



# **User Manual**

**Inflatable  
Gymnastic Mats**



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# 1 Introduction

This manual provides instructions for using Fleximake's inflatable gymnastic mats.

Please make sure to read through the safety instructions carefully before using your inflatable Gymnastic mat. Should anything be unclear, do not hesitate to contact us using the information at the back of this booklet.

We hope you enjoy your new equipment.

Fleximake

## 2 Safety Instructions

These instructions apply to all Fleximake inflatable gymnastic mats, referred to as “Inflatable Mats” or “the equipment.” They are designed for training in gymnastics, cheerleading, tumbling, school sports, show groups, martial arts, parkour, freerunning, and tricking.

- USE INFLATABLE MATS ONLY FOR THEIR INTENDED PURPOSE
- Use the equipment only under the supervision of a qualified instructor who is responsible for the proper and safe use of the inflatable mats
- Do not wear shoes while on an inflatable mat for they may damage the surface
- Never place an inflatable mat near overhead obstructions, such as trees or power lines, nor place the equipment on a slope more than 5%
- Do not bring any sharp items on or close to the inflatable mat.
- Do not jump or land closer than 20cm to a valve.
- Assure that the inflatable mat has sufficient air pressure to avoid injury. Recommended air pressure levels can be found in this user manual
- Do not use the inflatable mat without using landing mats on both ends. For safety reasons, also put landing mats on the sides.
- The area on which the inflatable mat is placed must be clean, dry, flat and free of obstacles.
- Always set up the inflatable mat in the same area where you will be using it. When changing location do not drag the inflatable mat over the surface, carry it by the handles instead.
- Do not use the inflatable mat in humid areas, electrocution may occur



- Do not use the inflatable mat in the rain. While inflating, electrocution may occur, and the surface will be slippery, causing possible injury.
- When setting up the inflatable mat outdoor, use a groundsheet to avoid damaging the equipment.
- Never pack, store or transport the inflatable mat when it is when wet
- The inflatable mat is cleaned with water and soft soap, do not use industrial cleaning products.
- Never use a damaged inflatable mat
- Never leave an inflatable mat outside unattended and keep the air pressure under the maximum values described in this guide
- Be aware that inflatable mats are not designed as landing mats

### 3 Usage Instructions

Inflatable mats are designed as training equipment for gymnastics, cheerleading, tumbling, school sports, showgroups, martial arts, parkour, freerunning and tricking.

Due to their bounciness, they are ideal for training skills that require airtime. However, this bounciness also renders the inflatable mat unuseful as a landing mat. Please note that inflatable mat are no replacement for landing mats or foam pits. Sportsmen of any skill level, age, weight and size can use the inflatable mat.

Recommended air pressure level

Mat Thickness	Minimum	Standard	Maximum
20cm/ 8 inch	40mbar / 0.58Psi	70 - 110 mbar / 1.01 - 1.59 Psi	110mbar / 1.59 Psi

The pressure levels mentioned above serve as a guideline, but the optimal pressure largely depends on the user's skill level, weight, type of sport, and the desired effect.

The bounciness of the inflatable mat is influenced by the pressure. If inflated to maximum pressure, an inflatable mat will feel almost like a hard, flat surface—ideal for competition training. Inflating it to a standard pressure level provides an optimal balance for low- to mid-level training. For recreational use, inflating to a lower pressure creates a softer, bouncier surface, making it more fun.

**Note:** It is impossible to overpressurize an inflatable mat with the blowers provided. To avoid damaging your equipment, always use the blower that came with your inflatable mat.

## 4 Set up

1. Choose the right location for your inflatable mat. To avoid damage, ensure the area is free of debris. If using the inflatable mat outdoors, always place a ground cover underneath it.
2. Roll out the inflatable mat, such that it is unrolled far enough to reach all the valves.
3. Open the black valve, ensuring that the small red valves are closed (orange pin out)



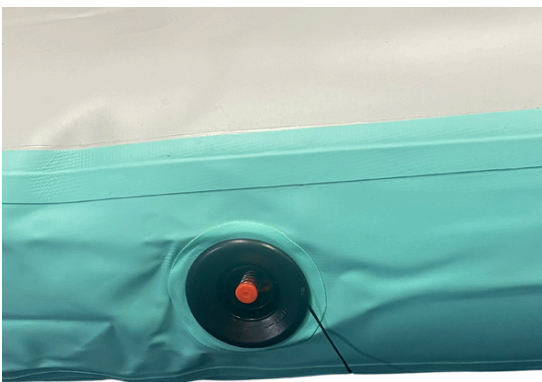
4. Attach the grey tube to the blower and insert it into the black valve.



5. Turn on the blower and wait for the inflatable mat to inflate to the desired pressure by feeling the firmness of the mat as it blows up.



6. Turn off the blower and disconnect it. When using the black valves, be careful not to damage the threads by forcing the cap on. Then, screw the black cap on.



7. Enjoy your inflatable mat!

## 5 Packing

1. Open all valves to begin deflation. Start folding or rolling up the inflatable mat to speed up the process. You can use the blower for faster deflation by attaching the blower's tube to the deflation side.



2. Once most of the air has been released, fold the inflatable mat sides into the centre. If a more compact size is desired, the sides can be folded into the centre a second time.



3. Roll up the inflatable mat towards the valves to keep them unblocked for as long as possible. The tighter you roll it, the easier it will be to transport.



4. Important: After rolling up the inflatable mat, ensure all valves are closed to prevent damage to the valve threads. Use the strap to secure the mat tightly.

## 6 Troubleshooting

### 1. Does your inflatable mat seem to be leaking?

Make sure that all valves are closed properly. The pins inside the valves are often left open when the cap is placed on the valve, which means it will still be leaking air. Always make sure the valve is closed before placing the cap on it.

Still leaking? Please note that our products are not 100% airtight. It is normal for an inflatable mat to lose some pressure over time and you may need to refill them a few times a day.

### 2. A black valve seems to be leaking?

Black valves are equipped with a rubber inlay that prevents air from escaping. This ring may sometimes come loose and slightly pop out of the cap. Closing the valve in this condition may cause the rubber inlay to take permanent damage. Please contact us if you require a rubber ring replacement.

### 3. What should I do if I damage the surface of my inflatable mat?

If the surface is damaged, use the provided repair patch. Apply it over the hole and secure it with suitable glue.

If the damage is too large for the included repair patch to handle, please don't hesitate to contact us for assistance.

## 7 FAQ

**Q: How long does it take to inflate an inflatable mat?**

A: Our inflatable mats are designed for quick and easy setup. With our high-performance electric blowers, inflation takes several minutes, depending on the size of the mat. Always ensure the blower is properly connected and the valve is secure for optimal inflation speed.

**Q: Is there a risk of damaging inflatable mats by overpressurising it?**

A: Yes, if the maximum pressure level stated on page 5 is exceeded, there is a chance of the mats bursting, and/or ripping due to excessive pressure. Ensure you are feeling the pressure constantly to prevent damaging the mat.

**Q: 24 hours after inflation, the inflatable mat is not as firm. Do I need to repair it?**

A: Inflatable mats are not designed to maintain their pressure overnight. Due to temperature changes, they may lose some air, so inflating it once a day is completely normal. If you're concerned, feel free to contact us for professional advice.

**Q: What guarantees do you offer on your products?**

A: We provide a 12 month warranty on all our products, but please note that transport costs are not included. For more details, refer to our terms and conditions.

**Q: What should I do if my inflatable mat is leaking?**

A: Leaks from punctures or seam damage can be repaired using the provided patch and suitable glue.



## Contact

Should you have any questions or comments regarding this manual please do not hesitate to contact us.

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