



Exercise Puzzle Mat User Manual

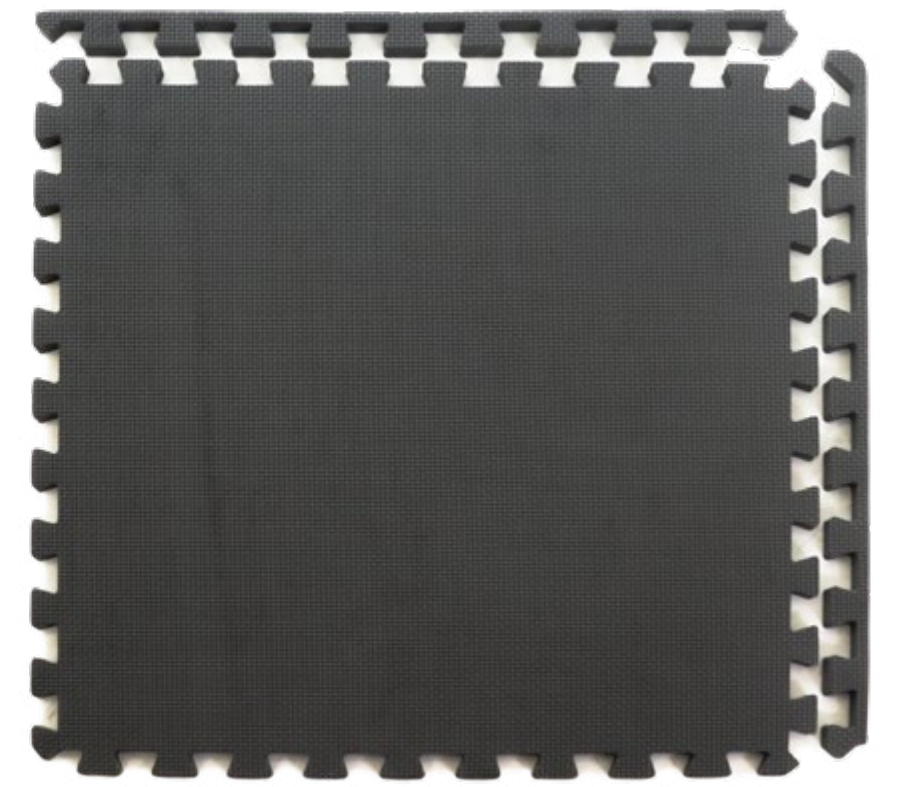
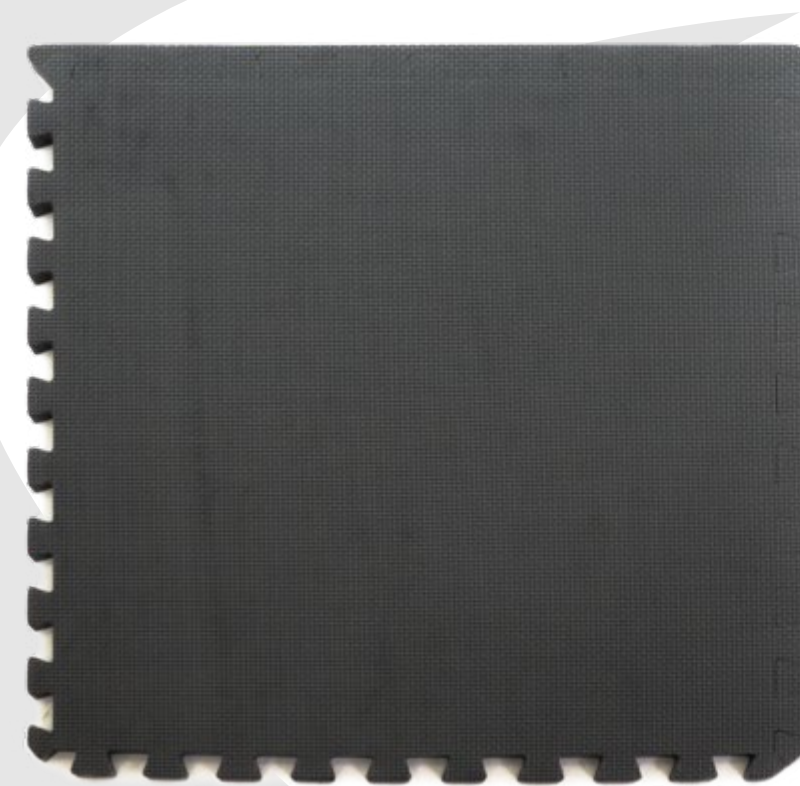
STEP 1

Remove puzzle pieces (6) from packaging.



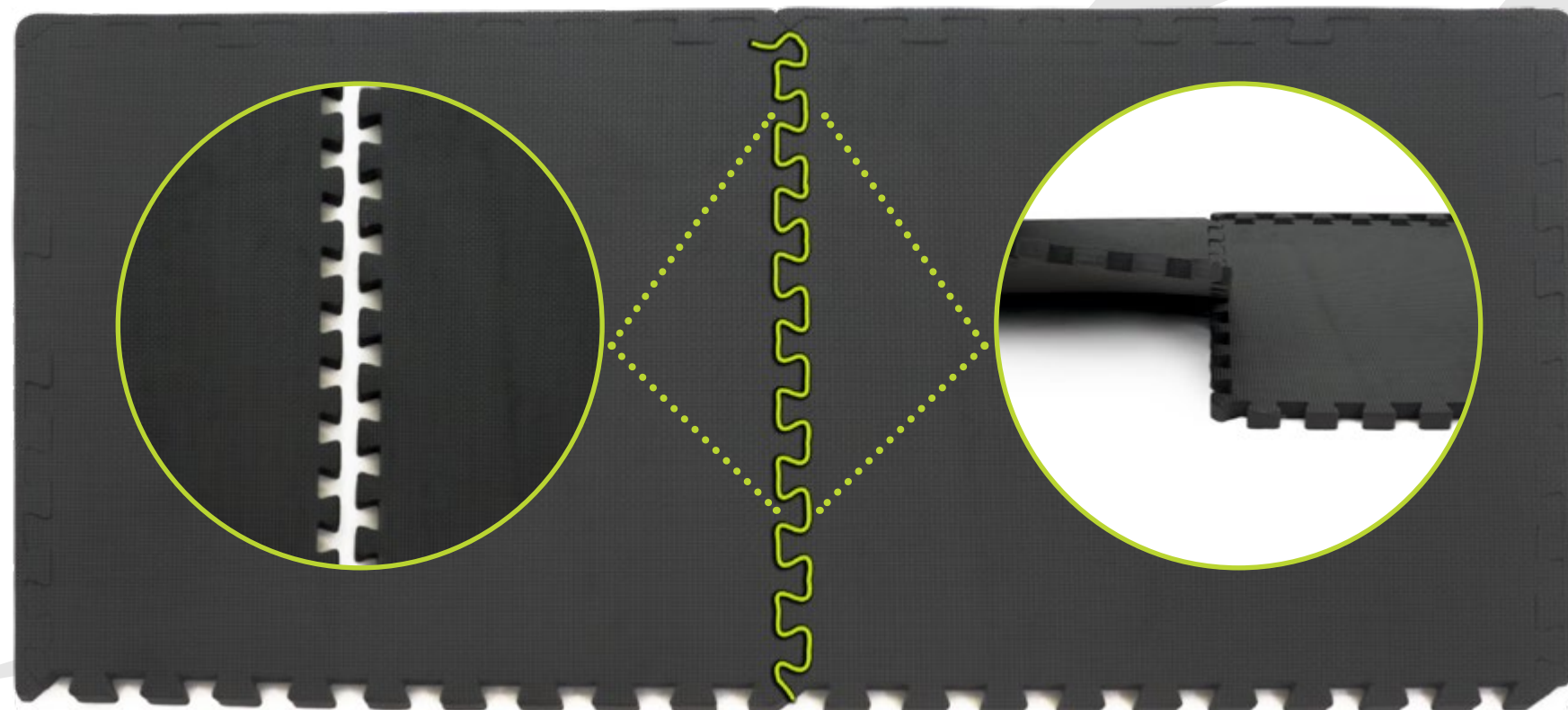
STEP 2

Border pieces are attached to all pieces and can be removed and added as needed on any side of any square.



STEP 3

Lay the puzzle pieces on the floor and interlock together in the desired size and shape, pressing down firmly for a smooth surface.



STEP 4

Attach remaining borders where needed for a finished look with rounded edges.

