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USER MANUAL

GYMNASTICS OCTAGON MAT



1. Product Introduction

The Gymnastics Octagon Tumble Mat is a versatile training tool designed to help children learn and practice fundamental gymnastics skills in a safe, home-friendly environment.

1.1 Key Features

- High-density foam core that absorbs impact and maintains its shape through repeated use.
- Durable, easy-to-clean PU leather cover with puncture-resistant and abrasion-resistant properties.
- Octagonal shape with eight flat sides for stable positioning and multiple exercise angles.
- Built-in carrying handles for easy transport between rooms or to storage.
- Non-slip surface that provides grip during hands-on and feet-on exercises.

1.2 What's in the Box

- 2 × High-density foam
- 2 × PU leather cover
- 1 × Instruction Manual (this document)

1.3 Intended Use

This product is intended for indoor use by children under continuous adult supervision.Its unique octagonal shape creates a stable, curved surface that supports the body during children's foundational gymnastics, flexibility, and balance and body control training.

Beginner Skills: rocking, forward roll, body positioning, shoulder stand.

Intermediate Skills: backward roll, bridge, handstand prep drills, backward roll to stand.

Advanced Skills: handstand forward roll, advanced tumbling drills, cartwheel training.

It is not intended for use as a seat, stepping stool, flotation device, or for any purpose other than gymnastics training as described in this manual.

2. Important Safety Information

WARNING — Read Before Use

Failure to follow these safety instructions may result in serious injury, including head, neck, or spinal injuries. Read and understand all instructions before allowing a child to use this product. Adult supervision is required at all times.

2.1 General Safety Rules

1. Always inspect the mat before each use. Check for tears, loose seams, damaged zippers, broken handles, or any deformation of the foam core. Do not use if any damage is found.

2. Use the mat only on a flat, level, and stable surface. Never place it on an elevated surface, stairs, or uneven ground.

3. Ensure a clear, unobstructed area around the mat. Maintain a minimum clearance of 6 feet (1.8 meters) on all sides from walls, furniture, and other hard objects.

4. Only one child should use the mat at a time. Never allow multiple children on the mat simultaneously.

5. Never allow jumping, diving, or flipping onto the mat from elevated surfaces. The mat is a training aid, not a crash pad.

6. Children should wear appropriate, well-fitting athletic clothing. Remove all jewelry, watches, belts, and items with sharp or hard edges before use. Tie back long hair.

7. Do not allow children to use the mat when tired, ill, or under the influence of any medication that may affect balance or coordination.

8. Never leave a child unattended on or near the mat, even for a moment.

9. Keep the mat away from open flames, heat sources, and direct sunlight for prolonged periods.

2.2 Prohibited Uses

- Do not use the mat outdoors, on wet surfaces, or near swimming pools, bathtubs, or other water sources.
- Do not use the mat as a seat, chair, bed, stepping stool, or ladder.
- Do not stand on the mat in shoes or footwear with hard soles, heels, or cleats.
- Do not modify, alter, or attempt to repair the foam core or structural integrity of the mat.
- Do not use the mat for activities beyond basic gymnastics training, such as skateboarding, bicycle stunts, or wrestling.
- Do not allow pets on or near the mat during use, as they may create tripping hazards.

3. Adult Supervision

Adult supervision is the single most important safety factor when a child uses the Octagon Tumble Mat. A responsible adult must be present, attentive, and within arm's reach at all times during use.

3.1 Before Each Session

1. Read and understand all exercises in this manual before assisting a child.
2. Inspect the mat for damage (see Section 2.1, item 1).
3. Verify the setup area is flat, clear, and has adequate clearance on all sides.
4. Ensure the child is wearing appropriate clothing and has removed all hazardous items.
5. Have the child perform a brief warm-up (see Section 5) before beginning exercises.

3.2 Spotting Techniques

Spotting means physically supporting the child during an exercise to prevent falls and reinforce proper form. The supervising adult should:

- Stand close enough to make immediate physical contact if the child loses balance.
- Use an open-hand, supportive touch — never grab or pull the child abruptly.
- For rolls: place one hand on the child's upper back/shoulders and the other behind the thighs or buttocks to guide the rolling motion.
- For backbends and bridges: stand behind the child, support the lower back with one hand and the upper back/shoulders with the other.
- For handstands and cartwheels: stand to the side, ready to support the legs or torso if the child over-rotates or loses balance.
- Gradually reduce physical support as the child gains confidence and demonstrates proper, consistent form.

Supervision Reminder

Active supervision means watching the child at all times — not glancing up from a phone, book, or other activity. If you need to step away, have the child stop using the mat until you return.

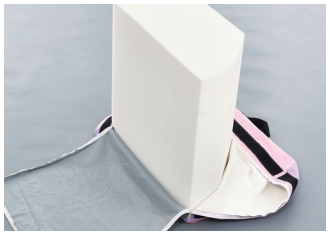
4. Assembly



1. Unzip the PU-leather cover and lay it flat, with the inner bottom surface facing up.



2. Insert the high-density foam into the cover, following the octagonal contour.



3. Align the edges of the foam and cover as evenly as possible for a neat, professional fit.



4. Adjust the foam and cover during assembly to ensure a snug, wrinkle-free fit, as illustrated.



5. Continue adjusting until the cover conforms fully to the foam along all edges.



6. Zip the cover closed.



7. Place the assembled half flat on the floor.



8. Place the second assembled half on top.



9. Secure the two halves together using the hook-and-loop fasteners (Velcro).

Note: The foam is vacuum-compressed for shipping. Please allow **24–48 hours** for it to fully expand. Any wrinkles in the PU-leather cover will gradually smooth out over time. Enjoy your workout!

5. Training Tips — DO & DON'T

5.1 General Training Principles

Consistent, safe practice is the key to progress. Follow these principles to help your child build skills safely and enjoy the learning process:

- Start with the easiest exercise and master it before advancing to the next.
- Keep practice sessions short (10–20 minutes) to maintain focus and prevent fatigue.
- Practice 2–3 times per week rather than one long session, as muscle memory develops through repetition.
- Always warm up before practice and cool down / stretch after.
- Celebrate small improvements — positive encouragement builds confidence and motivation.

5.2 Warm-Up Routine (5 Minutes)

1. Light cardio: jogging in place or jumping jacks — 1 minute.
2. Arm circles: forward and backward — 30 seconds each.
3. Leg swings: front-to-back and side-to-side, alternating legs — 30 seconds each.
4. Torso twists: gentle standing twists, alternating sides — 30 seconds.
5. Wrist and ankle circles: 30 seconds each.
6. Bodyweight squats: 5–10 repetitions to activate legs and core.

5.3 Cool-Down & Stretch (3–5 Minutes)

1. Child's pose: kneel, sit back on heels, stretch arms forward — hold 20 seconds.

2. Seated forward fold: legs straight, reach for toes — hold 20 seconds.

3. Bridge hold: lie on back, knees bent, lift hips — hold 10–15 seconds.

4. Shoulder stretch: cross one arm across chest, hold with opposite hand — 15 seconds each side.

5. Deep breathing: 3–5 slow, deep breaths to lower heart rate.

6. Cleaning & Maintenance

1. After each use, wipe the entire surface of the mat with a clean, damp cloth to remove sweat, dirt, and dust.

2. For deeper cleaning, use a mild soap (such as dish soap) diluted in warm water. Apply with a soft cloth or sponge, then wipe clean with a damp cloth.

3. If disinfection is needed, use mild disinfectant wipes or disinfectant solutions safe for PU-leather material. Always test on a small, inconspicuous area first to prevent discoloration.

4. Pay special attention to seams, handle attachment points, and areas that come into frequent contact with hands and feet.

5. Ensure the mat is completely dry before storage to prevent mold, mildew, or odor buildup.

7. Storage

- Store indoors in a cool, dry, well-ventilated area.
- Ideal storage temperature: 50–80°F (10–27°C). Avoid areas subject to temperature extremes.
- Keep away from direct sunlight, radiators, fireplaces, space heaters, and other heat sources.
- Keep away from areas with high humidity, such as bathrooms, laundry rooms, or damp basements.
- Store out of reach of unsupervised children and pets.
- Keep away from sharp objects, tools, and items that could puncture or tear the vinyl cover.

8. Customer Service

For order, return, refund, replacement, or after-sales support, please contact us through the marketplace where you purchased this product.

How to reach us:
Go to **Your Orders** → Select this order → **Contact Seller / Customer Support**