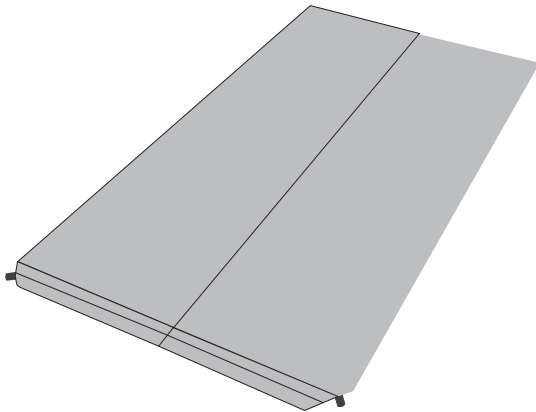

IMPORTANT - RETAIN FOR FUTURE REFERENCE: READ CAREFULLY.



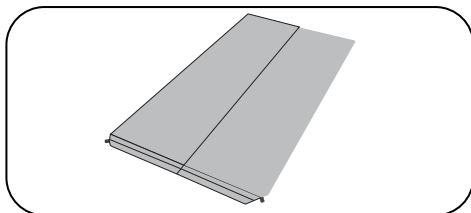
Care and Maintenance:

- Wipe clean after each use and dry thoroughly before packing.
- Do not use organic cleaning agents, bleach or abrasive products.
- Store in open position in a cool dry well-ventilated place

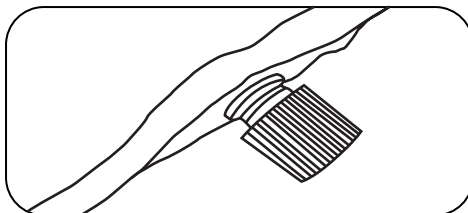
PLEASE NOTE:

- Self-inflating mats will stretch with each use and reach their height more quickly and efficiently. We recommend to follow these steps at least 3 times before use and to leave the mat to rest for 24 hours
- To achieve maximum thickness, you will always need to top up with air by blowing into the valve
- The valves are connected and therefore only one valve should be open when blowing air into the mat to inflate it
- **WARNING** - This is not a toy. Please keep out of reach of children.

Inflation Instructions

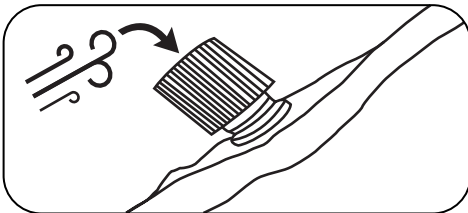


Step 1: Unroll the mat and lay on the floor.

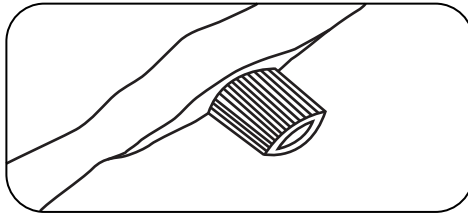


Step 2: Open both valves and leave for 15 mins to inflate.

Inflation Instructions Continued

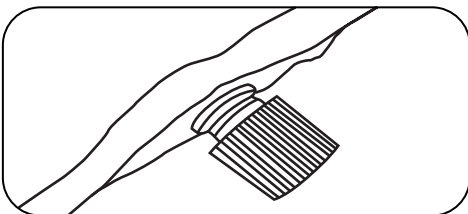


Step 3: Closing one valve blow air into the other valve until the mat is inflated to desired height and firmness.

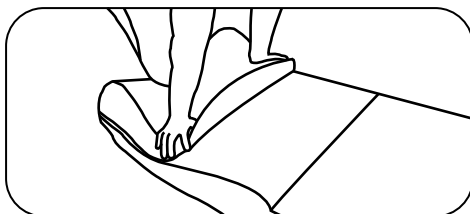


Step 4: Close the valve.

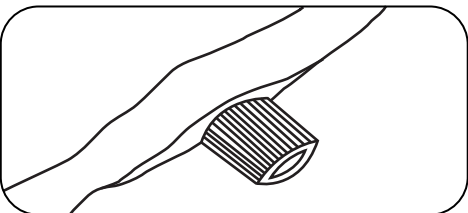
Deflation Instructions



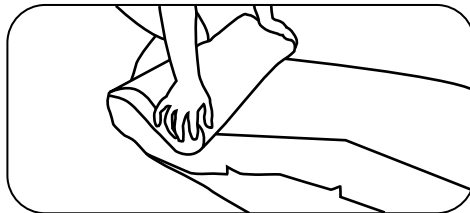
Step 1: Open both valves and fold the mat in half.



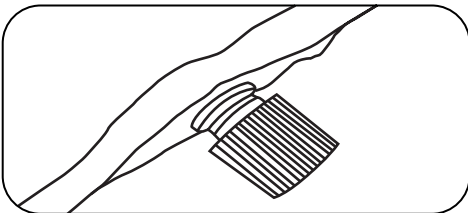
Step 2: Fold the mat and kneel. Roll towards the valve.



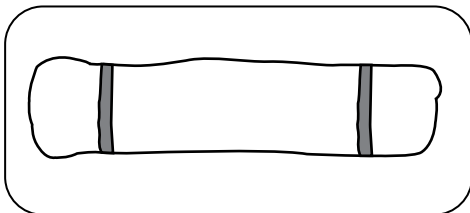
Step 3: Close the valves.



Step 4: With the valves closed repeat the rolling process again towards the valve.



Step 5: Once the pressure has built open the valves to release excess air.



Step 6: Close the valves. Attach the elastic straps