

Assembly Instructions


Dismount Mat



Thank you for purchasing a Tumbl Trak Dismount Mat. You will enjoy years of use with this product.

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 at 1-800-331-4362.



! 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 qualified 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.

Parts List

- [A] Knife Vinyl cover with mesh sides
- [B] Cross link polyethylene foam pieces
- [C] Mat sizes:
 - 6'x12'x12" two layers of foam
 - 7'x14'x18" three layers of foam



! WARNING

WARNING! This is a heavy mat. We recommend at least 3-4 adults help put it together. Do not help assemble this if you are pregnant or have back, heart, hernia, or other medical problems.

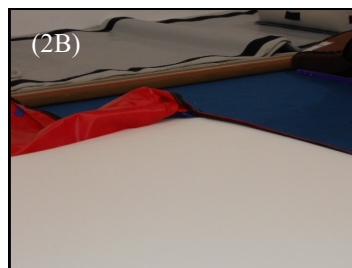
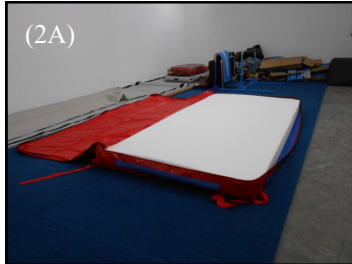
READ ALL INSTRUCTIONS before assembly!



Tumbl Trak
Train Smart

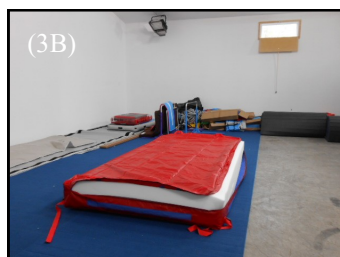
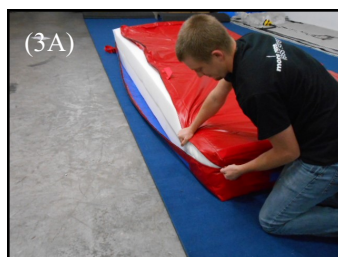
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STEP 1 – You will need a large clean area (floor exercise area is ideal) to assemble your mat. No tools required. First open the cover. The solid vinyl will be the bottom and top of the mat and the blue, breather mesh will be the sides of the mat.



STEP 2 – (2A) Unpack the foam sections. Lay one section of foam into the cover first. (2B) Make sure to fit it in the bottom corners of the cover. You may need to push the foam into place.

STEP 3 – (3A) Lay the other layer(s) of foam on top of the first one. It is important to get the vinyl cover as tight as possible before pulling it over the foam stack. (3B) You will need to make sure the foam goes into all the corners. (3C) You may also need to turn the mat on its long side and shake the cover to assure the foam is properly in place. Be sure to keep the top and bottom sections even.



STEP 4– Attach the mat to the Tumbl Trak legs with the strap and buckle on the mat.



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