

Grappling MMA Mats

“Do It Yourself” Installation Instructions

Materials Needed:

Utility Knife

When interlocking the mats together, they must all be facing the same direction. One corner of the mat looks like a heart, so you can use this corner as a guide. For example, when installing turn all the mats so that the heart shaped corner is in the upper left corner.

The mats are easily cut to fit for wall to wall installations. Each mat is 40 inches or 3.30 ft in length. The border strips only add about 1/2” to the edge of the mat. Allow approximately 1/2 inch gap around perimeter of room during installation to allow for mat expansion which can occur with fluctuations in heat and humidity. We advise to keep any direct sun light off the mats as this can heat up the mats and cause expansion.

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