should never permit unsupervised use by athletes.
 2. Athletes: Know your own limitations and follow progressive training practices.
 - Always consult your coach/instructor for proper technique.
 3. Wall mats may offer different levels of protection according to the foam core.
 - Before performing maneuvers near this wall mat, instructors and users should always assess the type of protection needed and the user's ability to safely accomplish the maneuvers.
 - Consider the speed and type of the drill; wall mat protection; skill level, size and age of the users; number of participants, and available space.
 4. Instructors and users of this mat should always make sure that they have allowed enough space to properly and safely perform the chosen maneuver.
 - Allow an adequate buffer zone from other users and from the wall mat.
 - Note that each maneuver or drill may require different buffer zones.
 - Do not perform a maneuver if you are uncertain of the amount of space needed.
 5. Perform all maneuvers so as to avoid contact with instructors, bystanders or other users, and to avoid going outside the perimeter of this mat.
 - It may be necessary to add additional mats to the outside perimeter area of this mat/mats to create a proper safety mat area.
 6. Mat protection may vary according to room temperature.
 7. Inspect wall mats prior to any activity. Specifically identify any deterioration of the covering and or foam material. Do not use if foam material is missing or deteriorated.
 - Also, ensure the integrity of the mat mounted to wall surface. Repair or replace as required.
 8. Always follow recommended installation procedures when installing wall padding.
 - Wall padding / mats should always be installed NO MORE THAN 4" from the floor surface.



California Customers:

WARNING: Cancer and Reproductive Harm - www.P65Warnings.ca.gov

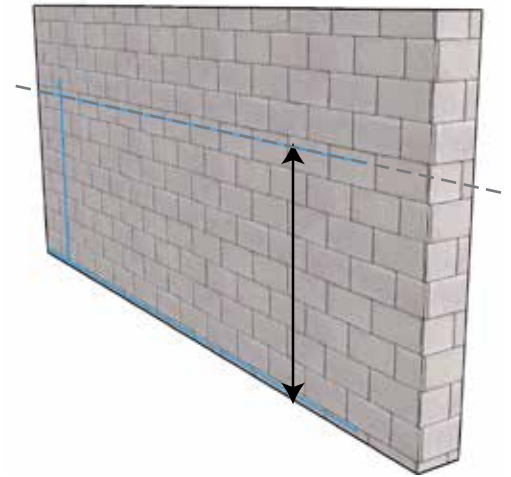
TOOLS NEEDED

- Chalk line
- Tape measure
- Utility knife with 4" adjustable blade
- Drill or hammer drill for cement block or brick
- 1-1/4" drywall screws or tapcons for concrete walls
- Hacksaw (for cutting plastic Top Edge Cap Molding)

INSTALLING PADDING ON THE WALL

Step 1: Determine Height

- Determine the finish height you will be installing your wall padding.
- Measure up from the floor and strike a horizontal chalk line on the wall to indicate the location for the TOP of the Wall Pad - Add approximately 1/8" and strike your line.
 - NEVER place wall padding higher than 4" above the floor surface.
 - Resilite recommends keeping the padding slightly above the floor surface to allow the top of the padding to align level and straight with any variations that may be in the floor.

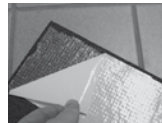


Step 2: Apply Adhesive Tape

- Several rolls of double-sided adhesive tape have been provided.
- Begin with the 9" roll of tape along the bottom of the wall

(Note: Depending upon the height of your wall padding you may have approximately a 3" gap between the two pieces of adhesive tape. This is normal and fine. For smaller height walls, you may need to overlap your tape or cut your tape down to the proper height.)

- Once the tape has been firmly applied to the wall, peel the white "lining backer" from the tape to reveal the reinforced adhesive. Pull the backer paper at a 45-degree angle for the best results.



OPTIONAL Step 2A: Using Optional Top Edge Cap

Apply Male Edge Cap Retainer

- Align the Male Retainer above the top of the Adhesive Tape.
- Fasten the Male Retainer every 16" to 18" using Drywall or Tapcon screws.
- If your wall padding is not starting in a CORNER of the room, you will need to also run the Male Retainer Vertical along the outside edge of your wall padding. See Fig. 1 below.

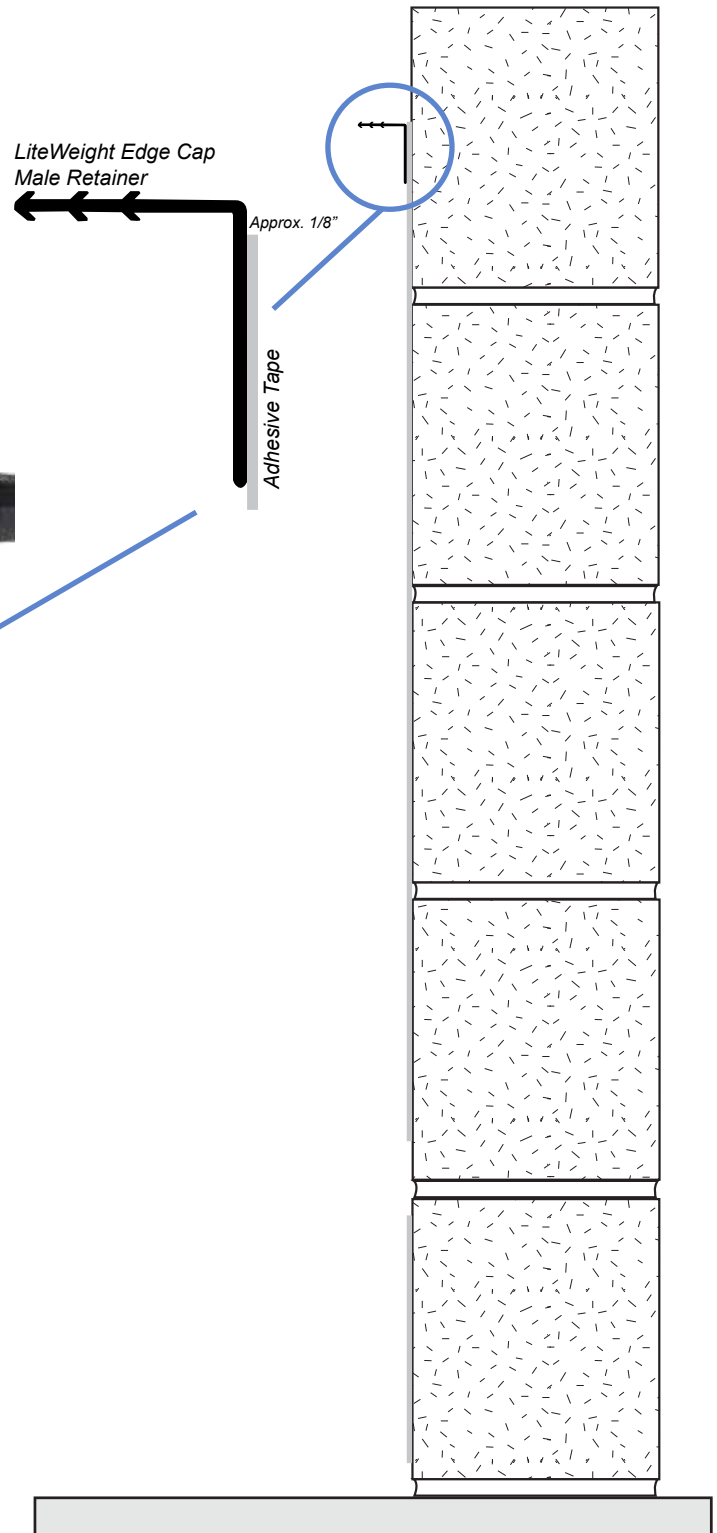


FIG. 1



Step 3: Preparing the Padding and Applying to the Wall

Cut Padding to Length

- Unroll and lay the padding flat.
- Measure the exact length of the wall.
- Measure the Padding again and strike a chalk line. Slide strip of plywood or wood so that you can cut completely through padding from the TOP SIDE.
- Using a 9" blade utility knife, cut the padding to length if needed.

Applying Padding to Wall

- FIRMLY press the padding onto the wall.
- Be sure that your padding makes firm contact to the Adhesive Tape on the wall.
- IF USING TOP EDGE MOLDING - Align the padding directly below the Male Retainer and continue working the padding across the entire length of the wall. See Fig. 2 below.

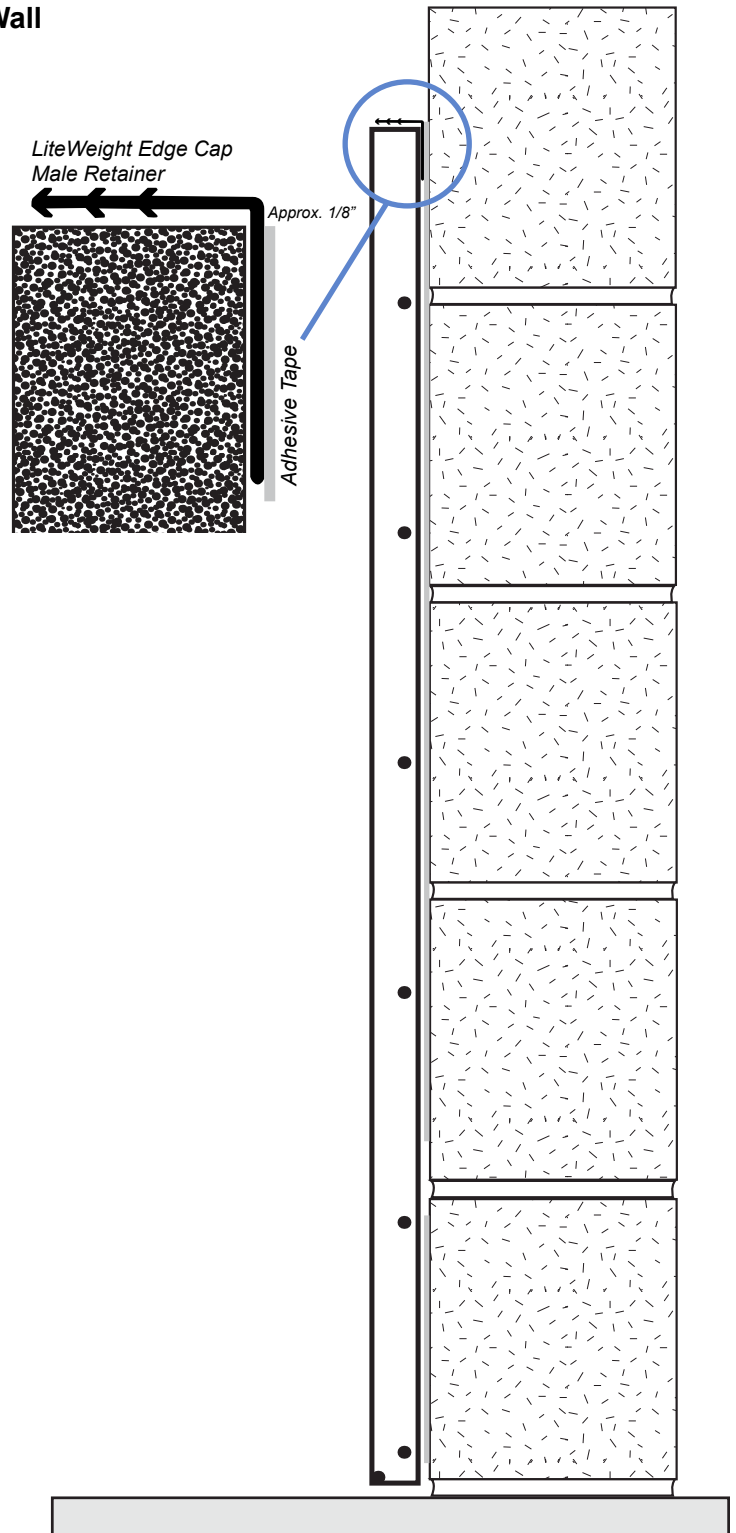
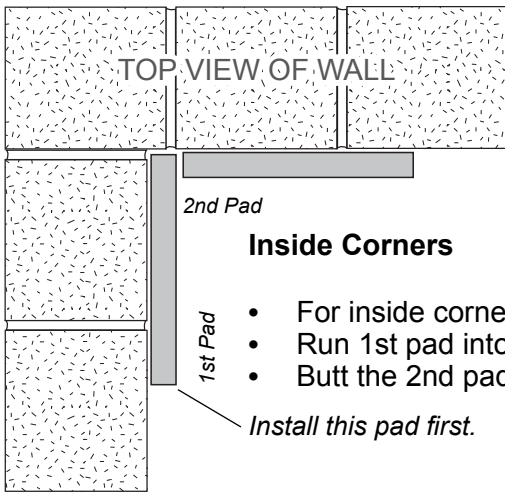


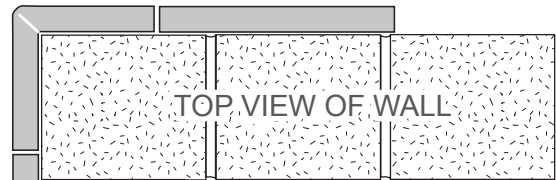
FIG. 2



INSIDE CORNERS



OUTSIDE CORNERS



Outside Corners

- For outside corners, remove a section of foam as shown in Fig. 3
- Cut out the foam on a 45-degree angle to create a "V" notch
- DO NOT cut through the front surface of the padding

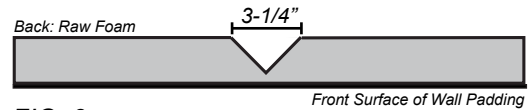
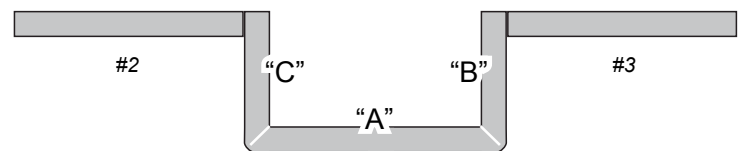
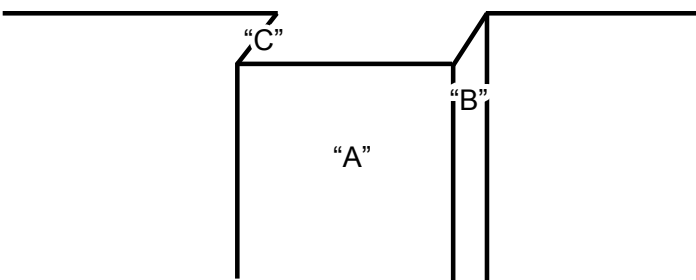


FIG. 3

COLUMNS OR OBSTRUCTIONS



#1 - Install Column Padding First

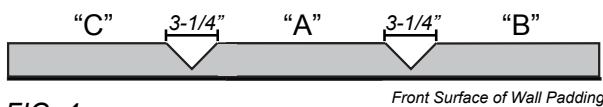


FIG. 4

Columns or Obstructions

- For an outside corner, remove sections of foam as shown in Fig. 4
- Cut out the foam on a 45-degree angle to create "V" notches
- DO NOT cut through the front surface of the padding
- Install the column padding first
- Install wall pads, butting padding up to the column pads

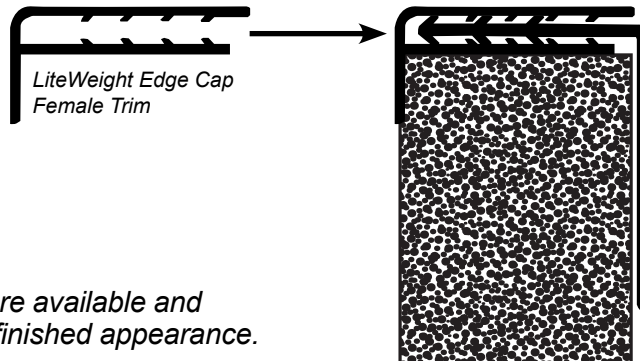
Step 6: Finish the Edge Cap Trim

Cut Padding to Length

- Once you have completed installing all of your wall padding, you can snap on the Female Trim into place to cover all of the exposed foam edges of your new wall padding.
- Once the FEMALE TRIM CAP locks into place, it can not be removed without damage. Be sure you start at one end and work your way around the room.
- You can gently slide the trim to butt it up to the next piece.
- Continue to fit the TRIM, cutting it to length as needed.

INSIDE CORNERS

Inside corners can have the TRIM CAP overlapped or butted together.



OUTSIDE CORNERS

Outside Corner Trim Caps are available and snap into place for a clean, finished appearance.



Before Installing Corner Cap

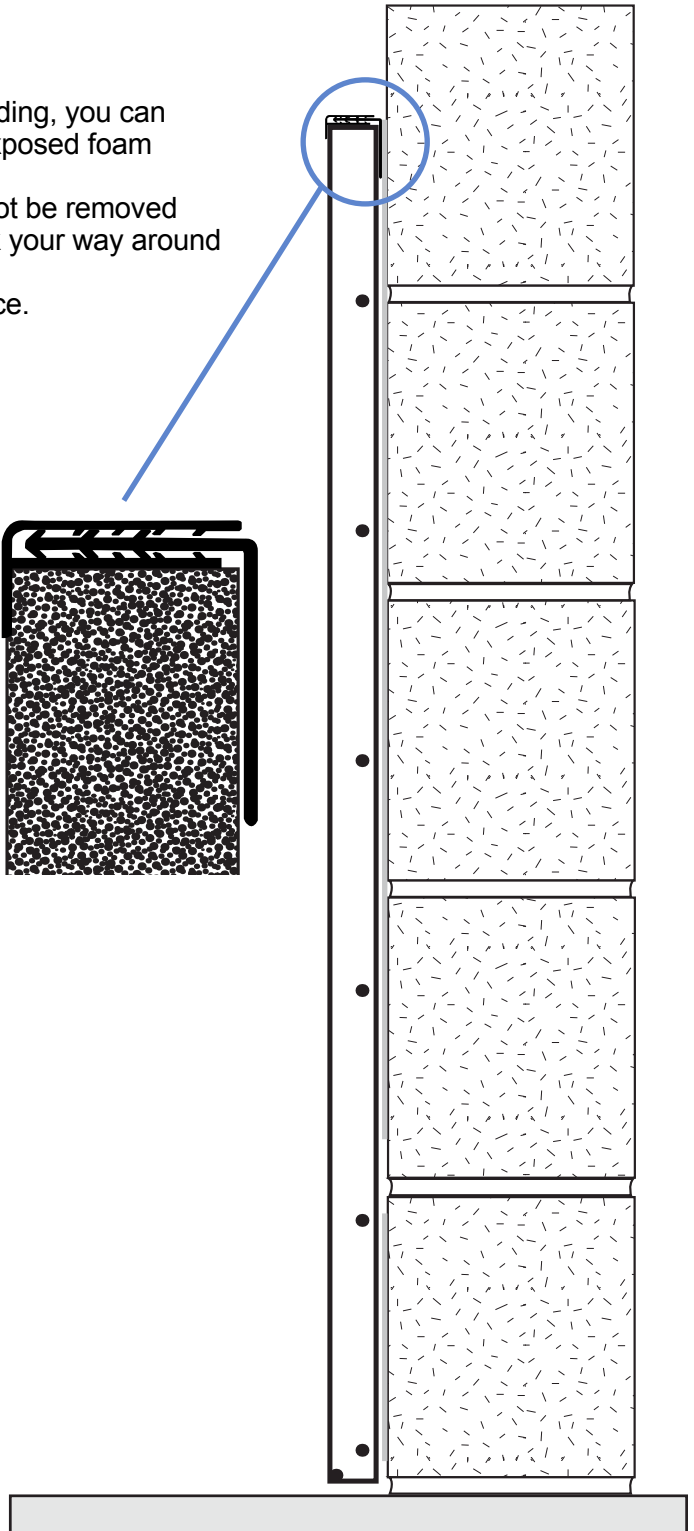
** It is recommended to apply a small dab of glue to the bottom side of the cap to secure it in place.*

JOINT COVERS

Joint Covers are included to conceal the joint between two pieces of trim molding butted together and clips easily into place.



** It is recommended to apply a small dab of glue **underneath** clip to secure them in place.*





**200 POINT TOWNSHIP DRIVE
NORTHUMBERLAND, PA 17857**

**Toll Free: 1.800.843.6287
Fax: 570.473.8988 Email: resilite@resilite.com
www.resilite.com**