

Benefits of Using Rubber Gym Mats:-

- Protects exercise machine & the floor from damage. Our mats help to shield the flooring from damages & scratches caused by hefty & bulky work out equipment's when moved, as well as weights that can dent most normal floors when dropped. Thus, safe guarding flooring & protecting the equipment from breaking. Hence, mat helps prolong the life of Equipment.
- Mats serve as a convenience pillow or cushion & shock absorption to safe guard one's back bone when pushing added stress.
- It also assists the legs & back of any coach when transferring weights on the floor.
- Mat protects your knees, elbows, hips & tail bone during floor work, thus enforcing injury prevention.
- Provides necessary balance during exercising.
- It is long & accommodates full length prone exercises.
- Keeps the floor clean by keeping sweat away.
- More portable & storable.
- Tough, easy to clean & maintain (needs little attention once properly installed) & doesn't dent like other materials.
- They are designed to be extremely durable. Therefore, installing these in your gym means, it's a long term investment.
- It dampens vibrations to reduce noise so that neighborhood isn't disturb.
- Slip Resistance, most rubber floors are easy to clean & are slip resistance - when wet or dry. Hence, reducing slip & fall accidents.
- Style - comes with custom color to give your area a sleek & personalized look.

Rubber Matting & Flooring Offers longer life & is able to withstand the foot traffic, the weight of machinery & equipment.