

Assembly Instructions

Home Practice Mat



Thank you for purchasing the Home Practice Mat.

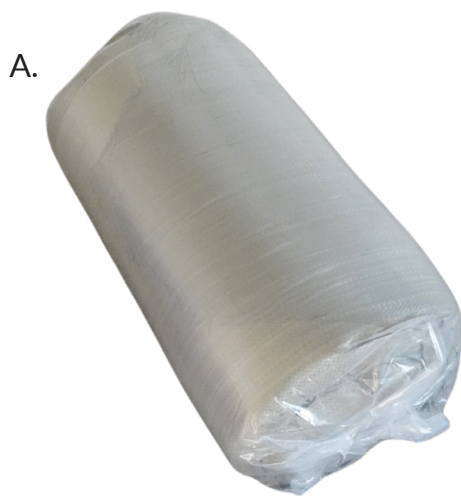
After opening the boxes, please check the parts list to make sure all pieces have arrived in good condition. If you have any questions during this assembly process, please call Customer Service.

Care Instructions:

Spot clean or machine wash removable cover on gentle cycle. Air dry.

Parts List

- A. Vacuum packed foam
- B. Mat cover (Purple or Blue)



WARNING

- Serious injury (including permanent paralysis or death) could result from any activity involving motion, rotation or height.
- All users of this equipment assume this risk of serious injury.
- Mats and pits cannot and do not eliminate hazards.

Safety Instructions

ALWAYS:

1. Consult an instructor prior to use.
2. Use equipment **ONLY** under the supervision of trained and equalized instructors.
3. Use equipment with trained spotters and the proper spotting equipment.
4. Check equipment before use for proper positioning; equipment can move during use.
5. Follow a progressive learning pattern. Assure basic skills are achieved before attempting more advanced skills.
6. Use equipment **ONLY** when all hard exposed surfaces are protected with proper mats.
7. Assure that all inflatable equipment has sufficient air pressure to avoid injury.

DO NOT use the apparatus with damaged, worn or missing parts.

DO NOT allow more than one person at a time to use the equipment.



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1. Spread the mat cover on the floor and unzip. Unfold one half of the cover back.

2. Carefully remove the wrap from the vacuum packed foam. Use caution when using a sharp object to not puncture or cut into the foam.

Due to the vacuum-packed and folded shipping process, the foam may have slight creases or bumps upon arrival. Allow 48-72 hours for the foam to fully expand and settle into its final shape before use.



3. Begin pushing the foam into the corners of the mat cover. Repeat around the remaining three corners.

4. Once all four corners of the foam are inside of the mat cover, zip the cover around the mat. Some adjustments may need to be made to ensure the cover is aligned to the foam.



5. Finish zipping the cover around the mat closed. Adjust any corners of the mat that are not aligned to the foam.



To watch the Home Practice Mat in action, visit our website: www.tumbtrak.com



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