

# Rubber Gym Mats

## Strong, Durable & Non-Slip Rubber Gym Flooring

Our interlocking rubber gym mats are the ideal flooring solution for anyone looking to create supportive, **strong, non-slip, fatigue reducing, hygienic** and easy to install gym floor. Able to be installed on top of most existing floors, connected and cut to shape, these gym mats are perfect for creating home gyms, yoga rooms, weight lifting areas and cardio areas with ease. The top of each mat has a shallow tread pattern which improves grip for users. With a specially designed peg and hole connection system, creating a gym flooring of your own has never been easier. Some rubber gym flooring products may struggle with the wear & tear or pressure/weight from certain exercises but our gym mats are more than up to the challenge.

- RUBBER GRASS MATS
- RUBBER PLAY TILES
- SHED BASES
- STEEL FIXING PINS
- PLASTIC FIXING PEGS
- LAWN & BORDER EDGING
- HOT TUB BASES
- SOAKAWAY CRATES
- GARDEN BUILDINGS
- RUBBER GYM MATTING
- GRASS PROTECTION MESHES
- GRASS REINFORCEMENT MESHES
- GROUND REINFORCEMENT & GRAVEL RETENTION GRID
- GARDEN FURNITURE
- HOT TUBS & SWIM SPAS
- DRIVEWAY DRAINAGE
- LANDSCAPING & WEED CONTROL MEMBRANES



Scan QR code for more info

The Garden Range are dedicated to providing our customers the most accurate details in order for them to make an informed decision on our range. However, there may occasionally be errors or omissions and we reserve the right to amend or remove specifications without notice.

This document was produced in **October 2020** and the reliability and accuracy of this data should be checked by the reader prior to design or purchase.

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### VERSATILE

Rubber gym mats are suitable for a range of applications such as home gyms, commercial gyms, yoga rooms & more

### EASY TO INSTALL

With a peg and hole connection system, our gym mats are easily connected and installed

### STRONG

Gym mats are able to withstand the pressure & weight of many exercise techniques including free weights

### NON-SLIP

Made from rubber with a shallow tread pattern, gym mats prevent slipping whilst exercising

### HYGIENIC

Gym mats repel odours and moisture to keep your exercise area's hygiene levels as high as possible

### FATIGUE REDUCING

Manufactured from rubber, gym mats are soft enough to reduce the risk of shin-splints and fatigue

### NOISE REDUCING

Our gym mats can suppress the sound of dropped weights and heavy stepping

## KEY FACTS

- » **Length:** 910mm
- » **Width:** 910mm
- » **Depth:** 16mm
- » **Weight:** 8.1kg
- » **Material:** Rubber
- » **Colour:** Black
- » **Connecting System:** Peg and Hole
- » **Pack Size:** Single
- » **Can Be Cut To Size:** Yes, with a Stanley Knife or similar

## APPLICATIONS



### HOME GYM

Gym mats can be used all around your house to create a home gym and are most commonly used in garages



### FREE WEIGHTS

Rubber gym mats can withstand the pressure and reduce the noise from any dropped weights



### CARDIO AREA

Ideal for cardio areas as they support the user while reducing fatigue and the risk of shin splints



### YOGA AREA

Rubber gym mats offer a soft flooring solution whilst still offering sufficient support making them ideal for yoga



### BOXING GYM

Similar to cardio areas, gym mats provide both comfort and support underfoot in boxing gyms



### COMMERCIAL GYM

Gym mats are used by commercial gyms to floor cardio areas, weight areas, classrooms and more

## Installation Instructions

1. Clean the existing floor where your new rubber gym mats are to be installed. Sweep up or wash with appropriate cleaning materials to remove any dirt and debris which could affect the gym mat once installed. Ensure the floor is dry before laying your rubber gym mats.
2. Start in one corner and lay one rubber gym mat at once. Use the peg and hole connection system to attach neighbouring mats together as you lay them.
3. Repeat the process of laying and connecting mats until your entire area has been covered.
4. You may come across obstacles when laying your new rubber flooring. The gym mats can be cut easily to fit around obstacles you may face.
5. Once all of your rubber gym mats are installed, ensure they are connected together correctly so there is no chance of gaps appearing and potential for trips and falls.
6. Finally, put in place any exercise equipment you have.



PRODUCT CODE	COLOUR	DESCRIPTION	DEPTH (mm)	DIMENSIONS (mm)	PACK SIZE	UNIT WEIGHT (kg)
RGYM16-900-1	Black	Rubber Gym Mat	16	910x910	1	8.1