



Rubber Gym Mats

Strong, Robust & Non-Slip Rubber Gym Flooring

Our interlocking rubber gym mats are the ideal product for anyone looking to create a **strong, easy to install**, seamless, **non-slip, fatigue reducing** and **hygienic** home or commercial gym floors. 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. Our rubber gym mats can be laid on top of existing floors, connected and cut to shape to create home gyms, yoga rooms, weight lifting and cardio areas with ease. 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
- BELT CONVEYORS
- STEEL FIXING PINS
- PLASTIC FIXING PEGS
- LAWN & BORDER EDGING
- FORCED ACTION MIXERS
- WATER STORAGE CRATES
- RESIN BOUND GRAVEL
- RUBBER GYM MATTING
- GRASS PROTECTION MESHES
- GRASS REINFORCEMENT MESHES
- GROUND REINFORCEMENT & GRAVEL RETENTION GRID
- SUBMERSIBLE COMBI PUMPS
- RECYCLED PLASTIC DECKING
- RECYCLED PLASTIC LUMBER
- LANDSCAPING & WEED CONTROL MEMBRANES



Scan QR code for more info

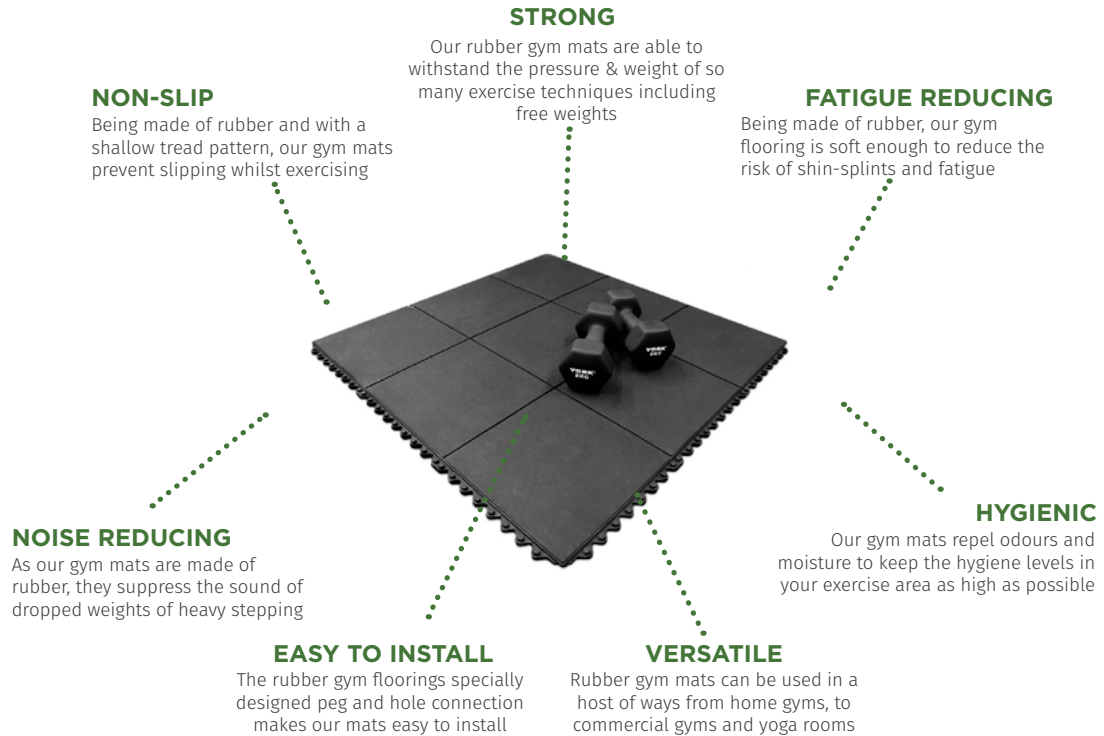
GCL Products Limited are dedicated to providing our customers the most accurate details in order for them to make an informed decision on our range. However, there may occasionally be errors or omissions and we reserve the right to amend or remove specifications without notice.

This document was produced in **May 2019** and the reliability and accuracy of this data should be checked by the reader prior to design or purchase.

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KEY FACTS

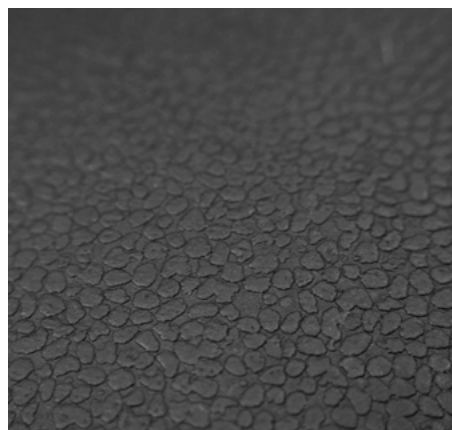
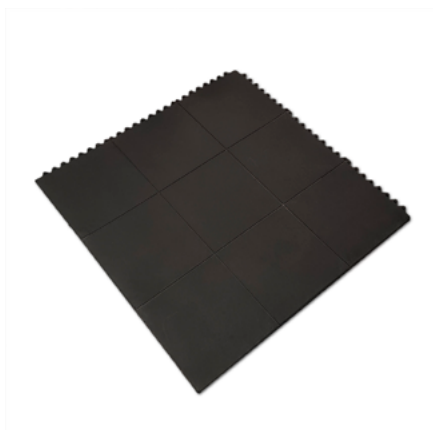
- » Length: **910mm**
- » Width: **910mm**
- » Depth: **16mm**
- » Weight: **8.1kg**
- » Colour: **Black**
- » Material: **Rubber**
- » Connecting system: **Peg and hole**
- » Pack size: **Single**
- » Pallet Quantity: **75 rubber gym mats**

APPLICATIONS

- HOME GYM**
Our gym mats can be used around your house to create a home gym, they are most commonly used in garages.
- COMMERCIAL GYM**
Rubber gym mats are used by commercial gyms to floor cardio areas, weight areas and exercise class rooms
- FREE WEIGHTS**
Rubber gym mats are popular in free weight areas. They withstand the weight & reduce the noise of dropped weights
- CARDIO AREA**
Gym mats are used in cardio areas as they support the users whilst reducing the risk of shin splints and fatigue
- YOGA ROOM**
Our gym mats are great for yoga as they are soft enough to sit and pose on but will still offer sufficient support
- BOXING GYM**
Rubber gym mats are used in cardio, punching bag & other areas where comfort & support is needed underfoot

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	PALLET QTY	UNIT WEIGHT (kg)
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RGYM16-900-1	Black	Rubber Gym Mat	16	910 x 910	1	75	8.1
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