



ANTI-FATIGUE MAT

Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using your Anti-Fatigue Mat.

SETUP

1. Remove the Anti-Fatigue Mat from box and check for shipping damage (scratches, punctures or gouges).
2. Your Anti-Fatigue Mat is now ready for use.

CARE

1. Wipe the Anti-Fatigue Mat with a damp cloth to clean. Air dry.
2. Avoid exposing the Anti-Fatigue Mat to heat or excessive sunlight.
3. Store in a cool, dry place.



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IMPORTANT SAFETY CAUTIONS!

1. Not all exercise is suitable for everyone. To reduce the risk of injury, consult your doctor before beginning this or any exercise program or before using this or any other exercise equipment. The instruction presented herein is in no way intended as a substitute for medical counseling.
2. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your doctor before beginning this workout.
3. Perform exercises in a slow and controlled manner.
4. Stop and rest if you feel dizzy or short of breath.
5. Use product only as intended and demonstrated on the exercise guide.
6. This product is sold without any warranties or guarantees of any kind and manufacturer and distributor disclaim any liability, loss or damage caused by its use.

Learn more at <http://life.gaiam.com>

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MADE IN CHINA.

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