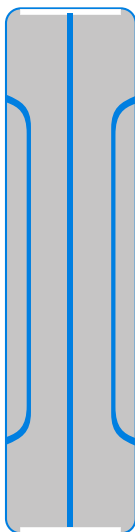
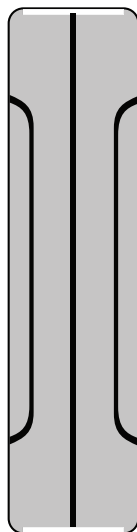


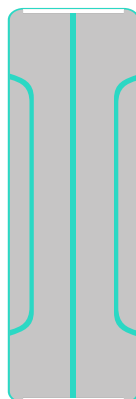
SLGM4A



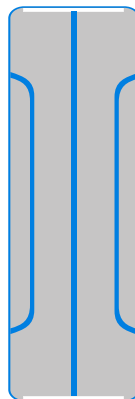
SLGM4BL
(13'+ ft.)



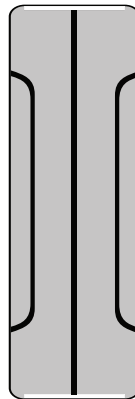
SLGM4KB



SLGM3A



SLGM3BL
(9.8'+ ft.)



SLGM3KB

SLGM4A - SLGM4BL - SLGM4KB
SLGM3A - SLGM3BL - SLGM3KB

Inflatable Training Air Mat

Gymnastics & Exercise Floor Tumble Mat

General Guidelines

- Please read the following instruction carefully and use the product accordingly.
- Please keep this manual and hand it over when you transfer the product.
- This summary may not include every detail of all variations and considered steps. Please contact us when further information and help are needed.

Follow the instructions in the user manual and use only **Inflatable Training Air Mat** for the prescribed purposes. The manufacturer disclaims any liability for damage to the product or from persons using the product arising from improper or irresponsible use of the product.

SECURITY

Safety instructions for this **Inflatable Training Air Mat** must be followed as otherwise personal and material damage may occur.

- This **Inflatable Training Air Mat** is for **PRIVATE USE ONLY** and must **NOT** be set up and used publicly or commercially.
- **Inflatable Training Air Mat** is **NOT** intended as landing mat, as the mattress has a resilient effect.
- **Inflatable Training Air Mat** is designed as a training equipment and can be used for gymnastic exercises, yoga exercises, extant.
- Allow only one person to stay on the mattress at a time for gymnastic exercises and the like.
- Keep the surrounding persons away from the mattress when in use.
- Always ensure that the air pressure in the mattress is sufficient (see overview in the manual).
- Always place the mattress on a flat and dry area, free of obstacles. **NEVER** place the mattress in water or on damp surfaces.
- The mattress can slide if running, jumping or braking on it. This can cause injury to persons or objects. Therefore, avoid activities that cause the mattress to slide/move.
- Always set up the **Inflatable Training Air Mat** in the same area where you will be using it. When changing the location, do not drag the **Inflatable Training Air Mat** over the surface but carry it by the handles.

If the mattress is used indoors:

- Remove furniture and other objects that are near the mattress.
- Make sure there are no lamps and the like hanging directly over the mattress.

If the mattress is used outdoors:

- Always place the mattress in soft areas/surfaces with (grass, sand, etc.) around the mattress.
- Examine the area for sharp and hard objects and remove them before using the mattress.
- Avoid trees, hanging branches, electrical wires, cords, bushes, walls, fences, swimming pools and the like nearby.
- When installing in sand, place the mattress on a non-woven fabric or similar to avoid damaging the mattress.
- Only use the mattress when it is completely dry. Do not use the **Inflatable Training Air Mat** in the rain. While inflating the equipment, electrocution may occur and also the surface will be slippery which can cause injuries.
- Never leave the mattress in direct sunlight or at high temperatures. Always unpack the **Inflatable Training Air Mat** after use.
- The mattress becomes harder when exposed to heat, which might cause over pressure. if the mattress punctures. It is recommended to regulate the air pressure in the mattress to the minimum when not in use.
- The mattress loses equivalent pressure when the surrounding temperature drops, and must therefore regulate the pressure more often.
- Do not wear shoes while on an **Inflatable Training Air Mat** for they may damage the surface. Use any gym mat shoes or socks with rubber coating on the bottom.
- Empty the pockets for items before exercising on the mattress.
- Never wear sharp objects (jewelry, watches, keys, etc.) or near the mattress.
- Never land near the valve (approx. 20 cm). Landing near the valve opening can create overpressure and valve overload.
- If the mattress is to be moved, lift it in the handles. Avoid unnecessary wear: never drag the mattress over the floor/ground.
- Never use a faulty mattress. Make sure to repair the damage before re-using the mattress.

STORAGE AND CLEANING

- Always store the mattress in the supplied storage bag.
- Never pack a damp mattress together. Always leave the mattress dry before packing.
- The mattress can be cleaned with a damp cloth with water and a mild detergent. **NEVER** use harsh cleaning agents on the mattress.
- Clean the mattress after each use to avoid bacterial formation.

INSTRUCTIONS

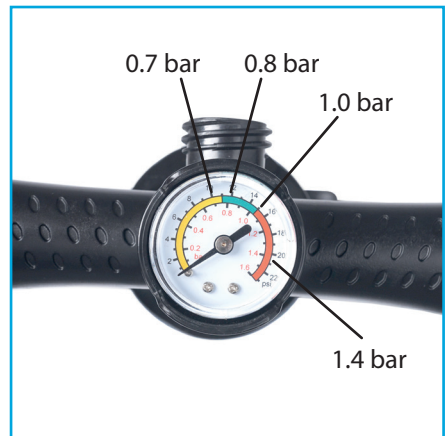
The mattress can be pumped up according to the purpose for which it is to be used. The following pressure scale is a recommendation and should be followed.

Body Weight	Pressure
20 - 30 kg 0.7	- 0.8 bar
30 - 60 kg 0.8	- 1.0 bar
60 - 90 kg 1.0	- 1.4 bar
90+ kg 1.4	- 1.5 bar

The hardness of the mattress is essential for comfort and for the quality of the workout to be performed on the mattress.

1. A hard mattress is recommended for experienced users
2. A medium hard mattress provides more suspension and is for the easy-to-use user
3. A soft mattress is recommended for beginners

The mattress should never be pressed down when used. There must be sufficient pressure in the mattress to keep the user free from the substrate. Always test the pressure on the mattress before use. Hop anyway, straight up when standing on the mattress, and notice if the feet pushes the mattress all the way down, then the substrate can be felt, then adjust the pressure on the mattress.



SETUP

1. Find a suitable surface to place the mattress on.
2. Make sure the surface is flat and free of sharp objects.
3. Fold out the mattress so it is in full length.
4. Place the mattress on the substrate so that the valve is easily accessible.
5. Screw the cap of the valve opening as shown in Fig.
6. Install the air pump as shown on picture 2.

NOTE: Always use a manual pump. **NEVER** use a compressor to pump up the mattress.

7. Pump the mattress up to the desired air pressure. The air pump is equipped with BAR meter as shown in picture 3. See pressure scale in the manual.

NOTE: Never pump the mattress up to 1.5 bar.

8. Replace the cap on the valve opening.
9. If the pressure on the mattress is to be down-regulated, unscrew the cap from the valve opening and press the valve as shown in picture 4.
Screw the cap on the valve opening again after adjustment.

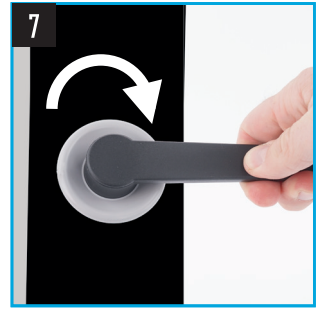
Your **Training Air Mat** is now ready for use. Enjoy!



PACKING

Always have good patience when packing the mattress.

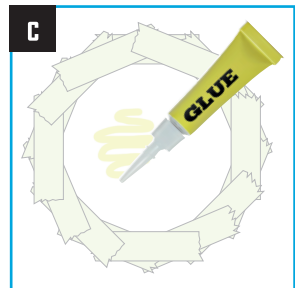
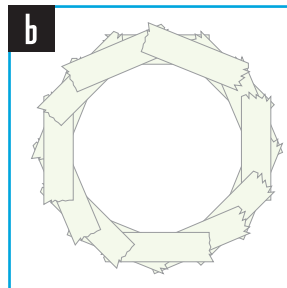
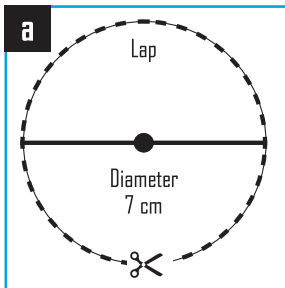
1. Remove all objects on the mattress.
2. Press the valve all the way in and release again so that the valve snaps into open position as shown in Figures 5 and 6. Press the valve in the bottom and release again to close the valve again.
3. Carefully press all air out of the matress and fold it together. Make sure to dry the dirt and dirt of the mattress as it folds.
 - Pack older a damp mattress together.
 - If the valve is loose, it can be tightened by attaching the valve handle to the valve and turn the valve clockwise as shown in Figure 7.Be careful not to over-tighten the valve.



LAPPING

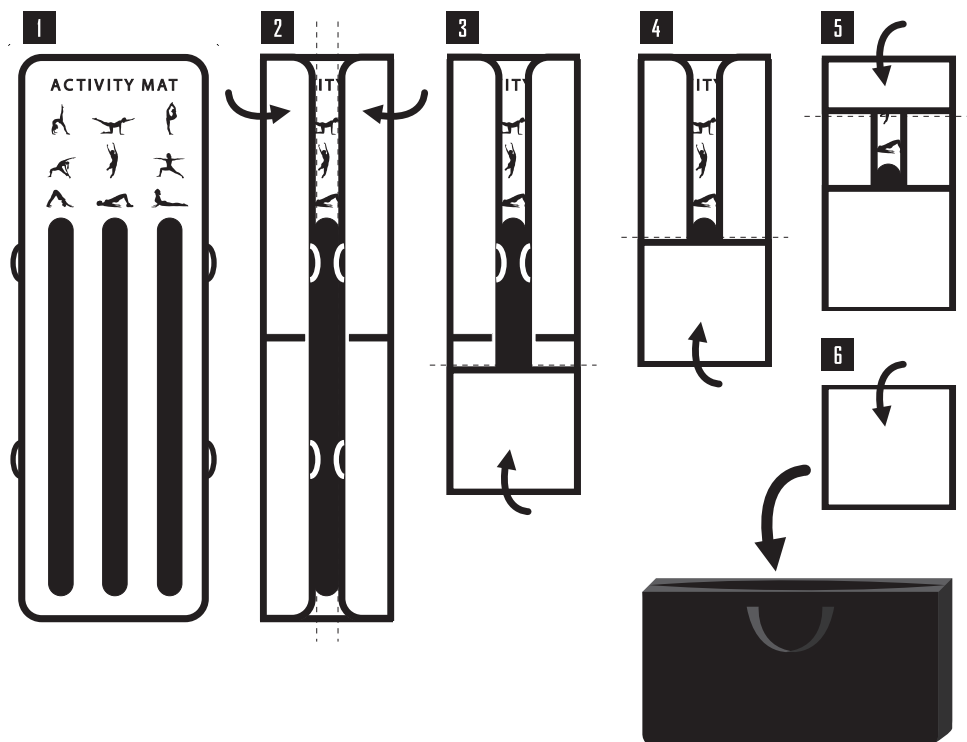
If the mattress is punctured it is important to be careful with the patch. Locate the hole in the mattress and clean an area at about 10 cm. in diameter around the hole.

- Cut a round cloth with a diameter of min. 7 cm. The lid of the repair kit can be used as a template then part measures 7 cm. in diameter.
- Cover the area around the hole with the paint tape.
- Apply glue to the area. and use it with a small brush
- Attach the tab and apply pressure to secure it, let the appliance dry for 24 hours.



FOLDING GUIDE

- Place the mattress on a flat surface.
- Fold in both sides so that the mattress is approx. 40 cm wide.
- Fold a piece of approx. 55 cm. suitable with the lower handles NOT folded.
- Fold a piece of approx. 65 cm. so the fold ends at the upper handles.
- Fold a piece of approx. 25 cm. from the top.
- Fold the entire mattress together and pack it into the bag.

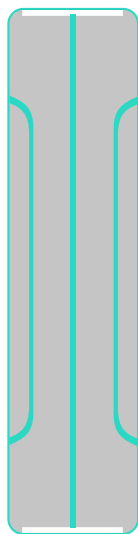


TROUBLESHOOTING

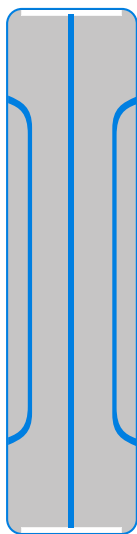
Problem	Cause	Solution
The mattress loses air	Puncture	Locate the hole and use the included repair kit to insert the hole
	Temperature drop	Adjust the pressure in the mattress with the air pump
	The valve is stuck	press the valve to loosen it. Check the valve opening and remove any. dirt and dirt
The mattress has become tough	Temperature Rise	Adjust the pressure in the mattress by pressing the valve

Inflatable Training Air Mat

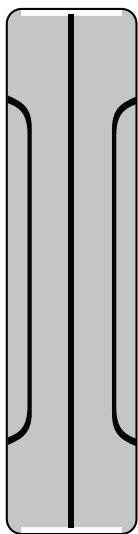
Gymnastics & Exercise Floor Tumble Mat



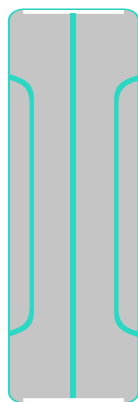
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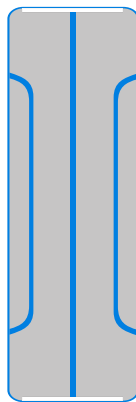
SLGM4BL
(13'+ ft.)



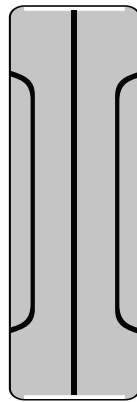
SLGM4KB



SLGM3A



SLGM3BL
(9.8'+ ft.)



SLGM3KB

Features:

- Gym & Fitness Exercise Inflatable Floor Mat
- Comfortable & Bouncy Tumble Mat Design
- Lightweight, Portable Tumbling Air Mattress Style
- Used for Yoga, Gymnastics, Cheerleading, Martial Arts Training
- Waterproof Rated Design for Poolside Water Sport Activities
- Extra Wide Track Pad Cushion for Full Body Support
- Velcro Straps to Prevent Sliding on Carpet
- Convenient Handle Grips for Transport
- Durable, Thick Puncture-Resistant Material
- Stain-Resistant & Easy-to-Clean
- Includes Electric Air Pump
- Indoor & Outdoor Use
- Quick-Access Valve Cap for Inflating / Deflating
- Fun for All Ages: Great for Home Gyms & Children Playrooms

What's in the Box:

- Inflatable Air Mat
- Electric Air Pump
- Storage / Travel Bag
- Patch Repair kit

Technical Specs:

- Recommended Air Pressure: 2.4 PSI (0.1654 Bar) MAX
- Construction Material: Drop Stitch Layered, Reinforced PVC Polyester
- PVC thickness of each side: 0.8mm
- Maximum Weight Capacity: 250 lbs.
- Power Cable Length: 5.9' ft.
- Power Supply, Electric Air Pump: 120V
- Deflated / Rolled-Up Air Mat Size (L x W x H): 7.9" x 7.9" x 39.4" -inches
- Total Inflated Air Mat Size (L x W x H): 118.0" x 39.4" x 4.0" -inches

Questions? Issues?

We are here to help!

Phone: (1) 718-535-1800

Email: support@pyleusa.com



SereneLife