

Catalog

General Exercise Products

MatsMatsMats.com
6303 Owensmouth Ave.
10th Floor
Woodland Hills, CA 91367
Tel: 877.777.6287
Fax: 818.337.7464
sales@MatsMatsMats.com

To view current pricing or to place an order online, go to www.MatsMatsMats.com.

To place your order via telephone, call us toll free at 877.777.6287 from 9am to 5pm pacific time.

To place your order using a purchase order (upon approved credit), simply fax your purchase order to 818.337.7464 or mail it to the address above.

Exercise Mats and Products

Choose from our wide selection of high quality exercise mats, exercise equipment mats, yoga supplies, gymnastics equipment, and various other exercise products and accessories.

Exercise Mats

Our exercise mats reduce aerobic impact, provide cushion and protect your floors. Whether you need a mat for general exercise or Pilates, you are sure to find one that fits your needs.

Pilates Mats



Selection of various Pilates mats.

UltraSoft Exercise Mats



Includes straps for easy transport and storage. \$34.99

Folding Exercise Mats



Starting at \$149
(includes shipping)

Many Sizes and Colors to Choose From.

Fitness Mats / Aerobics Mats



Starting at \$18.99

Two Sizes: 3'x4' and 3'x6.5'
Two Thicknesses: 1/4" and 3/8"

Please see next page for more information and pricing...

Continued from previous page...

Workout Floor - 5/8"



Starting from \$39.99 (4 tiles)

Exercise Flooring - 7/8"



Starting from \$89.90 (10 tiles)

Jumbo Exercise Gym Floor - 1"



Starting from \$399.99 (10 tiles)

Wall Padding



Starting from \$54

Please see next page for more information and pricing...

Continued from previous page...

Exercise Equipment Mats

Our exercise equipment mats eliminate vibration and help stop carpet fibers from getting into the moving parts of your equipment. These foam vinyl cellular mats create a soft yet durable pad for your equipment to rest on, protecting your floors from damage.

Bike/Stepper Equipment Mat



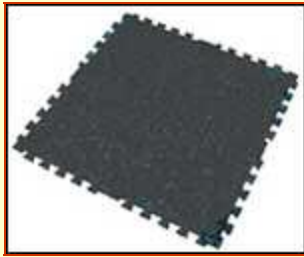
Mat size: 3' x 4'
Standard 1/4 inch - \$18.99
Deluxe 3/8 inch - \$21.99

Treadmill Mat



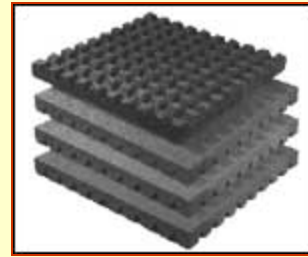
Mat size: 3' x 6.5'
Standard 1/4 inch - \$27.99
Deluxe 3/8 inch - \$32.99

Interlocking Rubber Tiles



Tile size: 28.5"x28.5"x3/8"
\$17.99 each

Rubber Playground Tiles



Tile size: 24"x24"
From \$24.99 each

Please see next page for more information and pricing...

Continued from previous page...

Yoga Equipment

Yoga Supplies



Yoga mats, foam blocks, yoga straps, yoga mat carriers and many other yoga products.

Gymnastics Equipment

Gymnastic Equipment



Folding / tumbling mats, inclines, balance beams and various other gymnastics supplies.

Please see next page for more information and pricing...

Continued from previous page...

Exercise Products/Accessories

Pilates Power Ring
(Magic Circle)



Price: \$22.95

Cross-Training
Exercise Gloves



Price: \$12.95

Exercise Ball with Pump



55cm, 65cm, or 75cm Ball & Pump
Price: From \$17.95

Resistance Tubes Kit



Price: \$15.95

Please see next page for more information and pricing...

Continued from previous page...

Pilates Core Board



Price: \$24.95

Yoga/Fitness Balls



Price: From \$19.95

The Whale Exercise Bench



Price: \$499.95

Pilates Mats

There are many styles of Pilates mats. In order to provide the best fit for every person, we offer various exercise mat sizes, thicknesses, densities, colors, textures, and materials. Whatever style of Pilates mat you are looking for...we have the mat for you!

Dual Purpose Pilates & General Exercise Mats...

SoftFoot Pilates Mat

This dense 3/8" mat is perfect for the Pilates enthusiast.
\$34.99



UltraSoft Exercise Mat

This well-cushioned 1/2" mat is ideal for Pilates mat work. **\$34.99**



Dual Purpose Pilates & Yoga Mats...

Raja Pilates/Yoga Mat

Our Raja Mat is 1/4" thick (6.3 mm) and is made of a dense material and includes straps for easy transport and storage.
Color: black
Size: 24"x72" **\$29.95**



Yama Pilates/Yoga Mat

Our Yama Mat is 1/4" thick (6.3 mm) and has rounded corners, providing a more unique and distinguished look. The 1/4" thickness cushions your impact, while the texture provides extra grip during poses.
Size: 24"x72" in blue or purple. **\$24.95**



SoftFoot Pilates Mat



Our SoftFoot Pilates Mat is the ideal mat for pilates exercises. It provides the extra cushion your body needs when working out on the ground.

- Allows plenty of room for movement
- Beveled edges seal all 4 sides for safety and durability
- Superior stippled texture and anti-skid grip to prevent slipping.
- The closed-cell structure of the material makes this mat impervious to water and extremely easy to wash and keep clean.
- Hand washable.
- Size: 3' x 6' 6"
- Weight: Approx. 13 lbs.
- Thickness: 3/8" - providing superior thickness for added comfort.
- Available in Black only.



Made in the USA



Pilates SoftFoot Exercise Mat (3' x 6'6") \$34.99

UltraSoft Exercise Mat



Our UltraSoft Exercise Mat has a lightly textured, soft but stable surface, ideal for general exercise or pilates mat work. It will protect your bones and joints from hard floors, allowing for a comfortable workout.

This exercise mat includes a completely detachable, velcro, carrying harness, making it easy to store your mat and easy to transport your mat to and from class (thus eliminating the need for a mat bag). The UltraSoft Exercise Mat is a perfect combination of comfort, portability and versatility.

- Rounded edges for a more elegant look.
- Ultra-soft cushion provides comfort, stability and prevents slipping.
- Lightly ribbed textured surface.
- Includes straps for easy transportation and storage.
- Hand washable.
- Made of light weight PVC foam.
- Size: 2' x 6'
- Light weight - approx. 4.5 lbs.
- Thickness: approx. 1/2" - providing superior thickness for added comfort.
- Available in Blue only.



Usually Ships Next Business Day!

UltraSoft Exercise Mat \$34.99

Raja Mat



The Raja black yoga mat is the ideal power yoga mat, ashtanga yoga mat, or mat for any other demanding yoga practice. It is a lightly textured, dense, 1/4" thick mat that provides excellent traction. This yoga mat includes a completely detachable velcro harness, making it easy to store your mat and to transport your mat to and from class (thus eliminating the need for a mat bag).

The Raja Mat also provides the stability and comfort needed for Pilates mat work.

- Provides extra density and ideal rebound.
- Includes harness for easy transportation and storage.
- Lightly textured, tacky surface to prevent slipping.
- Internal, center threading provides exceptional strength and durability against tearing.
- Hand washable.
- Size: 24" x 72"
- Thickness: 1/4" (6.3 mm) - providing superior thickness for added comfort.
- Weight: Approx. 5 lbs.
- Available in Black.



Usually Ships Next Business Day!

Raja Mat
\$29.95

Yoga Yama Mat



The Yoga Yama Mat came from the desire to provide the finest yoga sticky mat at the best price. Extra thick and soft, this yoga mat enables comfortable yoga practice by providing cushion for your knees, ankles and other sensitive bones. The Yama mat is 24"x72" with radius (rounded) corners. This mat is 1/4" thick with a high degree of texture. It offers minimal crush resistance, giving you a well grounded feeling.

Also available is the [60" Short Yama Mat](#).

- Provides a thick, textured surface for extra stickiness and grip.
- Textured traction surface on both sides (usable on both sides).
- Hand washable.
- Size: 24" x 72"
- High quality closed-cell PVC vinyl gives it a soft cushion feel. Embedded fabric mesh provides more durability. (100% latex free)
- Thickness: 1/4" (6.3 mm) - for added comfort.
- Available in: Royal Blue, Light Blue, Pink, and Purple.



Purple



Royal Blue



Pink



Light Blue

Usually Ships Next Business Day!

Yama Mat
\$24.95



Gymnastics Mats (Made to Order)



Each of these custom manufactured crosslink folding gymnastics mats is made-to-order using the finest materials available. Our tumbling mats are available in a variety of types for gymnastics and cheerleading skill levels, ranging from beginner to advanced.

The crosslink (cross-linked polyethylene) foam filler used in these gymnastic mats combines superior energy absorption and resilient cushioning in a very lightweight material that stubbornly resists degradation and breakdown. The mats fold accordion style into two-foot widths for easy stacking and storage and are covered with extra heavy duty, 18oz., double coated vinyl (more durable than the 14 oz. vinyl sold by competitors). The combination of heavy vinyl and high weave count polyester gives the best puncture and tear resistance, stitch strength, and abrasion resistance in a fabric covered mat. 2" velcro fasteners are available on the two short sides for end-to-end attachment, while velcro on all four sides is available for mat extensions in any direction.

Choose from a variety of 11 colors, 5 standard sizes (custom sizes also available), and 4 styles.

[See limited styles of firm mats that are currently in-stock and ready to ship!](#)

[See our SoftPlay soft folding mats \(in-stock or made-to-order\)!](#)

- Thickness: 1-3/8" or 2".
- 2" velcro fasteners on 2 short sides or all 4 sides.
- Covers are crafted of extremely durable 18 oz. coated vinyl (polyester scrim).
- Stitched with Dacron thread.
- Comes in various sizes, styles and [colors](#)
- Core made of cross-linked polyethylene foam.
- **Allow approx. 2 weeks for production and delivery (less if in stock).**

Size	Velcro on 2 short sides		Velcro on 4 sides	
	1-3/8" Thick	2" Thick	1-3/8" Thick	2" Thick
4' x 6'	\$149	\$169	\$159	\$199
4' x 8'	\$169	\$209	\$189	\$239
4' x 12'	\$229	\$289	\$259	\$309
5' x 10'	\$249	\$339	\$265	\$369
6' x 12'	\$399	\$469	\$429	\$499

Made in the USA



[Request Quote for Custom Sizes](#)

Note: All prices include ground shipping within the continental USA.

Aerobic Mat / Fitness Mat



Color: Black

Our SoftFoot Exercise Mat is the ideal mat for aerobics, stretching, and other floor exercises. It provides the extra cushion your feet and back need when working out on the ground.

- Allows plenty of room for movement
- Beveled edges seal all 4 sides for safety and durability
- Superior stippled texture and anti-skid grip to prevent slipping.
- The closed-cell PVC vinyl material makes this mat impervious to water and extremely easy to wash and keep clean.
- Hand washable.
- Size: 3' x 6' 6" or 3' x 4'
- Thickness: 1/4" or 3/8" - providing superior thickness for added comfort.
- Available in Black only.

Made in the USA



SoftFoot Exercise Mat (3' x 4' x 1/4") \$19.99

SoftFoot Exercise Mat (3' x 6'6" x 1/4") \$29.99

SoftFoot Exercise Mat (3' x 4' x 3/8") \$22.99

SoftFoot Exercise Mat (3' x 6'6" x 3/8") \$34.99

SoftFloor - Exercise Flooring / Gym Flooring



SoftFloors™, the original interlocking foam mats, are perfect for home gym flooring or any other workout area requiring cushioned flooring. They create a durable, comfortable and cushioned surface ideal for exercise. Each 2' x 2' x 5/8" interlocking foam tile is lightweight, durable and is available in assorted colors so you can create a unique look for your exercise flooring.

- Commercial grade, shock absorbing, anti-fatigue foam flooring.
- Lightweight, durable and assembles in minutes
- Made of EVA foam and contains no latex.
- Non-Toxic, Lead-Free, Latex-Free.
- If you need a top surface that is more puncture resistant against high heels, sharp objects and more impression resistant against heavy objects, try our [SoftCarpet](#).
- Tile material is completely waterproof and will not absorb water.
- Fire Retardant - Meets the flammability requirements of FHSA Section 1500.3.
- Conforms to "Standard Consumer Safety Specification" - ASTM F963-92.
- Perfect for indoor as well as outdoor use.
- Creates a contemporary look and feel.
- Available in various pre-selected sizes or create your own size.
- Individual interlocking tile size: 2' x 2' x 5/8"
- Due to the interlocking nature of these tiles, each tile size will be reduced by approximately 1.5% when connected together. Therefore, please make sure that the dimensions quoted, minus 1.5% in each dimension, will cover your required area (for example a 20'x20' quoted area would be approximately 19'8"x19'8").
- Weight of each tile: 1.3 lbs.
- Variety of 14 colors from which to choose. Please note that colors may sometimes vary slightly due to changes in dye lots.
- How many tiles do I need for my desired floor dimension? See our [Tile Calculator](#)

Also available are our thicker [2'x2'x7/8"](#) interlocking exercise floor tiles.

Also available are our [Jumbo 4'x4'x1"](#) interlocking exercise floor tiles.

Please see next page for more information and pricing...

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Click Color Swatch to Enlarge



Yellow



Red



Black



Brown



Purple



Royal Blue



Pink



Lime Green



White



Green



Grey



Burgundy

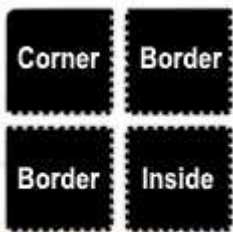


Orange



Light Navy Blue

Interlocking floor tiles shown above are for color and texture representation only. Actual foam floor tiles have many more interlocking teeth per side and actual color may vary slightly.



MatsMatsMats.com



Also Available With
Carpet Top



Also Available With
Wood Film Laminate Top

Usually Ships Next Business Day!

Please see next page for more information and pricing...

Continued from previous page...

Stock Size (Stock floors have finished edges and rounded corners)	Number of Tiles	Price
4' X 4' floor	4	\$39.99
6' X 6' floor	9	\$89.99
10' X 10' floor	25	\$179.99
10' X 20' floor	50	\$359.99
20' X 20' floor	100	\$699.99
Create Your Own Floor How many tiles do I need?		
Set of 4 corner tiles (2'x2'x5/8" each tile)	4	\$39.99
Set of 4 border tiles (2'x2'x5/8" each tile)	4	\$39.99
Set of 4 inside tiles (2'x2'x5/8" each tile)	4	\$39.99
Request Quote for Custom Sizes 		

Exercise Flooring - SoftCarpet (modular carpet tiles)



SoftCarpet™, the original interlocking exercise flooring with carpet top is the ideal workout floor and creates an extremely durable and comfortable exercise experience. The interlocking foam tiles energize you by providing a cushioned, carpeted exercise floor. Each 2' x 2' x 5/8" interlocking foam floor tile is lightweight, durable and available in assorted colors so you can create a unique look when decorating your workout area.

- Commercial grade, shock absorbing, anti-fatigue foam flooring.
- Lightweight, durable and assembles in minutes.
- Bottom foam layer made of EVA foam
- Top layer carpet made of a blend of polypropylene and polyester fibers.
- Non-Toxic, Lead-Free, Latex-Free.
- Carpet top adds an extremely durable top surface that is more puncture and impression resistant than the SoftFloor and SoftWood .
- Tile material is completely waterproof and will not absorb water.
- Fire Retardant - Meets FMVSS-302 specification.
- Perfect for indoor as well as outdoor use.
- Creates a warm, contemporary look and feel.
- Available in various pre-selected sizes or create your own size.
- Individual Interlocking Tile Size: 2' x 2' x 5/8"
- Due to the interlocking nature of these tiles, each tile size will be reduced by approximately 1.5% when connected together. Therefore, please make sure that the dimensions quoted, minus 1.5% in each dimension, will cover your required area (for example a 20'x20' quoted area would be approximately 19'8"x19'8").
- During assembly, orient tiles such that arrows embossed on underside of tiles all point in the same direction. This will ensure carpet fiber directional alignment.
- Weight of each tile: 1.6 lbs.
- Variety of 12 colors from which to choose. Please note that colors may sometimes vary slightly due to changes in dye lots.
- How many tiles do I need for my desired floor dimension? See our [Tile Calculator](#)

Please see next page for more information and pricing...

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Click Color Swatch to Enlarge



Smoke



Black



Red



Charcoal



Dark Grey



Emerald Green



Royal Blue



Grass Green



Burgundy



Navy Blue



Light Grey



Brown

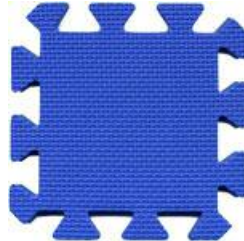
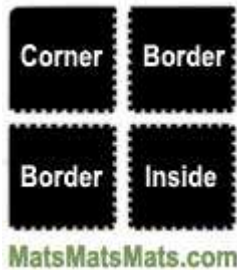


SoftCarpet Tile Cross Section

Interlocking foam floor tiles shown above are for color and texture representation only. Actual interlocking exercise flooring tiles have many more interlocking teeth per side.

Please see next page for more information and pricing...

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Also Available
With Texture Top



Also Available With
Wood Film Laminate Top

Usually Ships Next Business Day!

Stock Size (Stock floors have finished edges and rounded corners)	Number of Tiles	Price
4' X 4' floor	4	\$64.99
6' X 6' floor	9	\$145.99
10' X 10' floor	25	\$349.99
10' X 20' floor	50	\$699.99
20' X 20' floor	100	\$1,399.99
Create Your Own Floor <u>How many tiles do I need?</u>		
Set of 4 corner tiles (2'x2'x5/8" each tile)	4	\$64.99
Set of 4 border tiles (2'x2'x5/8" each tile)	4	\$64.99
Set of 4 inside tiles (2'x2'x5/8" each tile)	4	\$64.99
Request Quote for Custom Sizes		

Exercise Floor - SoftWood (foam floor tiles)



SoftWood™ interlocking foam floor tiles make the perfect exercise floor by creating a durable and comfortable workout surface. These interlocking tiles energize you by providing a cushioned, shock absorbing gym floor with an elegant wood floor look. Each 5/8" thick foam tile is lightweight, durable and available in light oak or dark oak color.

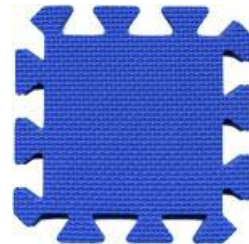
- Soft wood film laminate top surface (not a rigid wood top).
- Commercial grade, shock absorbing, anti-fatigue flooring.
- Made of EVA foam and contains no latex.
- Non-Toxic, Lead-Free, Latex-Free.
- If you need a top surface that is more puncture resistant against high heels, sharp objects and more impression resistant against heavy objects, try our [SoftCarpet](#).
- Lightweight, durable and assembles in minutes
- Tile material is completely waterproof and will not absorb water.
- Fire Retardant
- Perfect for indoor as well as outdoor use.
- Creates a elegant and traditional look and feel.
- Available in various pre-selected sizes or create your own size.
- Individual foam tile size:
 - 24 3/8" x 24 3/8" (no borders attached)
 - 25 3/16" x 25 3/16" (with both borders attached)
- Due to the interlocking nature of these tiles, each tile size will be reduced by approximately 1.5% when connected together. Therefore, please make sure that the dimensions quoted, minus 1.5% in each dimension, will cover your required area (for example a 20'x20' quoted area would be approximately 19'8"x19'8").
- Weight of each tile: 1.4 lbs.
- Thickness: 5/8".
- Each tile comes with one corner edge and one non-corner edge
- Available in a light oak (light wood tone) or dark oak (medium wood tone). Please note that colors may sometimes vary slightly due to changes in dye lots.
- How many tiles do I need for my desired floor dimension? See our [Tile Calculator](#)

Please see next page for more information and pricing...

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Also Available With
Carpet Top




Also Available With
Texture Top

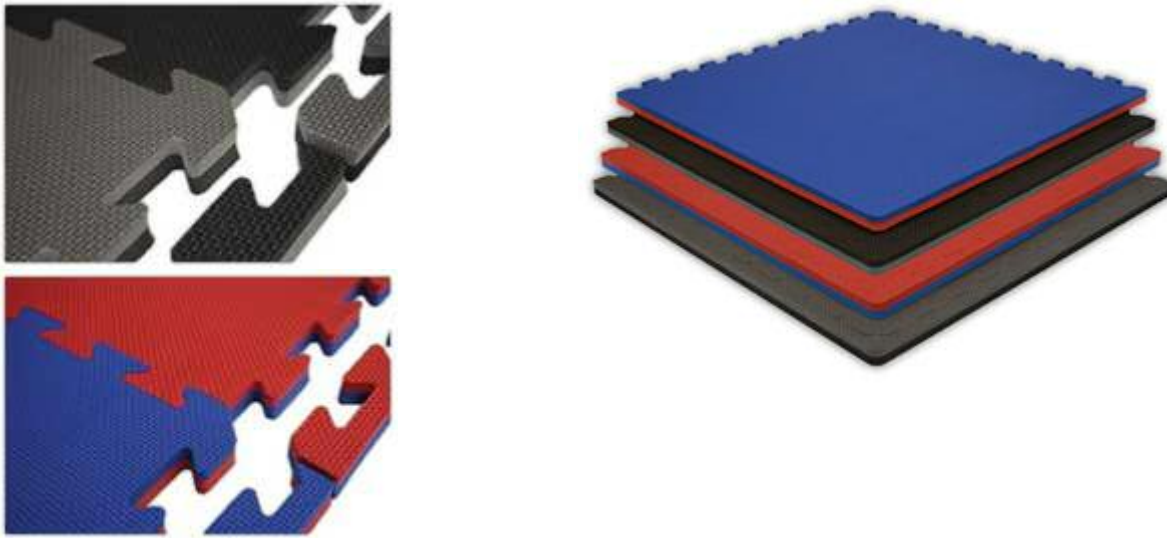
Please see next page for more information and pricing...

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Usually Ships Next Business Day!

Stock Size (Stock floors have finished edges and rounded corners)	Number of Tiles	Price
4' X 4' floor	4	\$49.99
6' X 6' floor	9	\$112.99
10' X 10' floor	25	\$259.99
10' X 20' floor	50	\$499.99
20' X 20' floor	100	\$999.99
Create Your Own Floor How many tiles do I need?		
Set of 4 tiles (each tile, includes one corner and one non-corner edge)	4	\$49.99
Request Quote for Custom Sizes 		

Exercise Flooring - Reversible Interlocking Foam Floors



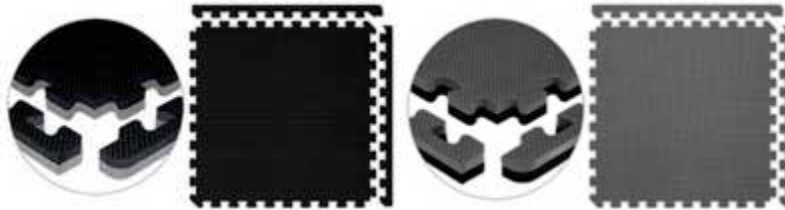
Exercise floor interlocking tiles make the perfect workout floor requiring cushioned flooring. They create a durable, comfortable and padded surface ideal for training. Each 2' x 2' x 7/8" foam interlocking gym floor tile is lightweight, durable and is available in two reversible colors so you can create a unique look for your exercise floor. Puzzle mat system allows for permanent or portable use.

- Professional grade, shock absorbing, anti-fatigue foam flooring.
- Lightweight, durable and assembles in minutes
- Made of EVA foam.
- Non-Toxic, Lead-Free, Latex-Free.
- Tile material is completely waterproof and will not absorb water.
- Fire Retardant - Meets the flammability requirements of FHSA Section 1500.3.
- Conforms to "Standard Consumer Safety Specification" - ASTM F963-92.
- Perfect for indoor as well as outdoor use.
- Creates a contemporary look and feel.
- Available in various pre-selected sizes or create your own size.
- Individual interlocking tile size: 2' x 2' x 7/8"
- Due to the interlocking nature of these tiles, each tile size will be reduced by approximately 1.5% when connected together. Therefore, please make sure that the dimensions quoted, minus 1.5% in each dimension, will cover your required area (for example a 20'x20' quoted area would be approximately 19'8"x19'8").
- Weight of each tile: Approx. 1.8 lbs.
- Two reversible color combinations from which to choose: Red/Blue (red on one side, blue on the other side) or Black/Gray (black on one side, gray on the other side). Please note that color shades may sometimes vary slightly due to changes in dye lots.
- Each tile comes with two detachable edge pieces. Leave both edges on to make a corner tile, remove one edge piece to make a border tile, or remove both edge pieces to make an inside tile.
- Create your own fitness floor! How many tiles do you need for your desired floor dimension? See our [Tile Calculator](#)

Also available are our [interlocking gym flooring - Jumbo 4'x4'x1"](#) tiles.

Please see next page for more information and pricing...

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Black/Gray (Reversible)

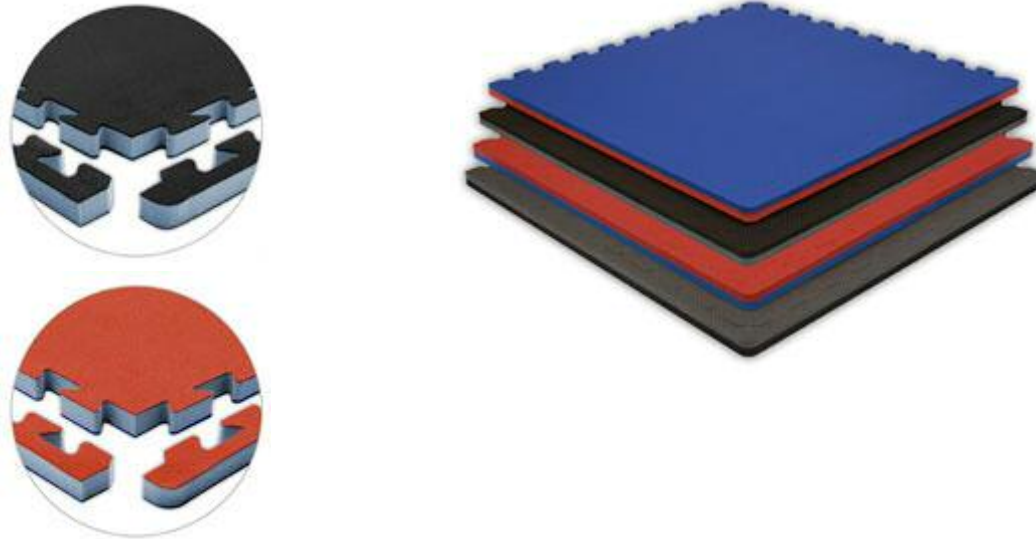


Blue/Red (Reversible)

Usually Ships Next Business Day!

Stock Size (each tile includes two edge pieces)	Number of Tiles	Price
10' X 10' floor	25	\$204.99
10' X 20' floor	50	\$399.99
20' X 20' floor	100	\$799.99
Create Your Own Floor	<u>How many tiles do I need?</u>	
Single Tiles (min. 10) (each tile includes two edge pieces)	1	\$8.99
Request Quote for Custom Sizes		

Jumbo Exercise Gym Floor - Interlocking Foam Tiles



Jumbo reversible interlocking foam fitness mats make the perfect gym floor or any other large workout area requiring padded flooring. They create a durable, comfortable and cushioned surface ideal for training. Each 4'x4' interlocking gym floor tile is lightweight, durable and is available in two reversible colors so you can create a unique look for your home gym flooring or as a commercial fitness floor. The puzzle mat system allows for permanent or portable use.

- Professional grade, shock absorbing, anti-fatigue foam floor.
- Lightweight, durable and assembles in minutes
- Made of EVA foam.
- Non-Toxic, Lead-Free, Latex-Free.
- Tile material is completely waterproof and will not absorb water.
- Fire Retardant - Meets the flammability requirements of FHSA Section 1500.3.
- Conforms to "Standard Consumer Safety Specification" - ASTM F963-92.
- Perfect for indoor as well as outdoor use.
- Creates a contemporary look and feel.
- Available in various pre-selected sizes or create your own size.
- Individual interlocking tile size: 4'x4'x1"
- Weight of each tile: Approx. 7 lbs.
- Two reversible color combinations from which to choose: Red/Blue (red on one side, blue on the other side) or Black/Gray (black on one side, gray on the other side). Please note that color shades may sometimes vary slightly due to changes in dye lots.
- Each tile comes with three detachable edge pieces. Leave all three edges on to make an end tile, remove one edge piece to make a corner tile, remove two edges pieces to make a border tile, or remove all three edge pieces to make an inside tile.
- Available only in cases of 10 tiles.
- Create your own interlocking gym flooring! How many tiles do you need for your desired floor dimension? See our [File Calculator](#)

Also available are our smaller [interlocking workout floor tiles - 2'x2'x7/8"](#).

Please see next page for more information and pricing...

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Black/Gray (Reversible)



Blue/Red (Reversible)

Usually Ships Next Business Day!

Jumbo Interlocking Foam Tiles (Case of 10 tiles): **\$399.99/case (\$40/tile, \$25/sf)**

Protective Wall Padding



Our Conventional Wainscot Wall Panels are manufactured with a 7/16" thick, wooden back panel that provides a 1" nailing lip at the top and bottom of each panel. Conventional wainscot panels are recommended for brick or ceramic block walls.



Our 14 and 18 ounce per square yard vinyl fabric provides great puncture and tear resistance. Our fabric is fire retardant, compounded with anti-bacterial and anti-fungal agents, and can be easily cleaned with mild soap and water.

Choose the foam core that provides the protection you need:

- **Guardian:** 1-3/8" thick crosslink polyethylene foam is laminated to a 7/16" thick wood backing to create a total panel thickness of 2". Provides light to medium duty protection against injury.
- **Duo Guard:** 1-3/8" thick crosslink polyethylene foam combined with a 5/8" thick polyurethane foam is laminated to 7/16" thick wood backing to create a total panel thickness of 2-5/8". Provides maximum duty protection against injury.



Available in 8 colors

Available height: Standard 5', Standard 6', or custom height

Panel width: Standard 2' wide or custom width

Download our [Wall Padding Installation Instructions](#)

Also available is our [SafeGuard Plus Class-A Fire Rated Wall Padding](#)

Made in the USA



Please see next page for more information and pricing...

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Size	Guardian (2" thick panel)		Duo Guard (2-5/8" thick panel)	
	14 oz Vinyl	18 oz Vinyl	14 oz Vinyl	18 oz Vinyl
2' x 5'	\$56	\$62	\$70	\$78
2' x 6'	\$64	\$69	\$80	\$88
Custom	Request a quote below for pricing.			
Note: Prices shown DO NOT include shipping costs. A shipping quote is required.				

Bike & Stepper Exercise Equipment Mat

These high quality bike/stepper mats help protect your floors from damage that workouts can inflict on your flooring.

Exercise equipment mats reduce aerobic impact, eliminate vibration, and stop carpet fibers from getting into the moving parts of your equipment. These foam vinyl cellular mats create a soft yet durable pad for your equipment to rest on.

- Size: 3'x4'
- Weight: approx. 10 lbs.
- Color: Black

Made in the USA



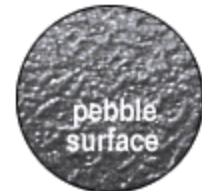
Usually Ships Next Business Day!

Standard Grade

3' x 4' x 1/4" thick for occasional use.
Bike/Stepper Equipment Mat: **\$19.99**

Deluxe Grade

3' x 4' x 3/8" thick for everyday use.
Bike/Stepper Equipment Mat: **\$22.99**



Color: Black

Treadmill Mat

These high quality treadmill mats help protect your floors from damage that workouts can inflict on your flooring. Treadmill mats reduce aerobic impact, eliminate vibration, and stop carpet fibers from getting into the moving parts of your equipment. These foam vinyl cellular mats create a soft yet durable pad for your equipment to rest on. Ideal for treadmills, elliptical trainers, rowing machines and ski machines.

- Weight of Standard Grade 1/4" thick: approx. 9 lbs.
- Weight of Deluxe Grade 3/8" thick: approx. 13 lbs.
- Size: 3' x 6.5'
- Color: Solid Black

Made in the USA



Usually Ships Next Business Day!

Standard Grade

3' x 6.5' x 1/4" thick for occasional use.

Treadmill Equipment Mat: **\$29.99**

Deluxe Grade

3' x 6.5' x 3/8" thick for everyday use.

Treadmill Equipment Mat: **\$34.99**



Color: Black



Tuff-n-Easy Interlocking Rubber Tiles



Our Tuff-n-Easy interlocking rubber tiles offer excellent performance, durability, appearance and ease of installation. The non-slip surface is easy to clean and maintain, and will be your flooring solution for many years to come. These 28.5"x28.5"x3/8" eco-friendly rubber tiles are manufactured in the USA from recycled scrap tires.

Installation

The Tuff-n-Easy interlocking rubber tiles can be installed easily over nearly any smooth surface including concrete, asphalt, wood or tile. No special tools are required. The unique tab design holds the tiles together securely without the need of expensive adhesives, tapes or the labor to apply them. Installation is as easy as aligning the tabs and pressing together with your fingers or using a rubber mallet. The unique tab design allows for a square or brick installation pattern. The tiles can also be disassembled and reassembled repeatedly without damaging them.



Features

- Provides Excellent Traction ‐ even when wet!
- Reduces noise and vibrations.
- Made of 100% Premium Recycled Rubber.
- Perfect for indoor as well as outdoor use.
- Interlocks so well that it has a seamless "appearance".
- Easy cleaning: Indoor cleaning involves a broom, damp sponge, mop or vacuum cleaner. For outdoor uses, a water hose, leaf blower or broom is sufficient.
- Factory cut edges to assure a uniform and simple installation. [Installation Instructions](#)
- Commercial grade, shock absorbing, anti-fatigue rubber flooring.
- Durable and easily assembles in minutes.
- When reordering, please note that colors may vary just slightly.
- Keep in mind, rubber always has a "rubber" odor that will diminish over time.
- Variety of solid black and 7 colored tiles from which to choose. Colored tiles are composed of 17% color fleck.
- Customize your fitness area to any size. Tiles may be easily trimmed if necessary or desired.
- Guaranteed to be free of manufacturing defects in material and workmanship for 2 years.
- How many tiles do I need for my desired floor dimension? See our [Tile Calculator](#)

Please see next page for more information and pricing...

Continued from previous page...



We also carry [softer foam interlocking tiles](#)

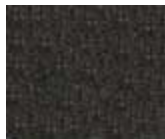
Specifications

Material: SBR bonded granular recycled rubber (with EPDM in colored tiles)
Thickness: 3/8"
Size: 28.5" x 28.5" (5.64 sf)
Weight: Approx. 12 lbs.
Density: ASTM D-3676, 60 lb/cf
Shearing Strength: <.06 (N/mm²)
Tensile Strength: <1.80 (N/mm²)

Common Applications

- " Weight Rooms
- " Horse & Livestock Trailers
- " Workout Areas
- " Sub-floor Protection
- " Boat Docks & Ramps
- " Handicap Accessways
- " Ski Lodges
- " School Facilities
- " Spike Protection
- " Home Gyms
- " Golf Course Lounges
- " Ice Rinks
- " Trailer Flooring
- " Basements
- " Fitness/Health Clubs

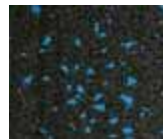
Click a Color Sample Below to Enlarge



[Solid Black](#)



[Red](#)



[Blue](#)



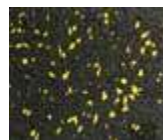
[Gray](#)



[Green](#)



[Blue/Gray](#)



[Yellow](#)



[Brown/Eggshell](#)

Usually Ships Next Business Day!

Tuff-n-Easy Interlocking Rubber Tile: **\$17.99 each (\$3.19/sf)**

Bounce Back Rubber Playground Surfaces



Bounce Back Safety Playground Surfaces are made of commercial grade, shock absorbing, resilient, rubber mats that provide long-term answers to safety, while offering ADA accessibility. This playground flooring offers excellent performance, durability, appearance and ease of installation. The non-slip surface is easy to clean and maintain, and will be your safety solution for many years to come. These eco-friendly rubber tiles are manufactured in the USA from recycled scrap tires.

Originally designed as outdoor playground surfacing, these safety rubber tiles are now used for all types of applications where falls and injuries may occur including swim parks, skateboard parks, and rock climbing walls. In addition, Bounce Back rubber safety surfaces are ideal for decks, stairways, patios, pool areas, sports courts, walkways and areas needing sound reduction. It is also excellent for indoor applications including areas around stairs and bunk beds, and it is great exercise flooring.

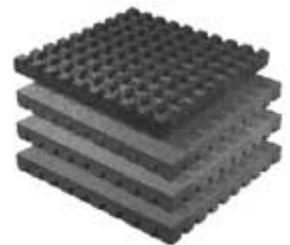


Peace of Mind.

Unlike loose fill, Bounce Back has a consistent shock absorbency throughout the play area and has the ability to meet all safety standards for fall zones higher than a 6' fall. Less worries. Fewer injuries. Reduced liability. Lower insurance premiums.

Safe, Clean Play Area.

Harmful objects can hide in loose fill product like sand, wood chips or gravel. Bounce Back's solid construction does not allow foreign objects to hide. There is also no loose fill material (like rubber mulch or wood chips) for children to kick, throw or swallow. Keep in mind, rubber always has a "rubber" odor that will diminish over time.



Please see next page for more information and pricing...

Continued from previous page...

Allows Play Year Round.

Allows for continuous use even during the rainy season. Because water does not puddle on the surface, but rather moves quickly through the top and through the "legs" of the cushions, the play area is ready for use soon after heavy rains.

Easy to Install.

Low cost installation that is easily installed over concrete or asphalt by grounds personnel or outside service providers [Installation Instructions](#).

Virtually Maintenance Free.

No daily maintenance required to maintain safety standards means less cost and less hassle. It looks and performs great! Easy to clean. Indoor cleaning is accomplished with a broom, damp sponge, mop or vacuum cleaner. For outdoor cleaning, a water hose, leaf blower or broom is sufficient.

24 - 7- 365.

Proper safety and protection 24 hours a day, 7 days a week, 365 days a year. Unlike loose fill solutions, protection in the most critical fall zones remains and is not displaced by children during play activities.

Four Great Colors Available.

Available in solid black, terracotta red, green, or blue. (please note, colors may vary slightly due to changes in dye lots).

100% Recycled. Earth Friendly.

Each 24" x 24" safety tile is made from scrap tires that would otherwise be landfilled. Bounce Back can be recycled again and again.

Quality Assurance.

The Bounce Back playground safety mats are guaranteed against any manufacturing defects in material and workmanship for a period of 5 years from the date of purchase.

Adhesive for Installation.

Installation adhesive (glue) is available in two forms. For small, home installations, it is sufficient to simply lay down the tiles and glue together the edges only with a caulking gun (CX-948). For larger installations, the adhesive can be obtained by the gallon for installation with a trowel (CX-941). These adhesives are a one-component polyurethane-based, structural, industrial grade adhesive. Elastomeric properties enable it to move with rubber as it expands and contracts. The patented formula is VOC compliant, non-flammable, and contains no solvents or water. It has freeze-thaw stability (unlimited cycles). Both adhesives provide excellent initial grab, and outstanding bond strength. It is formulated for indoor and outdoor applications on concrete, asphalt, rubber, cork, plywood, particle or chip board, cement, gypsum underlayment, and over radiant heat flooring. When lightly misted with water, drying time is accelerated and will fully bond in just over 2 hours. Color: light brown.

- CX-941 Polyurethane Adhesive - Trowel grade.
Covers approx. 50 s.f. per gallon (use 3/16"x1/4"x1/4" trowel).
2 gal. container: \$99.99
5 gal. container: \$219.99
- CX-948 Polyurethane Adhesive - Gun grade (for edge adhesion only).
Covers approx. 50 s.f. per tube (use caulking gun, 1-2 beads of adhesive per edge, none on bottom of tiles).
Each tube: \$9.99

Please see next page for more information and pricing...

Continued from previous page...

Bounce Back cushions meet and exceed the requirements as established by the Consumer Product Safety Commission (CPSC), Americans with Disability Act (ADA), and the American Standard for Testing Materials (ASTM) methods. Testing is done regularly.

Bounce-Back Thickness and Pricing Guide		
Fall Height	Required Tile Thickness	Price (per tile)
3' Fall	1.75"	\$25.99
4'-5' Fall	2.25"	\$26.99
6' Fall	2.5"	\$28.99
7'-8' Fall	3.5"	\$31.99
9'-10' Fall	4"	\$37.99

Note: Prices shown **DO NOT** include shipping costs. A shipping quote is required.
How many tiles do I need for my desired floor dimension? See our [Tile Calculator](#)



We also carry [softer, foam interlocking tiles](#)

Specifications

[Product Specifications Sheet](#)

[Installation Instructions](#)

[Playground Safety Information](#)

Common Applications

- " Playgrounds
- " Decks
- " Diving Boards
- " Exercise Flooring
- " Patios
- " Play Areas
- " Pool Areas
- " Rock Climbing Walls
- " Safety Areas
- " Skateboard Parks
- " Sound Reduction
- " Stairways



Solid Black



Terracotta Red



Blue



Green

Usually Ships Next Business Day!

Bounce Back 2'x2' Rubber Playground Safety Mats (Tiles):

Exercise Ball with Pump



75 cm - Red



65 cm - Blue



55 cm - Purple

Our Exercise Ball provides great cardiovascular and flexibility training for all ages. Join the thousands of people using fitness balls for a complete workout. Great strengthening exercises for your back, abs, and buttocks. These exercise balls are burst resistant (can sustain 60 lbs. per square inch), and each ball size has its own distinctive color. Gym ball set includes ball and inflation pump.

Sizing guideline (your comfort, needs or personal preference may vary from this guideline):

5'3" and shorter: 55 cm Exercise Ball
5'4" - 5'7": 65 cm Exercise Ball
5'8" and taller: 75 cm Exercise Ball

Usually Ships Next Business Day!

55 cm Ball - Purple: **\$17.95**
65 cm Ball - Blue: **\$18.95**
75 cm Ball - Red: **\$19.95**

Pilates Magic Circle - Pilates Ring



This Pilates Power Ring (Pilates Magic Circle) has a 14 inch diameter and provides a great workout focusing on your thighs, buttocks, and abs. The power ring will help sculpt and tone, as well as add flexibility.

Usually Ships Next Business Day!

Pilates Power Ring

\$22.95

Currently out of stock!

WORKOUT GLOVES



Black



Blue



Cheetah



Purple



Red



Snake



Hibiscus



Pink



Camouflage

Our Cross-Training Workout Gloves are ideal for all around training and are uniquely designed to take on and off easily. No other glove compares! These fitness gloves are ideal for weightlifting, golf, or anything else you might be doing that requires slip-free grip.

- Made out of wet suit quality neoprene - provides optimum all around cushioning.
- Special two-finger loops offer maximum comfort and finger flexibility.
- Non-slip palm pad provides optimum grip and palm cushioning.
- Velcro wrist closure for easy on and off.
- Wash by hand. Hang to dry.
- Available in four sizes: Small, Medium, Large, and Extra Large.
- Available in nine colors/patterns:
Black, Blue, Camouflage, Cheetah, Pink, Purple, Red, Snake, and Hibiscus
(Extra Large not available in Pink, Purple, Cheetah, Snake, and Hibiscus).
- Light Weight: Approx. 0.125 lbs. (2 ounces)

Our workout gloves have been featured in Muscle & Fitness Hers Magazine, Energy for Women, Oxygen and several other local, regional and national publications!

Usually Ships Next Business Day!

Cross-Training Workout Gloves
\$12.95/pair

Resistance Tubes Kit

If you need a way to increase resistance during exercise without the cost and bulk of traditional weights our Resistance Tubes offer an affordable, portable alternative. These functional, break-resistant dipped rubber tubes are perfect for use in the gym, at home or while traveling. A wide variety of core, upper and lower body resistance exercises can be performed using these tubes. Our resistance tubes provide continuous resistance for all of your workouts, including Pilates, stretching, strength training, conditioning, and more. Suitable for both men and women. The soft comfort foam covered quick change handles provide a secure grip, are removable and can be used with all levels of our resistance tubes. Available in 4 resistance levels. 4 ft long.



- Use during cardio & strength workouts
- Great for travel
- Strengthen and tone your entire body
- Safe & Strong – break-resistant multi-layered natural latex
- Quick change handles – use any Natural Fitness tube strength
- Exercise Instruction Chart provides a full body workout

Choose from four different resistance levels:

- Flame - Light Resistance
- Moss - Medium Resistance
- Red Rock - Heavy Resistance
- Ocean - Very Heavy Resistance

The Pilates Resistance Tube Kit includes:

- (1) Color-coded resistance tube
- (2) Quick change handles
- (1) Door attachment
- (1) Exercise Instruction Chart



ZERO IMPACT PROGRAM: *In an effort to offset the environmental effects of the manufacturing and transportation of this product, a tree will be planted for each one sold. The Zero Impact Program funds this important reforestation program in areas of the world most in need of the benefits of agro forestry, and the tree species is carefully chosen to achieve the greatest positive impact to the local ecology and its people*

Usually Ships Next Business Day!

Resistance Tubes Kit - \$15.95

Pilates Core Board



The Pilates Core Board provides comfort and versatility for core training. Stand on the Pilates Core Board with one or two legs for balance training and physical therapy. Excellent for yoga, skiing, golf, martial arts, soccer and any other activity that requires good balance and lower body strength and agility.

- The perfect complement to a floor based Pilates routine.
- Improves hip and thigh tone.
- Builds lower body stamina and strength.
- Includes:
 - 15.75" core board.
 - Non-slip safety mat.
 - Health & fitness guide.
 - Poster sized training guide
- Color: Red

Usually Ships Next Business Day!

\$24.95 Each

Yoga Balls / Fitness Balls



The Natural Fitness Soft Weighted Balls provide a comfortable alternative to dumbbells and other hand weights. These balls are designed to provide increased resistance to allow you to advance further in your fitness program. Their soft, cushioned feel is perfect for hand held activities or to place on parts of your body for additional resistance. They are extremely versatile and can be used in a wide range of exercises and activities to build strength and stability.

Just like any ball with an inflation valve, these weighted exercise balls may arrive deflated and/or will lose air over time. If the balls seem to lack air, simply pump a little air in the ball (like with a volleyball, basketball, football, etc) by using a standard sports ball air pump. If too hard, release some air.

- Tone and strengthen by adding weight resistance
- Soft and fun alternative to dumbbells
- Stress-free natural grip
- Use for Pilates, fitness & strength training, yoga and rehabilitation
- Latex-free vinyl outer shell, filled with natural sand and iron
- Exercise Instruction Chart provides a full body workout



ZERO IMPACT PROGRAM: *In an effort to offset the environmental effects of the manufacturing and transportation of this product, a tree will be planted for each one sold. The Zero Impact Program funds this important reforestation program in areas of the world most in need of the benefits of agro forestry, and the tree species is carefully chosen to achieve the greatest positive impact to the local ecology and its people*

We also have [large exercise balls](#), if you are looking for the inflatable kind.

Please see next page for more information and pricing...

Continued from previous page...

Kit includes set of two balls and an exercise/instruction chart. Choose your color/weight combination.

- 2 lb. each., Moss Green, 4.5" diameter. -**\$19.95**
- 4 lb. each., Red, 4.5" diameter. -**\$22.95**
- 6 lb. each., Ocean Blue , 4.5" diameter. -**\$24.95**

Usually Ships Next Business Day!

Yoga/Fitness Balls (Set of two balls)

The Whale Back Bench



The Whale Therapeutic Back Bench, which derives its name from its elegantly curved profile, is a multi use tool designed to stretch and elongate the spine while rejuvenating and energizing the entire body!

How It Works

Whether working at a desk all day or performing some physical task for a living, we are constantly required to bend or hunch forward. After a number of years, this forced posture begins to take its toll on the back, particularly the spinal column. The muscles become tight, the spine begins to lose its graceful S-curve and instead becomes rounded or humped. Sound familiar? *The Whale* provides a way to counteract these problems. By positioning oneself in a gentle back bend, the spine is stretched in a way opposite to that required by normal everyday activities, thus reversing the tendency toward forward rounding.

Traction Effect

Since the weight of the upper and lower body act in opposite directions in the raised back bend position, a traction effect is achieved which elongates the spine. The combination of these two actions, called extension, greatly reduces vertebrae and disc compression and often relieves associated pain and discomfort as well as improving ones appearance.

Varying the Stretch

By moving up or down the gradually increasing curve, one can effectively control the intensity of the stretch while the vulnerable lower back is protected from over extension by the flatter portion of the bench.

An adjustable neck and head rest provides those who need it the additional support required for this area and is removable for those who do not. If preferred, this headrest may be placed under the lumbar (lower) spine instead. These features allow *The Whale* to be used by people with a wide range of flexibility.

Additional Stretches

If desired, *The Whale* also provides for a series of complementary stretches as shown in the accompanying photos. For instance, when finishing a backbend, one can slide into a chest and shoulder opening stretch followed by a forward bend. Each posture releases and stretches different joints and muscles, allowing a whole routine to be developed on *The Whale*.

Rejuvenating Effects

An added bonus of using *The Whale* is the energizing and rejuvenating effects produced. By extending the spine, releasing tightly held muscles, and increasing blood flow to the brain, *The Whale* often increases ones personal sense of well being. Some people even report having less trouble sleeping with regular usage.

Hardwood Design

The Whale is handcrafted from beautiful hardwoods using a bending and laminating process which results in a light weight yet sturdy design. At only 1'W x 2'H x 5'L and a mere 20 lbs., *The Whale* takes up very little space and can be moved most easily. It adds warmth to any environment and is attractive enough to be displayed as fine furniture in the home. Comes fully assembled with instructions for use and a 1 year warranty.

Usually Ships Next Business Day!

The Whale Bench: \$499.95