

# 3'x4' 4'x8'

# **Guardian SuperSport Mats:**

Excellent for use under heavy workout equipment, such as treadmills, stationery bikes, and steppers. They shield the floor from damage while protecting the machines from vibration and carpet fibers. Humane's re-vulcanizing process (not glued or pressed together) allows the mats to withstand a great deal of punishment. During the manufacturing process, all fitness mats have a mitigate agent added to reduce the rubber smell. **SuperSport Mats** also provide extra protection from heavy free weights, place mats on hard floors, over commercial carpeting, or in combination with our LOKTUFF Standard Interlocking Flooring System.

# **SuperSport Available Sizes:**

4' x 6' x ¾"

4' x 6' x ½"

4' x 6' x 3/8"

Also Treadmill Mats:

3' x 4' x 3/8" Beveled edge

\*3' x 6' x 3/8"

\*3' x 7' x 3/8"

\*3' x 8' x 3/8"

\* Two-piece mat beveled four sides and interlock together.

All 4 x 6 mats are nominal in size. If using 4 x 6 mats to create an entire floor, we strongly recommend having the mats "trued". This will simplify installation because trimming will not be necessary. If they are not "trued", each mat may need trimming to align them side by side for a perfect fit.

## 4 x 6 mat installation:

If you are not working with "trued" mats, start from a staight edge wall and work your way across the room. These mats butt up next to each other. Since our mats are not always perfectly rectangular, some trimming is required. Please follow the cutting instructions below. No adhesive is required. This is a loose lay product. When equipment is first rolled onto the mats for placement, some movement may occur depending on the thickness of your mat. There is no need to panic, once the equipment is in place, the mats will lay flat and movement should not occur.

\*Note: the heaver the equipment, the thicker the mat should be. Diamond surface needs to be on top.

## How to trim the sides:

- 1) The mats are easy to cut. A good utility knife with a sharp blade will do the job nicely, a jig saw works well, or a reciprocating saw.
- 2) You might want to have a can of WD-40 handy. The WD-40 (on the blade only) gives the utility knife lubricant, to help cut through the rubber better. (Caution: when using WD-40, the lubricated knife will cut through the rubber with NO problem, be careful not to cut yourself)
- 3) Another helpful hint is to place a wooden 2 x 4 under the mat along the line of the cut creating an arch. By cutting along this arch, the mat will have a tendency to split and pull apart more easily as the knife is pulled through.