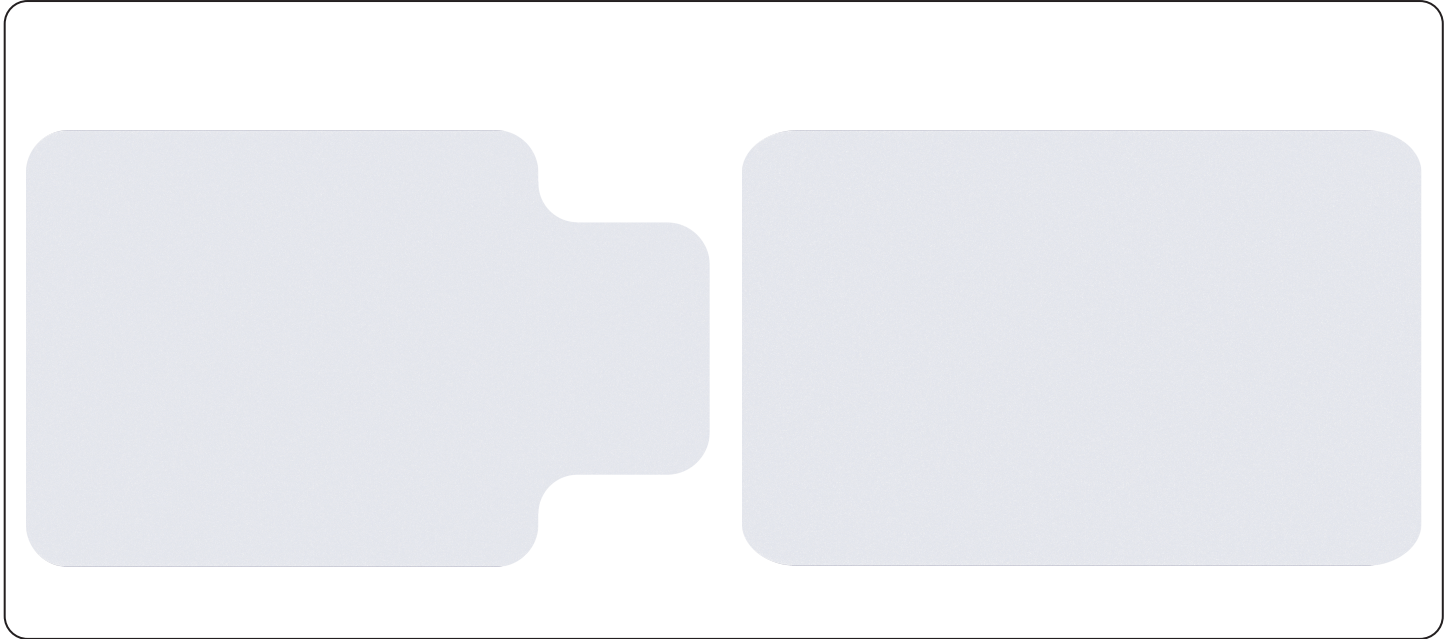


# Installation Information

## Accessories Details:

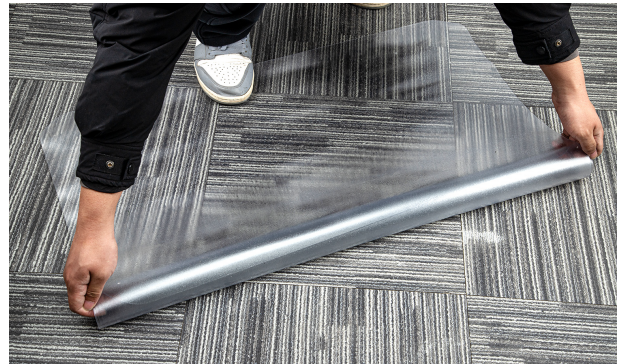


## Installation Steps:

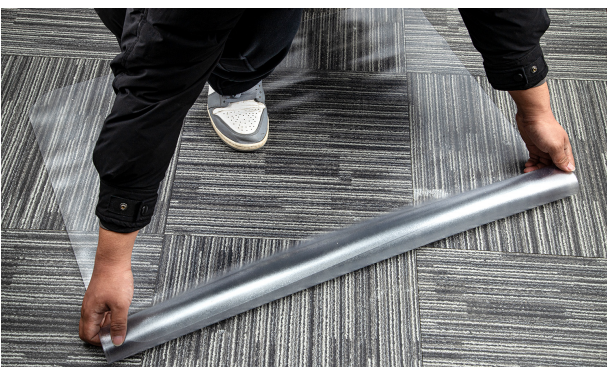
- 1** Open one side of the mat and press it with your knees.



- 2** Put your hands into the mats on both sides and pull forward while pressing your knees forward.



- 3** Unfold the mat completely.



- 4** Press down the four corners of the mat with heavy objects.

