

### When you are ready to adhere a strip to your mat, please follow these steps:



1. Make sure the floor is clean and dry. Wipe off the back of your mat so it is clear of debris and dirt.
2. Peel the Mylar® off the “peel and stick” side of the strip. This is the side that adheres to the mat.
3. Lay the strip on the mat and press it down. The glue is an “active” glue which means it becomes more tacky over time and may not initially appear to be aggressively stuck to your mat. Within 24 hours the strip will be permanently attached.
4. Once the strip or strips are placed on the mat, lift off the outer paper.
5. Turn the mat over and position it on the floor.
6. If the strip gets dirty it can be wiped off with Simple Green® or a similar cleaner. The strip will dry quickly and re-gain its tack.

Figure A- Grip Strips on a 2' x 3' mat.

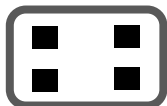


Figure B- Grip Strips on a 3' x 5' mat.



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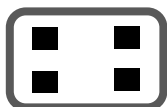
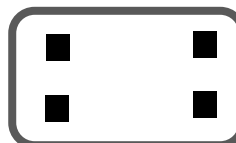


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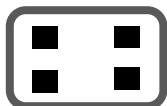
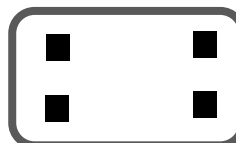


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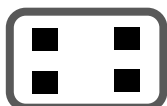


Figure B- Grip Strips on a 3' x 5' mat.

