



## CARE & MAINTENANCE GUIDE

for EZ Flex Wrestling & Martial Arts Mats



West/Southern US: 877-939-3539  
East/Midwestern US: 877-404-2405  
[www.ezflexmats.com](http://www.ezflexmats.com)



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## Unpacking

To begin unpacking your mats, the plastic bags should be removed by cutting the zip tie at the top and then pulling the bags off. It may be easier to pull them off with the mats laid on their side.

If your mat was packaged with a layer of cardboard and plastic wrap, carefully remove it with scissors or a utility knife. Remove the plastic wrap, then the lids, and finally the cardboard wrap.

Once you have removed the packaging, you should roll out the mat sections, inspect them and allow the mat to "air-out" for about 30 minutes. Because water is used in the manufacturing process there may be some moisture on the surface. This should evaporate in several minutes if the air is circulated. If there is excessive moisture, leave the mats rolled up and standing on end.

You can use your new EZ Flex Mat the same day it is delivered. No curing time is required.

**Note:** Keep the bags your mats were shipped in for use as storage bags. If they have been damaged or misplaced, you may purchase replacements at [ezflexmats.com](http://ezflexmats.com).

## Transporting

The safest, easiest way to transport rolled mat sections is with a two-wheel hand truck. They're available at any home improvement store for approximately \$30.

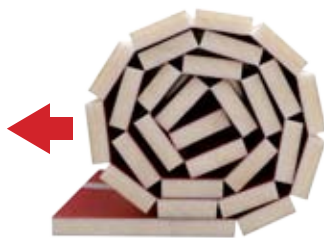
Alternatively, sections may be moved by rolling them across the floor (see note below) or by carrying from each end (requires two people).

### Moving Mats by Rolling

Mat sections should only be rolled in the same direction that they were rolled up in.

This illustration shows the proper direction, with end of the roll pointing forward when at the bottom.

Rolling in the wrong direction causes sections to loosen and could result in damage.



## Setting Up

Each mat section is marked on the bottom with the roll number and school/organization initials. The sections should always be rolled up from the opposite end so that these numbers are visible. Roll #1 is the far left mat section and then #2, #3, etc. continued left to right.

For a wrestling match, the mat is unrolled starting from the scorer's table side. This will position the starting lines correctly.

The mat sections are light and easy to move together. They should be moved or slid with the hands, never kicked, which could damage the mat and void the warranty.

**Note:** When pulling up mat tape from mat, pull slowly so no adhesive is left on vinyl surface. This will help ensure to not leave your mat edges sticky from tape residue.

## Storing

We recommend that the rolls be stored standing on end, but they may also be stored on their sides and stacked. It is important that they are stored on a clean, smooth, flat surface and away from any sharp objects; storage bags are recommended. Temperature does not affect the mats and they can be stored in areas without heat or AC. If they are extremely cold (below freezing), you should wait for them to warm up before unrolling.



Sections should be rolled tightly for easy handling.

## Cleaning

Your mats should be swept with a dry mop or push broom before each use and cleaned with a disinfectant mat cleaner after every use. There are a number of quality mat cleaners available; see our online store for a selection of cleaning products. Special bucketless mops are also available for easier cleaning. Allow the mats to dry completely before rolling up and storing.

Street shoes should never be allowed on the mats. The health of your athletes and the life and appearance of your mats are directly related to your cleaning regiment. Don't use any short-cuts or allow non-wrestlers/athletes on the mats.

For scuff marks and stubborn stains or mildew, you can use a household spray cleaner with bleach and scrub the mat with a plastic-bristle brush or Scotch® Scouring Pad. Goo Gone® and mineral spirits can also be used in small amounts.

### Questions?

For more information please contact your sales rep:

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**East/Midwestern US: 877-404-2405**

**Thanks for Choosing EZ Flex!**