

Folding Fitness Mat (Crane)

- 1) Open up or spread it out.
- 2) Put the mat on a flat area (like the floor, carpet, or grass).
- 3) Carefully open each part until the mat is flat.
- 4) Make sure the mat is steady and won't move while you use it.

To fold and put away:

- 1) Clean the mat with a wet cloth.
- 2) Let it dry.
- 3) Stack each part on top of the other.
- 4) Use the handles that are already there to carry it easily.
- 5) Keep it in a dry and cool spot.

Safety Tips:

- 1) Put the mat on a flat surface that doesn't slip to help prevent falls.
- 2) Start slowly; if you're new to exercising, begin with easy movements.
- 3) Stay close to something strong; keep a chair, wall, or strong table nearby for support if you need help balancing.
- 4) Don't rush to stand up; when you get up from the mat, first roll to your side, then slowly push yourself up.
- 5) Wear shoes that don't slip or go without shoes; don't wear socks because they can make you slip.
- 6) Look for damage; if the mat shows cracks or feels softer, you might need to get a new one.