

## **CLEANING AND MAINTENANCE FOR EVA MATS**

1. When training, try to stand on the mat with bare feet, don't wear leather shoes or high heels.
2. Mainly used indoors and avoid prolonged exposure.
3. When cleaning, use a normal detergent, and do not allow corrosive liquids.
  - 3.1- Indoor cleaning: wipe with a cloth, as attached video.
  - 3.2- Outdoor cleaning: can Wash with the detergent solution one by one and fully dry in the sun. as attached video.